

# EVENTS SCHEDULE

# JUN 2026



03  
Wed

### Falls & Frailty Skills for Carers

10:30am - 12:30pm  
Worcester

Join us and the experts to risk-check the living space and situation of the person you care for.

[BOOK HERE](#) ✨

### 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.



x2  
Dates

### 3rd Wed

**Next event topic:** What I Carry  
**Theme:** *Emotional and psychological load*  
We all carry things - memories, hopes, worries, small or heavy thoughts. This session gives you a quiet space to write about what you're carrying, just noticing it on the page. There's no expectation to solve anything - it's about making space for yourself for a little while.

[BOOK HERE](#) ✨

### 24th Wed

**Next event topic:** Moments That Shaped Me  
**Theme:** *Meaning-making and reflection*  
Big moments, little moments - everything leaves a mark. This session is about writing down memories that feel important to you and seeing how they've shaped you. It's less about facts and more about what feels meaningful in your story.

[BOOK HERE](#) ✨



11  
Thu

### Dementia Toolkit for Carers

10:30am - 12:30pm  
ONLINE ONLY

Join us and the experts to cover the different types of Dementia, seeing the person behind the disease. We cover coping strategies and how to live with someone with Dementia while looking after yourself.

[BOOK HERE](#) ✨



17  
Wed

### 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.

[BOOK HERE](#) ✨