

**What’s On Guide - January to March 2021**

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| **1-Off Events/Workshops and New Courses** | | **Who for?** | | **Dates & Times** | **Host** | **Description** | | |
| Benefits Talk by Leighton-Linslade Citizens Advice Bureau (via Zoom) due to be held on the 14th January has had to be postponed.  This will be rescheduled. Please keep an eye on our website for updates. | | | | | | | | |
| Maintaining Wellbeing and Boosting Self Confidence Talk  (via Zoom) | | Adult carers and former carers | | 19th January  2.00pm - 3.30pm | Jenny Harris (CIB)  Sharon Rogers (CIB) Dr Charlie Wykes - (Principal Clinical Psychologist) and Kieren Day (Trainee Clinical Psychologist) | A talk by Dr Charlie Wykes, Principal Clinical Psychologist and Kieren Day, Trainee Clinical Psychologist on maintaining wellbeing and boosting self-confidence.  To register click[**HERE**](https://form.jotform.com/203422371749354)**.** | | |
| Starting the Year Prepared  (Via Zoom) | | Carers, the person they care for & former carers | | 20th January  3.00pm - 5.00 pm  25th January  7.00pm -9.00pm | Caroline Carter  (CIB Wellbeing Practitioner) | Do you feel uncertain about what 2021 will look like for you and those you care for? Are you unsure of where to start to improve your wellbeing or even what ‘wellbeing’ really means?  Come and join in our workshop to create your own Staying Well Plan with our new Wellbeing Practitioner Caroline Carter to help you feel prepared as we go into 2021. We will look at what ‘wellbeing’ is, how to notice the triggers or warning signs that might indicate when we need to seek help and identify personal goals, coping strategies and support.  To register: [**HERE**](https://form.jotform.com/210051921363343). | | |
| Planning for Tomorrow  6-Week Course Via Zoom | | Carers, the person they care for and former carers  We warmly encourage male carers to attend these sessions | | 21st and 28th January  4th, 11th, 18th and 25th February  Sessions 1, 3,4,5,6 10am - 11am  Session 2  2.00pm | Carers in Bedfordshire and various professionals in their fields | Worried about the future or not sure what will happen as you or the person you care for gets older? This 6-week course explores these issues in full. Through discussions, presentations by experts (for example on legal and financial matters) and exploring what support is available post-caring, the course aims to fully equip you to manage well whatever tomorrow may bring.  This event is free and via Zoom. Joining details will be sent out shortly before the event.  To register click[**HERE**](https://form.jotform.com/203412920637349)**.** | | |
| Time to Ask Mental Health  (via Zoom) | | Carers who are caring for someone with mental health issues | | 27th January  1.30pm - 3.00pm | Representatives from:   * The * Recovery College * ELFT * CMHT * Impact * Mind BLMK * Impact Mental Health | Do you care for someone with Mental Health problems? Do you often have questions and no one to answer them? Come and join us and let's see if between us we can help. Please register and send us your questions as early as possible to give us the best chance of getting your queries answered by the professionals who will attend on the day. They will need a little time to prepare. We will send your questions to the Recovery College, ELFT, CMHT, IMPACT and Mind BLMK prior to the event.  This event is free and via Zoom. Joining details will be sent out shortly before the event.  To register and submit your questions click [**HERE**](https://form.jotform.com/203214168989363)**.** | | |
| 6-Week Online Cooking Course (Via Zoom)    *Steve White – Chef at Work* | | Carers both young and old, the people they care for and former carers  We particularly encourage male carers to join this event | | 28th January  4th, 11th, 18th ,25th  February and  4th March  11.00am –12.30 | Jenny Harris (CIB)  Steve White(Chef) | Steve White will present a 6-week online cooking course. Steve is a self-taught chef who has worked in the hospitality industry; catering for banquettes, weddings and the grand prix. Steve will provide easy to follow cooking sessions for those wishing to learn to cook from scratch or increase their knowledge.  Jan 28th - Shepherd's Pie and Veg  Feb 4th - Omelette and Fruit salad  Feb 11th - Stew/Casserole  Feb 18th - Spaghetti Bolognese  Feb 25th - Chicken and Mushroom Pie and Chocolate Sponge and Custard  Mar 4th - Apple Crumble and Custard and Proper Rice Pudding  This event is free and via Zoom. Joining details will be sent out shortly before the event.  To register click[**HERE.**](https://form.jotform.com/203212938613350) | | |
