



MeTime
Online wellbeing for unpaid carers

June



Wednesday 1 June: 10am-1pm

Virtual volunteer drop-in – everyone welcome!

Are you interested in volunteering? Do you want to find out more about our roles? Our volunteer and carer support officer and listening support officer Kate and Natalie will be holding a virtual volunteer drop in from 10am-1pm to share information on our volunteer programme, what its like to be part of the volunteering team at Carers Wales and the benefits of volunteering. Ask questions and find out how you can get involved! [Sign up for this session here](#)



Friday 3 June: 6:00pm-8:30pm

Flower arranging

Are you looking for a way to unwind? Grab yourself some supermarket flowers and we'll show you how to arrange them like a pro! There's plenty of top tips, advice and know-how about flower care and flower arranging as well as a few floristry secrets. You'll need flowers

(any variety you fancy) a vase and a good pair of scissors.

[Sign up for this session here](#)



Monday 6 June: 2-3pm

Carers to Carer Tips

Come along to our Carer to Carer Tips session to have an informal chat and meet other carers and share tips on anything that has been useful for you to know as a carer. Share any tips you have whilst finding out from other carers tips

that you may not have been aware of. [Sign up for this session here](#)



Tuesday 7 June: 6-7pm

Tips for working carers

One in seven people who work in Wales also provides unpaid care for family or friends. Working carers are the group most likely to miss out on information and advice and are the least likely to have any formal support at home.

Without support, working carers can struggle inside and outside the workplace. However, with the appropriate support in place, working carers can function effectively in both capacities and are a vital element in the Welsh economic landscape.

Join Jane, Employers for Carers Wales Hub Manager, and Catherine, Employers for Carers Officer, who will be giving tips for those of you who are balancing work and care and signposting to the vital support that is available. This session is for 1 hour

[Sign up for this session here](#)



Wednesday 8 June: 1:00pm-2:30pm

Carers Rights

Caring can be rewarding but also very isolating. You may not know what your legal rights are, what help may be available and what you can ask for, how to ask, or indeed who to ask.

Our self-advocacy training aims to help you understand your rights as a carer and the system, as well as consider ways for you to be able to negotiate with professionals in a positive way. This training aims to give you the information and skills to get your message across effectively to ensure your needs are properly considered.

This session is for 2.5 hours. [Sign up for this session here](#)



Wednesday 8 June: 3pm-4pm

Understanding autism – Tips for carers

Chris Haines, external affairs manager for the National Autistic Society Cymru, gives a presentation on Understanding Autism. The session includes some autism myth-busting and top tips for being more autism-friendly. There will be time at the end of the session for

questions and answers. [Sign up for this session here](#)



Wednesday 8 June: 6.00-6.45pm

Pilates

Are you feeling tense? Pilates provides mindful distraction, helping to manage stress and improve relaxation of the shoulders, neck and back.

The low-impact, functional movements build core strength and improve posture, balance and mobility. This session is suitable for all levels of ability. [Sign up for this session here](#)



Thursday 9 June: 2pm-3pm

Handling and lifting

Would you like to find out more about how to handle and lift safely whilst ensuring you are looking after yourself? This session will be run by physiotherapist Barry from Craven Complete. Barry has over 20 years of experience in various settings (NHS and private) and his

extensive experience means he provides a complete service which is honest and effective. [Sign up for this session here](#)



Saturday 11 June: 10.00-12.45pm

Carers Week Me Time Special: Wellbeing Morning

Join us for our relaxing Saturday morning session for Carers Week. Saturday's theme is all about mental health and wellbeing and so we have planned a relaxing, calming morning where you can enjoy 4 taster sessions.

All carers who attend will receive a pack from us beforehand and chatting and connecting will be encouraged amongst the sessions. Drop in and out as you please or join us for the whole morning!

The morning will run from 10 am - 12.45 pm and the timetable includes; music and relaxation, looking after your mental health, creative journaling and much more...

[Sign up for the wellbeing morning here](#)



Monday 13th June: 2-3pm

Tai Chi with Paul Hodge

Centre yourself with this free Tai Chi course and take an hour to relax from your caring responsibilities.

This Tai Chi session is run by Paul Hodge, an instructor with Tai Chi for Better Health, who

will teach us a basic sequence of Tai Chi to help to improve mental health and physical wellbeing. If you've not tried Tai Chi before – come along and join us for a relaxed and friendly session. This session is for one hour.

[Sign up for this session here](#)



Tuesday 14 June: 11am-12pm

Coping with change

Do you struggle with change? Change is inevitable, but it can be stressful and filled with anxiety. Change can be taking a step into the unknown and finding yourself outside your comfort zone. We can't always prevent changes, but in this session, we'll look at ways

to feel more resilient to the stress that change brings and get a bit comfortable with being uncomfortable. [Sign up for this session here](#)



Tuesday 14 June: 2-3pm

Mindfulness with Mike Buckley

Lose yourself for an hour of mindfulness meditation with 'Mindfulness' Mike.

