

EVENTS SCHEDULE

SEP 2026



09
Wed

Practical First Aid 10:30am - 11:30am Kidderminster

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

[BOOK HERE](#)



09
Wed

Falls & Frailty Skills 11:30am - 12:30pm Kidderminster

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

[BOOK HERE](#)



13
Sun

Shelsley Walsh Hill Climb 8:00am - 6:00pm Shelsley

We are delighted to have been kindly gifted two tickets per month throughout the summer season by Shelsley Walsh Hill Climb.

[BOOK HERE](#)



14
Mon

Therapeutic Writing 10:20am - 11:20am ONLINE

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](#)



16
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](#)



25
Fri

Worcester Riverside & Diglis Basin Walk & Talk 10:00am - 12:00pm Worcester

Take a break from your caring role and join us for a friendly Walk & Talk along Worcester's beautiful riverside and Diglis Basin.

[BOOK HERE](#)

Dementia Communication 10:30am - 11:30am ONLINE

This practical session explores how carers can communicate more confidently and compassionately with someone living with dementia.

[BOOK HERE](#)

Dementia Toolkit 11:30am - 12:30pm ONLINE

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](#)



30
Wed

**NOW
BOTH
ONLINE**