



Carers Rights Day 2020 Carmarthenshire Programme of Activities

KEY NOTE SPEAKER – PROFESSOR LUKE CLEMENTS

An informative overview of ‘Carers Rights and the Law’ by Professor Luke Clements. Professor Luke Clements has helped draft and promote a number of Parliamentary Bills aimed at improving the rights of individuals, including Carers who are experiencing social exclusion.

Bookings for this 2.5hr presentation will be taken from 24th October via <https://www.eventbrite.co.uk/e/carers-rights-the-law-know-your-rights-by-professor-luke-clements-tickets-124684493677> . You will receive a passcode which will give you access to the video to view at a time convenient for yourself.

Date	Time	Activity	Length of Time	Provider
23/11	10.00	Stay Positive Webinar Easy to implement strategies to maintain a positive and optimistic outlook https://us02web.zoom.us/j/84903316842?pwd=OFdYQ0FPTUJpcDUzQndERS80TIRKQT09 Meeting ID: 849 0331 6842 Passcode: 602622	45 mins	Apple a Day
23/11	14.30	Managing Change During Covid-19 Workshop Explore why change can be so difficult including some of the impacts of COVID-19 and change, how you feel about change, and ways to accept and manage change.. Advanced bookings needed. https://www.eventbrite.co.uk/e/sure-for-mental-health-managing-change-during-covid19-carms-carers-registration-124613098131	1.5 hrs	Sure for Mental Health
23/11	20.00	Sleep Easy Find practical solutions to help with a good night’s sleep. https://us02web.zoom.us/j/82281091503?pwd=b0pqOFJHaUxPOWU2eEIUMExERGVBDz09 Meeting ID: 822 8109 1503 Passcode: 49322	45 mins	Apple a Day
24/11	11.00	Resilience – How to Bounce Back Webinar Simple strategies to bounce back when life throws us a curved ball! https://us02web.zoom.us/j/86722885416?pwd=d0FsREI5YjJhSUQydzBHQXVldUVnZz09 Meeting ID: 867 2288 5416 Passcode: 251990	45 mins	Apple a Day
24/11	19.00	Anxiety Awareness Anxiety may be triggered by everyday events or it may be as a result of experiencing a time of challenge, such as the current pandemic or an ongoing mental health issue. This webinar explores the causes of and effects of anxiety and explores techniques that can help us to more effectively manage the effects of anxiety. Advanced bookings needed https://www.eventbrite.co.uk/e/sure-for-mental-health-anxiety-awareness-carms-carers-registration-124615543445	1.5 hrs	Sure for Mental Health



Carers Rights Day 2020 Carmarthenshire Programme of Activities

25/11	11.00	Yoga Taster Session A gentle restorative yoga class and an introduction to meditation. https://us02web.zoom.us/join/81892045987?pwd=WTVISjJoSUUzaExlRG1lU2FVU290Zz09	1 hr	Yoga with Kerry
25/11	14.00	Energise Webinar How to manage your energy levels through the day, to avoid highs and lows and putting your energy into what matters. https://us02web.zoom.us/j/81892045987?pwd=WTVISjJoSUUzaExlRG1lU2FVU290Zz09 Meeting ID: 818 9204 5987 Passcode: 701362	45 mins	Apple a Day
25/11	19.00	Loss & Bereavement during Covid-19 A look at the grieving process, help recognise and understand loss and bereavement, including our own experiences and responses to loss and be better able to support yourself or others through any losses. Advanced bookings needed. https://www.eventbrite.co.uk/e/sure-for-mental-health-dealing-with-loss-during-covid19-carms-carers-registration-124616233509	1.5 hrs	Sure for Mental Health
26/11	14.00	'I'm Still Me' Webinar How to find yourself again. Tips to ensure you are still you! https://us02web.zoom.us/j/88250175413?pwd=OFVBMlBSYWNncEU4Wk15ek9pK2NoQT09 Meeting ID: 882 5017 5413 Passcode: 871780	45 mins	Apple a Day
26/11	18.00	Carers in the Bakehouse! Live Bread Making Session. Try your hand at baking a traditional Irish Soda Bread while having a chat with other carers. A fun interactive session for novice bakers and carers of all baking abilities. Places are limited – to book email: lucy@carmarthenshirecarers.org.uk	1 hr	Luke Conlon
26/11	20.00	Mindfulness Taster Time and space to connect more deeply with yourself, whilst enhancing a sense of well being https://us02web.zoom.us/join/81892045987?pwd=WTVISjJoSUUzaExlRG1lU2FVU290Zz09	1 hr	Yoga with Kerry

**Brought to you by Carmarthenshire Carers Support Services Network in partnership with CCC.
Use the links above to book a place or contact Andy on 07971 597373 for further information.**

***Please note if you do not have access to the internet or would like to join the sessions but need help with IT please contact Andy in advance on 07971 597373 giving as much notice as possible to arrange support.**

***Please note we are unable to support with technical issues on the day.**

If you need help with replacement care to enable you to participate please contact the Carers Information Service on 0300 0200 002 no later than Monday 9th November.

You can also follow us on social media and watch a series of informative short video clips to find out more about local support services that are available for carers.



www.carmarthenshirecarers.org.uk
www.facebook.com/CarmsCarers
www.twitter.com/CarmsCarers

