Carers Wellbeing Programme
Growing your confidence to care

Open sessions designed especially for Carers, turn up (virtually) on the day, no need to book on. To join, open “Zoom”, click on “Join a Meeting” or copy and paste the link below. Add in the meeting code and password for the session you want to attend.

Keeping well whilst caring
Talk about self care, healthy living and looking after you.
Tuesday 8 September 2020 : 11.00am -12:30pm
Meeting ID: 998 9800 6261
Password: 9ACMGn
Meeting Link: https://zoom.us/j/99898006261?pwd=SG0yRVInUmxQ0ytRS1RRaOxcEIRUT09

How to plan care for the future
Talking about you and your loved ones preferred priorities for care
Tuesday 15 September 2020 : 11.00am -12:30pm
Meeting ID: 917 9178 1127
Password: 479180
Meeting Link: https://zoom.us/j/91791781127?pwd=VWozaElZa2ZMa2pWTzFwGjNGQmtiQT09

Caring for someone with Advancing Dementia
Specific Admiral Nurse support for those caring for someone with advancing dementia
Friday 18 September 2020 : 1.00pm – 2:30pm
Meeting ID: 930 6399 3004
Password: 003281
Meeting Link: https://zoom.us/j/93063993004?pwd=US9jdkJEcDIQYOUURTQ3JzNNFILZz09

Be confident to care at end of life
It can be stressful to watch a loved one’s health decline, find out how you can offer them comfort.
Tuesday 22 September : 11.00am -12:30pm
Meeting ID: 970 2587 6304
Password: 362184
Meeting Link: https://zoom.us/j/97025876304?pwd=cHh2VFh0dk5PZ1NnxOFpXSzV0djBjdz09

Support for your Caring Role
Find out what services and support groups are available and time to talk to other carers
Tuesday 29 September : 11am -12:30pm
Meeting ID: 927 8193 1974
Password: 117390
Meeting Link: https://zoom.us/j/92781931974?pwd=dJIJM1ZkUG5PD1pZSDRRUW5McGdVdz09