| A Talk for Parents Caring for a SEND Child by Yvonne Newbold  (via Zoom) | | Parent carers | | 10th February Webinar 8.00-10.00pm  £5 per person  17th February  Lunch 12.30-14.00  20 places  £3 per person  18th February Drinks and nibbles  8.00pm – 9.30pm  20 places  £3 per person | Jenny Harris (CIB) Sharon Rogers (CIB) Yvonne Newbold | **Webinar on the 10th February, 8.00pm - 10.00pm -**  Yvonne Newbold will explore the emotions e.g. guilt around being the parent of a SEND child. What are the triggers and how we are left feeling following interaction with other people?  **Follow on Discussions**  You will have the opportunity to join Yvonne for a follow up discussion over lunch or supper (via Zoom)the following week. Take the opportunity to put questions to Yvonne in person and discuss your issues with her and the other parents to help combat feelings of isolation.  **Zoom Lunch 17th Feb 12.30 - 2.00pm**  Make yourself a sandwich and a drink and join us for a mid-day follow up discussion to the Webinar via Zoom  **Zoom Drinks and Nibbles 18th Feb, 8.00pm - 9.30pm** For those of us who are busy in the day but free in the evening, bring along a drink and some nibbles for a follow up discussion to the Webinar via Zoom.  To register click[**HERE**](https://form.jotform.com/203412801917348)**.** | | |
| Talk on the Woodland Trust by Ian Ritson | | Carers, the people they care for and former carers | | 11th February  3.00-4.30 pm | Rep from CIB  Ian Ritson  (Woodland Trust) | Ian’s talk is fully illustrated with pictures taken from some of the 1200 woods and forests that exist across the UK and the wildlife that inhabits them. He talks about some of the major issues facing them currently: climate change, the loss of species and tree diseases and how these will change the way our landscapes may look in the future. The Woodland Trust is working hard with many other groups such as the National Trust and RSPB to ensure that we have land where people and wildlife can continue to live together and benefit from their surroundings.  To register click [**HERE**](https://form.jotform.com/210102848135345)**.** | | |
| Quiz Hour (Monthly Themed Meet-up via Zoom) | | Carers and former carers | | 11th February  2.00pm - 3.00pm | Jenny Harris (CIB)  Sharon Rogers (CIB) | Come and join us for a fun quiz after lunch  To register click [**HERE**](https://form.jotform.com/203291952221348)**.** | | |
| Ancestry Part Two  (via Zoom) | | Carers and former carers | | 24th February  10am – 12.00pm | Anni Berman  Sharon Rogers (CIB) | Following on from Anni’s very popular Beginners Guide to Ancestry, Anni will on this occasion talk in more detail and show other resources available to those progressing their research into their family tree.  This event is free and via Zoom. Joining details will be sent out shortly before the event.  This event is free and via Zoom. Joining details will be sent out shortly before the event.  To register click[**HERE**](https://form.jotform.com/203214008622340)**.** | | |
| Planning for Emergencies – How to Prepare for the Unexpected (via Zoom and/or ‘meet-in-person’ tbc) | | Adult carers | | 4th March  10am – 12.00  2-hours on Zoom  and/or in-person at the Bedford Office depending on current Covid rules | Jenny Harris (CIB)  Sharon Rogers (CIB)  Caroline Carter  (CIB Wellbeing Practitioner) | This workshop looks at how to prepare for the unexpected. It looks at plans you can put in place and resources you can use to ensure that you are prepared in the event of an emergency.  This event is free and via Zoom. Joining details will be sent out shortly before the event.  To register click[**HERE**](https://eu.jotform.com/build/203412951015343)**.** | | |
