

# Caring with Confidence

July - September 2025

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Derbyshire All Age Carers Support Service

Our Caring with Confidence programme for unpaid Carers provides essential support to help you manage the challenges of caring, access practical resources, enhance your skills and prioritise your wellbeing. Designed with Carers in mind, this programme has been created using feedback from Carers to offer support at every point of a Carers journey. This will hopefully offer you the tools to help you navigate your role with confidence and care.

Session	Date	Location	Details
<b>Caring with Confidence</b> New to Caring	<b>Thurs 10th Jul</b> 7pm – 8pm	Online	Are you new to caring? Find out how we can support you!  Caring can be rewarding but also overwhelming. Join our session to discover support available, including practical advice, resources and local services.
<b>Caring with Confidence</b> Planning for the future	<b>Tues 29th Jul</b> 7pm – 8pm	Online	Join our session to explore practical tips and resources for planning ahead in your caring role. Learn how to prepare for changes, access support and ensure peace of mind for you and your loved one.
<b>Caring with Confidence</b> Carers Wellness (Fully Booked!)	<b>Mon 18th Aug</b> 7pm – 8pm	Online	Take time to focus on you. This session offers tips to support your wellbeing while caring for others. Because your wellness matters too!  We'll also explore what journaling is - you'll try out various journaling techniques, and leave with prompts to help you get started.
<b>Caring with Confidence</b> ADHD and ASD Awareness	<b>Thurs 28th Aug</b> 7pm – 8pm	Online	This session will explore neurodiversity, focusing on ADHD and ASD - how they present, common misconceptions, and ways to offer support.  We'll also cover related conditions like GAD, RSD, ODD, and PTSD, and finish with a Q&A.

Session	Date	Location	Details
<b>Caring with Confidence</b> Financial Support	<b>Tues 2nd Sep</b> 7pm – 8pm	Online	Join our session to learn about the welfare rights and benefits available to Carers and their loved ones. Get clear guidance on accessing financial and practical support.
<b>Caring with Confidence</b> Work Readiness	<b>Thurs 11th Sep</b> 7pm – 8pm	Online	Looking to return to work or balance caring with a job? This session offers practical tips, resources and support to help you build confidence and prepare for employment.
<b>Caring with Confidence</b> When caring comes to an end	<b>Tues 23rd Sep</b> 7pm – 8pm	Online	This session offers guidance and support for life after caring. Explore practical steps, emotional support and resources to help you navigate this transition with confidence.
<b>Caring with Confidence</b> Accessing support for your loved one	<b>Thurs 25th Sep</b> 7pm – 8pm	Online	Learn how to find the right support for your loved one in this helpful session. We'll guide you through available services, resources and steps to ensure they get the care they need.



search me!



To book your place, please email:  
[events@derbyshirecarers.co.uk](mailto:events@derbyshirecarers.co.uk)

For help accessing our online sessions, please call our office on

**01773 833 833** or email:  
[info@derbyshirecarers.co.uk](mailto:info@derbyshirecarers.co.uk)