

Carer Learning & Wellbeing Programme

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Derbyshire All Age Carers Support Service

January – March 2025

| Session | Date | Location | Details |
|---|---|----------|---|
| Caring with Confidence New to Caring | Weds 15th Jan 1pm – 2.30pm | Online | Are you new to caring? Find out how we can support you! Caring can be rewarding but also overwhelming. Join our session to discover support available, including practical advice, resources and local services. |
| Caring with Confidence Planning for the future | Tues 4th Feb 11am – 12.30pm | Online | Join our session to explore practical tips and resources for planning ahead in your caring role. Learn how to prepare for changes, access support and ensure peace of mind for you and your loved one. |
| Caring with Confidence Accessing support for your loved one | Fri 14th Feb 11am – 12.30pm | Online | Learn how to find the right support for your loved one in this helpful session. We'll guide you through available services, resources and steps to ensure they get the care they need. |
| Caring with Confidence Carers Wellness | Tues 25th Feb 1.30pm – 3.30pm | Online | Take time to focus on you. This session offers tips and strategies to support your wellbeing while caring for others. Because your wellness matters too! |

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|--|--|----------|---|
| Caring with Confidence Financial Benefits for Carers | Weds 5th March 1pm – 3pm | Online | Join our session to learn about the welfare rights and benefits available to Carers and their loved ones. Get clear guidance on accessing financial and practical support. |
| Caring with Confidence Work Readiness | Weds 19th March 1pm – 2.30pm | Online | Looking to return to work or balance caring with a job? This session offers practical tips, resources and support to help you build confidence and prepare for employment. |
| Caring with Confidence When caring comes to an end | Tues 25th March 1pm – 2.30pm | Online | This session offers guidance and support for life after caring. Explore practical steps, emotional support and resources to help you navigate this transition with confidence. |
| Hearing Help Session | Tues 14th Jan 1pm – 2.30pm | Online | Are you supporting someone who is struggling with hearing loss? Hearing Help will provide this session offering advice, resources and practical tips to improve communication and access support. |



search me!



To book your place, please email:
events@derbyshirecarers.co.uk

For help accessing our online sessions, please call our office on

01773 833 833 or email:
info@derbyshirecarers.co.uk