It's easy to get caught up in a pattern of swirling thoughts—thinking about a laundry list of things that need to be done, ruminating on

past events, or could-be situations of the future—and learning mindfulness can help. But what exactly is mindfulness?

It can be defined as a mental state that involves being fully focused on "the now" so you can acknowledge and accept your thoughts, feelings, and sensations without judgment. Mindfulness meditation is a mental training practice that teaches you to slow down racing thoughts, let go of negativity, and calm both your mind and body.

This session will help you to learn mindfulness techniques in a safe and supportive class. This session will be for 1 hour. [Sign up for this session here](#)



Wednesday 15 June: 1.30-2.30pm

Hospital discharge

Deciding to care or continue caring for someone who is coming out of hospital and who can no longer care for themselves in the same way as before can be very difficult.

This session outlines what to consider if you're looking to care for someone who is coming out of hospital, especially if their needs have changed. We will explain what to expect, the steps that should be followed, your rights as a carer and what to do if things go wrong. This session is for 1 hour.

[Sign up for this session here](#)



Wednesday, June 15: 6-7pm

The Danish art of cosy

What is the Danish Art of Cosy? The Danish Art of Cosy is a session about Hygge, it's a feeling that is created and allows you to learn about small practices that promote a feeling of wellbeing and contentment. Finding joy in the 'small' things such as dining by candlelight.

Come along to find the joy in the everyday things! [Sign up for this session here](#)



Monday 20 June: 2pm-3pm

The Importance of Nutrition

As a carer, eating a balanced diet is essential to provide your body with all the nutrients it needs. A balanced diet will keep your body strong and give you enough energy to provide the best care for the person you are caring for and yourself. Join this session to find out more!

[Sign up for this session here](#)



Wednesday, June 22: 6-8pm

Creative Journaling

Get together with other carers to unwind, relax and reflect. Creative journaling will allow you to explore your self-worth through being creative! This will be a 2-hour session run by Liz Thomas at Soul Creative Circle. All you need is a good pair of scissors, magazines and a piece of card

or a book.

[Sign up for this session here](#)



Thursday 23 June: 2.30-4.30pm

Craft: Diamond Dotz

Find out how to create sparkly art pieces in this fun and relaxing craft! Diamond Dotz are sparkly little dots that you will place on the sticky fabric using the enclosed stylus. They are shiny and faceted on top which gives the awesome “sparkle” to the entire piece as it’s

assembled.

Materials for this session will be provided, but we will be closing registration 13 days prior to the session in order to get them sent out to you. There will also be a limit of 15 spaces available - so please book early to secure your spot!

This session is for 2 hours. [Sign up for this session here](#)



Friday 24 June: 2pm - 3pm

Music and Relaxation - with a live sound bath

Could you do with some relaxation? This session will focus on stress-reducing, soothing and relaxing sounds with tuned percussion instruments, and voice. Sound and music have

been used for thousands of years to relax and rebalance our bodies and minds when life is complicated.

Being immersed in harmonic sounds allows the body to rebalance and can regulate the central nervous system so that we feel safe and connected to those around us.

The session will be played live and comprises a short guided meditation, with Himalayan singing bowls, vocal chanting and toning; ending with silence and gentle percussion with instruments such as rain sticks, rattles and Koshi chimes. Please use headphones to get the best experience! [Sign up for this session here](#)



Monday 27 June: 6.00pm-7.30pm

How to make your money go further – tips for carers (Part 1)

Please note, that it would be helpful for you to book onto both sessions on the 27th & 29th of June, but there is no requirement to attend both if you can only make one

With the cost of living increasing, we all want to know how to make our money go further. This two-part workshop will allow carers to discuss how to make the most of their money. The session will cover: how to stretch and manage limited budgets, tips on making savings when shopping, using financial services and paying bills, information on schemes like the warm home discount, reduced tariffs for gas and electricity and better deals on your water bill. The session will help you to identify goals for managing money.

[Sign up for this session here](#)



Tues 28 June: 11am-12pm

Opening up communication

Do you struggle to open up or ask for help? When navigating the ups and downs of life, open communication can be the key to feeling supported and supporting a friend, family member or partner. In this session, we'll look at how taking notice, listening and making small

changes can go a long way toward building stronger relationships. [Sign up for this session here](#)



Tuesday, June 28: 2.30-3.30pm

Carer to carer tips

Join us to connect with other carers, share useful tips and discover things you may not have known from other carers!

[Sign up for this session here](#)



Wednesday 29 June: 6.00pm-7.30pm

How to make your money go further – tips for carers (Part 2)

With the cost of living increasing, we all want to know how to make our money go further. This two-part workshop will allow carers to discuss how to make the most of their money.

[Sign up for this session here](#)