

# EVENTS SCHEDULE

# MAY 2026



06  
Wed

## Moving With Confidence

10:30am - 12:30pm  
Location TBC + ONLINE

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.

[BOOK HERE](#)

## 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](#)



12  
Tue

## HeartMath

10:00am - 11:30am  
Location TBC + ONLINE

HeartMath is like a wellness toolkit for your heart and mind - designed to help you feel calmer, clearer, and more in control, especially when life gets overwhelming.

[BOOK HERE](#)



15  
Fri



20  
Wed

## Preparing to Pay for Care

10:00am - 1:30pm  
Pershore + ONLINE

Worried about care home fees? Join our expert-led online event and get the answers you need.

[BOOK HERE](#)



26  
Thu

## Practical First Aid

10:30am - 12:30pm  
Evesham + ONLINE

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

[BOOK HERE](#)



## EVENTS SCHEDULE 2026

Check out our website for more events.

[EVENTS CALENDAR](#)