| A Personal Wartime Story  (Monthly Themed Meet-up via Zoom) | | Carers and former carers only | | 12th March  10.00am - 12.00 | Jenny Harris (CIB)  Sharon Rogers (CIB) | Join Anni as she talks about her dad’s story from when war broke out. She will cover his time in the Navy, his D-Day experience, being ship-wrecked and what happened right up to the ending of the war. A fascinating personal insight.  To register click [**HERE**](https://form.jotform.com/203214279620348)**.** | | |
| **Regular Activities** | | **Who for?** | | **Dates & times** | **Host** | **Description** | | |
| Choir  (via Zoom) | | Carers and former carers | | Weekly on a  Tuesday at 3.30pm  Restarts on 12th January for 11 sessions with a half-term break on Tuesday 16th  February.  Dates: 12th, 19th and 26th January  2nd, 9th, and 23rd February and  2nd, 9th, 16th, 23rd and 30th March | Evelyn Sutherland | Come along and join the choir; singing in your own home. This has proved to be really popular with the carers who are currently attending. You do not have to be an accomplished singer; it’s only you who can hear yourself on Zoom. Once registered please contact 0300 111 1919 or [tracey.gill@carersinbeds.org.uk](mailto:tracey.gill@carersinbeds.org.uk) to make a payment of £25.00 for the 11-week course.  Join wks. 1-2 - £25  Join wks. 3-5 - £20  Join wks. 6-9 - £15  Join wks. – 10 – 11 - £10  To register click https: [**HERE**](https://form.jotform.com/203433531828352). | | |
| Chair Yoga with Trish  (via Zoom) | | Carers, the person they care for and former carers | | Weekly on a Wednesday from  10.00am - 10.30am  Restarts: 6th January (No break) | Trish Munro | Led by Qualified teacher, Trish Munro. Chair yoga is for everyone no matter what age you are or what level of fitness you are at. Everyone can experience the health benefits of yoga. To register please email[**wegteam@carersinbeds.org.uk**](mailto:wegteam@carersinbeds.org.uk) | | |
| Art for Wellbeing  (via Zoom) | | Carers, the person they care for and former carers | | Weekly on a Thursday 11.00am -12.30 pm  Restarts: 7th January (no breaks) | Natasha Rehman | Natasha is an artist who works with carers to educate them about classic and contemporary art and create creative projects on paper. Whether you are a complete novice with no experience or a budding Picasso, there will be something for you to enjoy! To register please email [**wegteam@carersinbeds.org.uk**](mailto:wegteam@carersinbeds.org.uk) | | |
| Armchair Yoga with Linda  (via Zoom) | | Carers, the person they care for and former carers | | Weekly on a Friday  3.00pm – 3.30pm  Restarts: 8th Jan  Break – Wk/c 15th Feb | Linda Wheatley | Qualified yoga teacher, Linda Wheatley will be guiding you through breathing, gentle stretching and muscle activation techniques, working at your own pace and to your own ability.  To register click [**HERE.**](https://form.jotform.com/202392384009352) | | |
| **Groups** | **Who for?** | | **Location / Zoom details** | | | | **Dates & times** | **Host** | |
| Tea & Chat  Tuesday  (via Zoom) | Tea and chat for all -  carers, the person you care for and former carers | | To register click [**HERE.**](https://form.jotform.com/201912409622348) | | | | 2pm - 3pm  1st and 3rd Tues Monthly  5th and 19th January,  2nd and 16th February,  2nd and 16th March | Caroline McGovern  (CIB Support Worker) | |
| Tea & Chat Thursday  (via Zoom) | Carers and former carers | | To register click [**HERE**](https://form.jotform.com/201912409622348). | | | | 11am - 12.00 – 1st and 3rd Thurs Monthly  7th and 21st January,  4th and 18th February,  4th and 18th March | Caroline McGovern (CIB Support Worker)  or Donna McEvoy  (CIB Support Worker) | |
| Evening Group Monday  (via Zoom) | Carers and former Carers | | To register click [**HERE**](https://form.jotform.com/201912409622348). | | | | 7pm - pm 2nd Mon Monthly  11th January,  8th February,  8th March | Amanda Thaxter  (CIB Service Lead) | |
| Evening Group Tuesday  (via Zoom) | Carers and former carers | | To register click [**HERE.**](https://form.jotform.com/201912409622348) | | | | 7pm - 8pm  4th Tues Monthly  26th January,  23rd February,  23rd March | Sharon Rogers  (CIB Service Lead) | |
| Ampthill Park  (‘meet in-person' event) | Carers, the person you care for and former carers | | **All walks are postponed until at least 15th February due to the current lockdown. Walks going ahead on the dates given are dependent on government policy at the time. Please keep checking our website for updates.**  Ampthill Park - Meet by the main entrance  **Text Dawn on 07772 231183 if you will be joining us.** | | | | 10 - 12pm  1st Weds Monthly  3rd March | Sharon Rogers  (CIB Service Lead) and Caroline McGovern  (CIB Support Worker) | |
