

All workshops run from 10:00am – 11:30am. The education session runs from 10:00 – 10:30am followed by the Complementary Therapy session running from 10:30 – 11:30am. The Carer Support Group will follow on after each workshop from 11:30am – 12:00pm. This is an opportunity for carers to meet and share experiences over a cuppa and a biscuit.

Week	Topic	Complementary Therapy	Date
1	Looking after your own health & wellbeing <ul style="list-style-type: none"> Positive thinking Managing stress Healthy eating 	Meditation <ul style="list-style-type: none"> Develop techniques to create self-care and relaxation 	10 th July
2	Equipment needs <ul style="list-style-type: none"> Learn about practical solutions and equipment available to help activities of daily living 	Massage Therapy <ul style="list-style-type: none"> Enjoy some me time with a relaxing head/shoulder or foot massage 	17 th July
3	Understanding your loved one's illness <ul style="list-style-type: none"> Developing a picture of illness progression The importance of Advance care planning 	Music Therapy Find your rhythm – access your strengths & self-expression while enjoying some play time	24 th July
4	Coping with financial, legal or work issues <ul style="list-style-type: none"> Learn how to access benefits, financial and support packages and legal support. 	Art Therapy <ul style="list-style-type: none"> Use Art to explore feelings and challenges 	31 st July
5	Open forum – Q & A <ul style="list-style-type: none"> Join our panel of Palliative Care Specialists who can answer your questions to support you in your caring role. 	Music Therapy Find your rhythm – access your strengths & self-expression while enjoying some play time	7 th August
6	Knowing what to expect in the future <ul style="list-style-type: none"> Managing Pain and Medications Preparing for death Understanding the impact of increased dependency 	Massage Therapy <ul style="list-style-type: none"> Enjoy some me time with a relaxing head/shoulder or foot massage 	14 th August
7	Dealing with feelings and concerns	Meditation Develop techniques to create self-care and relaxation	21 st August
8	Volunteers – Support from people who know what it is like to be a carer <ul style="list-style-type: none"> Weavers Carer Support Volunteers Family Support Volunteers Biography Volunteers Bereavement Support Volunteers 	Music Therapy Find your rhythm – access your strengths & self-expression while enjoying some play time	28 th August
9	Knowing who to contact – supports available <ul style="list-style-type: none"> Planning for emergency care Accessing the After Hours Service Supports for carers 	Meditation <ul style="list-style-type: none"> Develop techniques to create self-care and relaxation 	4 th September
10	Open forum – Q & A <ul style="list-style-type: none"> Join our panel of Palliative Care Specialists who can answer your questions to support you in your caring role. 	Music Therapy Find your rhythm – access your strengths & self-expression while enjoying some play time	11 th September