

EVENTS SCHEDULE

JUL 2026



07
Tue

Moving With Confidence 10:30am - 12:30pm Evesham

Moving with Confidence for Carers - It's essential as carers we are confident with safe moving and handling to prevent hurting ourselves and the person we look after. home ownership.



16
Thu

Carers Essentials 10:00am - 11:00am ONLINE

This session is an introduction to some of the ways carers can begin to access practical help and support.



29
Wed

Practical First Aid 10:30am - 12:30pm Worcester

Having up to date First Aid skills can make a significant difference to your confidence in that situation.



21
Tue

Benefits & Preparing to Pay for Care 10:00am - 1:30pm ONLINE

All your questions answered and explained by an expert from Society Matters CIC.



29
Wed

Therapeutic Writing Sessions for Carers 10:00am - 12:00pm ONLINE

These **NEW** monthly online sessions are a gentle, nurturing space designed especially for carers - anyone supporting a loved one or person in need. You don't need to be an experienced writer to take part; simply being present with others who understand some of what you experience is enough.

Next event topic: Listening to the Body
Theme: *Mind-body connection*
Sometimes our body knows things before our mind does. In this session, we'll explore writing from sensations - places of tension, comfort or stillness - noticing how your body feels. It's a gentle, simple way to tune in and connect with yourself.

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For more information and to book onto these events go to our website by scanning the QR code.

