

## Caring Matters

<b>Caring Foundations</b>	Whether we are new to caring or have been doing it for some time, this session covers the essentials that other carers say have made the biggest difference in their caring lives. "What I wish I'd known when I began caring".
<b>Navigating Working and Caring</b>	If we are working and caring we'll each have a unique set of challenges to overcome. All our stories will be different and we'll each need to find what works for us. This webinar identifies some of those challenges and presents strategies and tools that can help us to move from coping, juggling and just about surviving to finding balance and thriving.
<b>Support Networks for Caring</b>	Caring is better as a team sport. Connecting with others who are caring, finding support for us and support for those we care for can transform our lives. Building a network of support that really works for us can require creativity, experimentation and a bit of work. This webinar will look at the options, barriers and benefits. A great opportunity to tap into and maximise the mutual benefit of an existing carers network...or start to create one.
<b>Wellbeing for Carers</b>	When it comes to taking care of ourselves as carers we are often a long way down the list. Having a personalised toolkit of accessible and achievable things that work for you to support your wellbeing is vital. In this session we'll redefine self-care and address barriers like guilt and time.
<b>Sandwich Caring</b>	An increasingly common caring situation is one where we are caring for children and then along comes another caring role, perhaps supporting our own parents, grandparents or other older relatives and friends. This webinar shines a light on the additional challenges as well as the support and strategies that can help.
<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. A great session to celebrate Carers' Rights Day in November or Carers Week in June.
<b>Identifying Carers</b>	Many of us will have a caring role at some point in our lifetime but so often this goes unrecognised and therefore unsupported. Join this webinar to understand how to spot a carer and understand how the right kind of support can make all the difference. A great session to raise awareness across the whole organisation in Carers Week in June.
<b>Supporting Working Carers</b>	With 600 people leaving work every day to take on caring responsibilities there's a growing need to support carers in the workplace. The right support that aligns with the culture of your organisation makes a big difference. This webinar will help colleagues, managers and leaders create a workplace where carers can care and thrive.



### Speaker Bio **Suzanne Bourne**

Suzanne is an International Coach Federation certified coach. She has worked for many years in the field of peer support with expertise in creating a safe online space for peers. Her work includes supporting people living with long term conditions but it is her passion for seeing carers step into their full potential that is the focus of her current work. She is the co-founder and 'Head of Carer Support' for a service that provides 1:1 coaching, virtual cuppas and an online peer support community for carers. As mum to 2 teenage girls and carer to her husband Matt, diagnosed with Young Onset Parkinson's 18 years ago, she holds a big focus on quality of life. The family motto is do things while you can in a way that works for you!