

Online webinars and information sessions 2023 for carers (and the person they care for)

Wednesday 7th June, 2.30 - 3.30 pm

Looking after your physical health – Karen Coupland, Physical Health Nurse -

This webinar explores what the risks are for poor health and why we need to look after ourselves, with hints to monitor your own health and where to seek support - <https://carersinbeds.org.uk/events/nurse-talk-looking-after-your-physical-health/>. For carer and cared for

Thursday 15th June, 11 am - 12 pm

Physical Wellbeing – Nutrition & Mood – Aisha Khan, Wellbeing Practitioner -

<https://carersinbeds.org.uk/events/wellbeing-webinar-physical-wellbeing-nutrition-mood/>

Wednesday 7th July, 12.30 - 2 pm

Caring for someone with severe mental illness – Annette Duff, Cognitive Behavioural Psychotherapist and Consultant Nurse for East London Foundation Trust - <https://carersinbeds.org.uk/events/28588/>

Thursday 27th July, 11 am - 12 pm

Looking after your heart and circulation – Karen Coupland, Physical Health Nurse - This webinar gives information on what the risks are with regards poor circulation and increased cholesterol levels -

<https://carersinbeds.org.uk/events/nurse-talk-looking-after-your-heart-and-circulation/>. For carer and cared for

Friday 25th August, 7 – 8 pm

Coping with Stress & Building Resilience – Aisha Khan, Wellbeing Practitioner -

<https://carersinbeds.org.uk/events/wellbeing-webinar-physical-wellbeing-coping-with-stress-building-resilience/>

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Friday 21st September, 7 – 8 pm

What is diabetes – reducing the risks – Karen Coupland, Physical Health Nurse
- This webinar discusses types of diabetes and how to reduce your risk of Type 2 - <https://carersinbeds.org.uk/events/nurse-talk-what-is-diabetes-reduce-your-risk/>. For carer and cared for

Tuesday 3rd October, 2 – 3 pm

Coping with Seasonal Affective Disorder – Aisha Khan, Wellbeing Practitioner - <https://carersinbeds.org.uk/events/wellbeing-webinar-coping-with-seasonal-affective-disorder-sad/>

Wednesday 22nd November, 7 – 8 pm

Sleep and relaxation – Karen Coupland, Physical Health Nurse - This webinar looks at why sleep is important for your mental and physical health and tips to support good sleep and relaxation - <https://carersinbeds.org.uk/events/nurse-talk-sleep-and-relaxation/>. For carer and cared for

Wednesday 13th December, 7 – 8 pm

Winter Wellness (including Self-Care) – Aisha Khan - <https://carersinbeds.org.uk/events/wellbeing-webinar-winter-wellness-including-self-care/>

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