



# 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=SG0yRVlnUmQONyRS1RRa0xqcEIRUT09>

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## **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=VWozaeJZa2ZMa2pWTzFzWjNGQmtiQT09>

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## **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=US9jdkJEcDIQYUZURTQ3TzJNNTILZz09>

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## **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=cHh2VFh0dk5PZ1NxOFpXSzV0djBJdz09>

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## **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=dIJIM1ZkUG5Pd1pZSDRRUW5McGdVdz09>