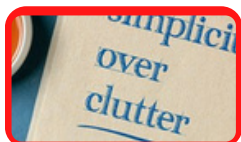


# September to October



### Monday 2 September - 2-3pm: Book club

Come along to our informal and relaxed book club session! The session is a chance for carers to get together and take some time for themselves, have a chat with like-minded people and share the escapism of getting lost in a good book. If it is your first session, just bring your favourite book, we'd love to hear a bit about why it's your favourite.



### Thursday 5 September - 1.30-2.30pm: Decluttering with Jane Breeze

This is an opportunity to explore different ways to declutter your home, garage or attic, and to look at the various reasons why we put it off. We'll follow the basic ground rules that everything you own should be functional, in working order, in its 'place' or just be something you love. We can look at some quick fixes to get you started, so that you'll notice how much more you begin to enjoy your space.



### Tuesday 10 September 2-3pm: Welsh Water Dwr Cymru

Are you a carer or being cared for by someone? Did you know that you may be eligible for a cheaper water bill, and other free support services from Welsh Water?

Join Jody on the call to learn something new, and get the help that you may be missing out on.



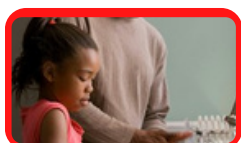
### Wednesday 11 September 1-2pm: Caregiving – how to avoid burnout with Hazel Carter

An informative and thought provoking talk from award winning author Hazel Carter. Find out how Hazel managed to juggle the hectic world she found herself in, hear about the different things she did to look after herself and learn from the lessons she now shares with carers across the UK.



### Thursday 12 September 11am-12pm: Stretch out tension, relax and breathe session

Join this 20 minute stretch out tension, relax and breathe session with yoga teacher Carol Young from Cardiff. This session will be suitable for all. Learn ways to manage your stress throughout the day and night. Carol found yoga over 45 years ago and has been teaching for 25 years. We will be sitting and standing, ordinary clothes are fine.



### Tuesday 17 September - 1-2pm: Neurodivergent family support session

The National Neurodivergence team provides free to access resources and training about neurodivergence, helping to improve the lives of neurodivergent people and their families in Wales. During this session, Ben Ewart-Dean, Family Support Officer for the team will outline some of the information available on the Autism Wales/Neurodivergence Wales website that can support neurodivergent families.



### Friday 20 September 11am-12pm: Welsh Water Dwr Cymru

Are you a carer or being cared for by someone?

Did you know that you may be eligible for a cheaper water bill, and other free support services from Welsh Water?

Join Jody on the call to learn something new, and get the help that you may be missing out on.



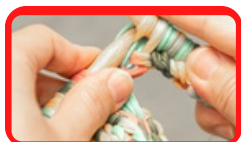
### Wednesday 25 September - 12-1pm: Balancing work and care? What you need to know

Do you balance paid employment and unpaid care? Find out about your rights including the Carers Leave Act and what support you can request from your workplace.



### Thursday 26 September, 11am-12pm: Social enterprise and starting your own self-employment business

Join this online session to meet other carers whilst working on your latest craft project. Whether it is knitting, crochet, diamond dot art, card making, quilling, rock painting, jewellery making or simply anything you enjoy making. This session is informal and a chance to chat, create and connect with other carers.



### Wednesday 2 October - 11am-12pm: Crafty catch up

Join this online session to meet other carers whilst working on your latest craft project. Whether it is knitting, crochet, diamond dot art, card making, quilling, rock painting, jewellery making or simply anything you enjoy making. This session is informal and a chance to chat, create and connect with other carers.