

Online support sessions for carers March and April 2024



Thursday 29 February - 1-2.30pm: Confidence Building with Jane Breeze

This session will explore techniques for improving confidence and will look at what gets in the way. Whether you are looking to join a group to learn a new hobby or interest, whether you are thinking about volunteering, or perhaps even considering applying for a job, you will learn how to change the story in your head so that you can build up your confidence.



Tuesday 12 March - 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.



Tuesday 19 March - 1-3pm: Carers Rights

Carers have fundamental rights under Welsh and UK law. This session will discuss those rights, how this can support you in your caring role and where to get support accessing them. The session is run by Nia, our Information and Advice Officer who will be able to answer questions at the end of the session.



Tuesday 26 March - 12-1pm: How the Carer's Leave Act will affect you

The Carer's Leave Act will give all carers in Wales new employment rights to take unpaid leave to care for a loved one. This session will discuss how the Act works; what you need to know; and what other connected elements may be available to you



Wednesday 27 March - 1-2pm: Employability Session with Moxie People

This session will cover Building Confidence, Recognising Transferrable Skills, CV writing, how to start and where to look to get back into employment and keeping calm and staying confident at Interview with lots of hints and tips through-out from Keeran Williams, Talent Acquisition Manager at Moxie People.



Thursday 11 April - 10-11am: Healthy Relationships

Using the basis of Transactional Analysis, this session will provide you with a greater insight into how to build on a healthy relationship, and what gets in the way. These simple techniques can be used when you need to be more confident or assertive, they can be used to diffuse a potential argument.



Tuesday 16 April- 1.30-2.30pm: Crafty Catch Up

Join this online session to meet other carers whilst working on your latest craft project. Whether it is knitting, crochet, diamond dot art, card making, quilling, rock painting, jewellery making or simply anything you enjoy making. This session is informal and a chance to chat, create and connect with other carers.



Monday 22 April - 1-2pm: Direct Payments

Direct Payments: This session will cover what 'direct payments' are and how they work.



Wednesday 24th April - 11-12.30pm: Red Cross: Adapt and recover from adversity

The workshop aims to help you build effective coping strategies for emotions and learn how to improve confidence, especially during times where coping with life challenges is more difficult.

To Register: carerswales.org/onlinesupport