

## Care with Confidence

### What Carers Need to Know

The Carers Centre is starting a new programme of 'What Carers Need to Know' online information sessions on Zoom in September.

The sessions are aimed at those who are relatively new to caring for a family member or friend at home, or carers who would like to know more about the help and support that is available to them and how to deal with some of the challenges that caring can bring.

To make it easier for carers to take part, we will be repeating each session on different days of the week and at different times throughout September/October (depending on demand).

#### Programme

Session Topic	Day Date Time (choose one only for each session)
Welcome to the Carers Centre and Zoom	Tuesday 1 Sept 10.30am - 12.00 noon Wednesday 2 Sept 1.30pm - 3.00pm Thursday 3 Sept 6.30pm - 8.00pm
Stress & relaxation	Tuesday 8 Sept 10.30am - 12.00 noon Wednesday 9 Sept 1.30pm - 3.00pm Thursday 10 Sept 6.30pm - 8.00pm
Facing Challenges	Tuesday 15 Sept 10.30am - 12.00 noon Wednesday 16 Sept 1.30pm - 3.00pm Thursday 17 Sept 6.30pm - 8.00pm
Communicating Effectively	Tuesday 22 Sept 10.30am - 12.00 noon Wednesday 23 Sept 1.30pm - 3.00pm Thursday 24 Sept 6.30pm - 8.00pm
Planning for the Future	Tuesday 29 Sept 10.30am - 12.00 noon Wednesday 30 Sept 1.30pm - 3.00pm Thursday 1 Oct 6.30pm - 8.00pm
What next?	Tuesday 6 Oct 10.30am - 12.00 noon Wednesday 7 Oct 1.30pm - 3.00pm Thursday 8 Oct

To get the most from this course, it is recommended that, if possible, carers attend all 5 sessions.

To register an interest in attending the 'What Carers Need to Know' sessions, and to let us know your preferred day and time, and/or if you require further details about the programme, please contact us directly using the contact details below.

Not confident using Zoom? Please contact us to arrange for one to one help.

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