



Carers Week Programme 2021

Make Caring Visible and Valued

Carers Week™

Connecting Carers

A better life for unpaid carers in Highland

Varied events delivered online, open and free of charge to unpaid Carers in Highland. Please let us know if you are an unpaid Carer in Highland and need help to book an event or to get online for the event: events@connectingcarers.org.uk Carer Support Line: 01463 723560 weekdays, 10.00 am – 4.00 pm For any events or activities please check with your GP or other healthcare professional if you are unsure whether an activity is suitable for you. Know your own limits so that you stay safe, well, comfortable and having fun.

Monday, June 7, 10am to 11am

Gentle Yoga with Natalia Maguire Breathe, Stretch, Release. Natalia can adapt the moves to be done from a chair if you prefer. Book here: <https://www.eventbrite.co.uk/e/156362557619>

Monday, June 7, 11am to 12.15pm

Cup Of Care, Carer Support Group A chance for unpaid Carers to meet up, have a blether and share experiences in a relaxed setting. From 11am on the first Monday of the month. Please contact the Carer Support Line on 01463 723560 to find out more.

Monday, June 7, 2pm to 3.30pm

Taking Time to Create Beautiful Objects – Six Quick Crafts with Gael Hillyard

1. Learn simple illustrations (using heavy paper and pen) 2. Create a small leaf press from recycled materials (using cardboard, kitchen roll newspaper and elastic bands) 3. Create a mini saddle-stitch sketch book (using illustrated paper from #1, paper, thread, needle and scissors) 4. Collage and decoupage (using selection of cuts from magazines, paper, glue, scissors) 5. Card-making and gift tags (using collage from #4, card stock, scissors) 6. Upcycle a small box (using collage from # 4, box, glue, scrap paper) **Materials needed: paper and pen, cardboard (waste), kitchen roll or newspaper, elastic bands, thread, needle, scissors, pictures from magazine or newspaper, glue (PVA “school glue”, or a glue stick will work). Book at: <https://www.eventbrite.co.uk/e/155930204439>

Tuesday, June 8, 2-2.30pm

Relaxation with Meg Somerville Give yourself a little bit of you time – you deserve it – a half-hour of pure relaxation. Get your bed/couch ready, gather blankets and pillows, turn off your phone, put a do not disturb notice on the door - get ready to relax! Book here: <https://www.eventbrite.co.uk/e/155928826317>

Wednesday, June 9, 10.30am to 11.30am

Being Visible and Valued in the Workplace as a Carer with Jeralyn Mackenzie HR Co-ordinator and also Carers’ Champion at Highlands and Islands Enterprise. An opportunity to learn more about how Carers can successfully balance and combine Carer and employment responsibilities. Book here: <https://www.eventbrite.co.uk/e/156292658549>

Wednesday, June 9, 2pm to 3.30pm

Photo Editing Online Workshop with Eoghan Smith Eoghan Smith Photography will share (PTO)

top tips on editing photos to improve images and also create interesting pictures on mobile phone or another camera. Book here: <https://www.eventbrite.co.uk/e/155524458843>

Wednesday, June 9, 4pm to 5pm

Connecting Young Carers – Carers Week celebration For Young Carers age five-24. Join CYC big group catch-up, celebrate Carers Week online and find out the winner of the cake competition. Join via the main Google Classroom, to be added please contact: youngcarers@connectingcarers.org.uk or 07950328264

Thursday, June 10, 10am to 11am

Gentle Mindful Movement and Relaxation Meditation with Meg Somerville

This class is based on a series of very gentle slow movements (can be performed seated) to bring awareness into your body, noticing where tension is held and using techniques to release and relax, followed by half an hour of a deeply relaxing body scan meditation allowing both your body and mind time to rest and relax so you feel rested and nourished by the end of the hour. Just a little bit of you time. Book here: <https://www.eventbrite.co.uk/e/154463862571>

Thursday, June 10, 4pm to 5pm

Exploring A Life Alongside Caring Are you an unpaid Carer/young Carer looking for information about what is available to you and how to fit it around your caring role? Come along to hear from speakers from NHS Highland, Skills Development Scotland, University of Highlands and Islands and Connecting Carers. We will take you through the options, funding and advice available to you if you decide to explore education, training and careers. We want to challenge the perceptions of accessing careers and training for carers and ensure you are armed with the best information to take the next step on this journey. Book here: <https://www.eventbrite.co.uk/e/exploring-a-life-alongside-caring-tickets-156470943805>

Thursday, June 10, 7pm to 8.30pm

Quiz for Carers Week Thursday night Carers quiz night. Come along and play as a team with your family or by yourselves for our six-round quiz for carers week - no Googling allowed! No entry fee, the prize will be some Carers Week merchandise and the pride of knowing you won! Lyndsey is your quiz master. Book here to join: <https://www.eventbrite.co.uk/e/156097244059>

Friday, June 11, 10am to 11.30am Valuing Our Mental Wellness with Linda Birnie

Do we take time to value ourselves and look after our own wellbeing? Do we always feel visible and valued? What steps can we take to ensure we value and look after ourselves? Take some time to join with other Carers, gain some top tips to boost self esteem and wellness, plan the steps that will support us on our individual journey of wellness, and take time for relaxation. Book here: <https://www.eventbrite.co.uk/e/155941363817>

Friday, June 11, 4pm to 5pm

Looking Good, Feeling Visible with Suzanne Struthers Suzanne Struthers, personal stylist shares styling tips for women and men to help us feel great in what we wear. www.suzannesuthers.com Book here: <https://www.eventbrite.co.uk/e/156268295679>

Friday, June 11, 7pm to 7.30pm

Relaxation with Meg Somerville Give yourself a bit of you time – you deserve it – half an hour of pure relaxation. Get your bed/couch ready, gather blankets and pillows, turn off your phone, put a 'do not disturb notice' on the door – get ready to relax! Feel rested and nourished at the end of the session. Book here: <https://www.eventbrite.co.uk/e/154463862571>