

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.

[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](#) ✨



16
Thu

Benefits & Preparing to Pay for Care

10:00am - 1:30pm
ONLINE

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

[BOOK HERE](#) ✨



21
Tue



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.

[BOOK HERE](#) ✨



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.

[BOOK HERE](#) ✨

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.