

## Carers

<b>Resilience</b>	Since the pandemic, we may be feeling our resilience is stretched! We will consider what resilience means to us personally, what we have learnt and can draw on to sustain resilience in the future.
<b>1st Steps Post Lockdown</b>	As restrictions begin to lift, we are stepping back into life at a different pace with a range of emotions. Take some time to consider this change and transition.
<b>Taking Care In The New Normal</b>	What have we as carers learnt about ourselves and our lives? What do we want to take forward into the new phase and what shall we leave behind?
<b>Wellbeing</b>	Taking care of ourselves as carers, we are often a long way down the list. Having a personalised toolkit of accessible and achievable things to support your wellbeing is vital.
<b>1st Steps If New To Caring</b>	When we first start to look after someone it can feel like we are moving into new and unknown territory. This session will help you choose what will work for you, creating an easier and clearer path for you and those you care for.
<b>Multi-Tasking</b>	Having a caring role can mean we've got more plates to spin and a longer to do list than most. It's even more important to get productive, beat procrastination and get stuff done, so that we can focus on what really matters.
<b>Carers' Rights</b>	Knowing our rights, the choices that we have available to us and connecting with the full range of support available can make our caring roles more sustainable and enjoyable. Great session to celebrate Carers' Rights Day in November.
<b>Practical Tips</b>	An opportunity to tap into advice from a community of carers, as well as sharing things you have found that help with the day to day of your caring role.
<b>Supporting Carers</b>	Many of us will have a caring role at some point in our lifetime but it so often goes unrecognised and unsupported. This session explores how to spot a carer and understand how the right kind of support can make all the difference. Another great session for Carers Week.