| Houghton Hall Park  (‘Meet-in-person' event) | Carers, the person you care for and former carers | | **All walks are postponed until at least 15th February due to the current lockdown. Walks going ahead on the dates given are dependent on government policy at the time. Please keep checking our website for updates.**  Houghton Hall Park - Meet by the Cafe  **Text Dawn on 07772 231183 if you will be joining us.** | | | | 1 - 3pm  2nd Weds Monthly  10th March | Sharon Rogers  (CIB Service Lead) and Maria Pantelli  (CIB Support Worker) | |
| Bedford Park  (‘Meet-in-person' event) | Carers, the person you care for and former carers | | **All walks are postponed until at least 15th February due to the current lockdown. Walks going ahead on the dates given are dependent on government policy at the time. Please keep checking our website for updates.**  Bedford Park - Meet by the Pavillion Café  **Text Jenny on 07772231142 if you will be joining us.** | | | | 1 - 3pm  3rd Weds Monthly  17th March | Jenny Harris  (CIB Service Lead) and Geraldine Place  (CIB Support Worker) | |
| Henlow Park  (‘Meet-in-person' event) | Carers, the person you care for and former carers | | **All walks are postponed until at least 15th February due to the current lockdown. Walks going ahead on the dates given are dependent on government policy at the time. Please keep checking our website for updates.**  Henlow Park – Meet at Henlow Church  **Text Jenny on 07772231142 if you will be joining us.** | | | | 11 - 1pm  4th Weds Monthly  24th March | Jenny Harris  (CIB Service Lead) and Geraldine Place  (CIB Support Worker) | |
| **Wellbeing Sessions** | **Who for?** | | **Location, Dates & Times** | | | | **Host** | **Details** | |
| Wellbeing Sessions  (‘Meet-in-person' event) | Carers, the person you care for and former carers | | **All wellbeing sessions are postponed until at least the 15th February due to the current lockdown. The dates given below are dependent on government policy at the time. Please keep checking our website for updates.**  1st Saturday of each month (6th March) times tbc at The Weatherley Centre, Eagle Farm Rd, Biggleswade  SG18 8JH,  2nd Saturday of each month (13th March) from 10.30am- 1.30pm at Eaton Bray Village Hall, Church Lane, Eaton Bray, Dunstable LU6 2DJ    3rd Thursday of the month (18th March) 1.00pm - 4.00pm at Whichello's Wharf, The Elms, Stoke Road, Leighton Buzzard, Bedfordshire  LU7 2TD  3rd Saturday of each month (20th March) from 10.00am - 1.00pm at Bedford Office Suite D1, Emerald Court, Pilgrim Centre MK4 17PZ  4th Monday of each month (22nd March) from 1.00pm-4.00pm at Flitwick Village Hall, 11 Dunstable Rd, Flitwick, Bedford MK45 1HP | | | | Jane Baker (CIB)  Various therapists | We are really pleased to be able to provide footcare, massage therapies and haircuts at the dates, times and venues across the county each month as stated.  Footcare costs £10  Hair cut £5  Massage £10 for 30 minutes  £20 for 50 minutes  To book an appointment please [**HERE**](https://form.jotform.com/202713476287359)**.** | |

**Joining Details:**

* Please click on the links above or go to the Carers in Beds Website ‘What’s On’ page (see [**HERE**](https://carersinbeds.org.uk/how-we-can-help/what-s-on)) or email: [events@carersinbeds.org.uk](mailto:events@carersinbeds.org.uk) to register for an event. Currently, all events are via Zoom unless indicated otherwise\*. Once you have registered, we’ll send you the Zoom joining details shortly before the event.

\*Events that require you to ‘meet-in-person’ rather than ‘virtually’ are dependent on government rules at the time of the event. Please check our website for updates.

* **Please Note:** *You will need to book by no later than* ***9.30am*** *on the day of the activity.*
* ***There is no need to re-register for activities you are a*lready are registered for.**
* All events/activities and groups are **FREE** unless stated otherwise but donations are very welcome. Please click [**HERE**](https://www.justgiving.com/campaign/from-carers-to-carers)to donate.