

# October 2025 UK

Wk	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	29	30	1	2	3	4	5
40			Perth Dementia Café  Fear Less triple P – training  Male Carers – driving range	Football Memories	Male Carers – Blair		
	6	7	8	9	10	11	12
41	Parent Carers – Coupar Angus Parent Carers – Alyth  Home energy advice – drop in	Let's explore food!  Online coffee and chat	Fear Less triple P - training	Crieff Carers Café	Parent Carers – Crieff  Male Carers – Perth		
	13	14	15	16	17	18	19
42		Home energy advice	Parent Carers - Ice Skating  Malnutrition (in older people)	Kinross Lunch club	Male Carers – Kinross		
	20	21	22	23	24	25	26
43	EASE - training				Male Carers – Auchterarder  Pitlochry Lunch club		
	27	28	29	30	31	1	2
44	Parent Carers – Perth  EASE - training	What's my role?	Gie it laldy Carers choir	Parent Carers - Blair	Crieff Parent Carers – caring for you		