



Thursday 2 May- 11am-12pm: When Coal Was King

Dive into the rich coal mining history of south Wales by joining a coal miner as he starts his working day at Big Pit in 1978. Learn more about mining communities, not just during this period, but all the way back to the Industrial Revolution.



Wednesday 8 May - 2-3pm: Book Club

Come along to our first informal and relaxed Book Club session! The session is a chance for carers to get together and take some time for themselves, have a chat with like-minded people and share the escapism of getting lost in a good book. Just bring your favourite book, we'd love to hear a bit about why it's your favourite (no worries if you'd rather just listen in). At the end of the session we will decide which book we fancy reading ahead of the next session and discuss future dates.



Monday 13th May: 1-2pm: Money Matters For Carers

Join Nia, our information and advice officer, who will talk you through opportunities for grants, benefits and schemes that may be available to you as a carer.



Wednesday 15 May - 1-2pm: Dementia Action Week with Alzheimer's Society Cymru

It's Dementia Action Week and Alzheimer's Society Cymru would like to provide you with an overview of their latest campaigns and focus as well as a summary of their services; specifically those to support unpaid carers through the dementia journey with their loved ones. The Alzheimer's Society provides knowledge, information and practical support for anyone affected by dementia or those who may be worried about possible symptoms and diagnosis.



Tuesday 21 May - 1.30-3pm: Red Cross First Aid

This interactive first aid online workshop helps adults learn basic lifesaving skills using everyday objects. The workshop is not accredited, but is a free and simple way to improve your first aid knowledge and build confidence.



Tuesday 4 June - 3-4pm: Mindfulness

Join us for our popular quarterly session of Mindfulness. Learn how to calm racing thoughts, let go of negativity and soothe your mind and body.



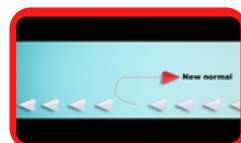
Monday 10th June - 1-2pm: Wellbeing for unpaid carers

This session will explore simple tools and techniques that can boost your wellbeing.



Wednesday 12th June - 10-11am: Mind, Body and Mood

This interactive session will offer ideas and techniques to improve your mood by understanding the power of the mind to change the way we feel, the way we move, and the way we behave.



Thursday 13th June - 11am-12pm: Change is what you make it

As circumstances change, you may be looking to return to the world of work, or perhaps you find that you have more time on your hands to looking at hobbies or rebuilding a social life. This session will explore how we deal with change, what gets in the way, and techniques to overcome some of these hurdles.



Wednesday 26th June - 11-12pm: Talk from Diabetes Cymru

Find out more about the work of Diabetes Cymru and the support available for people living with or caring for someone with diabetes.