

Caring with Confidence

October – December 2025



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
Caring with Confidence Delirium Awareness	Thurs 9th Oct 1pm – 2:30pm	Online	This session will be a short, informative session on recognising the signs of delirium, especially in people living with dementia. Learn how to spot the risks early and support those affected.
Caring with Confidence New to Caring	Tues 21st Oct 1pm – 2:30pm	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.
Caring with Confidence Planning for the future	Thurs 30th Oct 11am – 12:30pm	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.
Caring with Confidence Accessing support for your loved one	Wed 5th Nov 1pm – 3pm	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.

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Caring with Confidence Meditation Workshop	Thurs 6th Nov 6pm	Online	Learn what mindfulness is, how it can elevate happiness, and ways to apply it in your daily life. This session will explore the principles of mindfulness, how it can help you manage emotions, and techniques to enhance your mental and emotional wellbeing. Suitable for both beginners and experienced practitioners to gain greater understanding of the subject.
Caring with Confidence Financial Support	Tues 25th Nov 11am – 12:30pm	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.
Caring with Confidence Work Readiness	Thurs 4th Dec 11am – 12:30pm	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.
Caring with Confidence When caring comes to an end	Mon 8th Dec 2pm – 3:30pm	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.



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To book your place, please email:
events@derbyshirecarers.co.uk

For help accessing our online sessions, please call our office on
01773 833 833 or email:
info@derbyshirecarers.co.uk