

# What's on for Carers Sept - Dec 2026

Carer Support Service Newsletter

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*"This was a great opportunity to learn new skills in gardening,  
and it helped reduce my stress levels"*

# Embracing Change

## Embracing Change this Autumn and Winter

As the leaves begin to turn and the days grow shorter, autumn invites us to pause, reflect, and prepare for the season ahead. Change is all around us at this time of year in nature, in our routines, and often in our caring roles too.

For carers, the colder months can bring both challenges and opportunities. Appointments may increase, energy levels can dip, and darker evenings can sometimes feel isolating. Yet autumn and winter also remind us of the importance of comfort, connection, and community.

Just as trees let go of their leaves to prepare for new growth, this season can encourage us to think about what supports our own wellbeing. Small acts of self-care, a warm drink, a short walk in fresh air, a phone call with a friend, or taking a few quiet moments for yourself, can make a real difference.

Change is not always easy, but it can bring new perspectives, renewed resilience, and moments of unexpected joy. As carers, you continually adapt with strength and compassion, often putting others before yourselves. This newsletter is here to support you through the months ahead with information, local resources, seasonal wellbeing tips, and stories from fellow carers.

As we move into autumn and winter together, let us embrace the season with kindness, both to those we care for and to ourselves.

## Tips for Managing Change and Uncertainty

Let's Talk

Change

### 1. Give yourself time

Adjusting to change rarely happens overnight. Be patient with yourself and recognise that it is normal to experience mixed emotions.

### 2. Focus on what you can control

When life feels uncertain, small routines can help create stability. Simple things like regular meals, daily walks, or setting aside time to rest can make a difference.

### 3. Talk to someone you trust

Sharing worries with friends, family members, or support groups can ease feelings of isolation and help you feel understood.

### 4. Be kind to yourself

Carers often put pressure on themselves to “stay strong”. It is important to remember that asking for help or taking a break is not a weakness — it is part of caring well.

### 5. Look for small positives

Even during difficult times, there can still be moments of comfort or joy — a warm drink, laughter with a loved one, or a quiet moment of peace.

### 6. Accept that it is okay to feel uncertain

Change can bring anxiety, sadness, or frustration. These feelings are normal. Acknowledging them rather than fighting them can help them feel more manageable.



## Managing and Accepting Change: Finding Strength in New Seasons

Change is a natural part of life, yet it is often one of the hardest things to accept. For carers especially, change can come in many forms. Changes in health, routines, relationships, responsibilities, or even in how we see ourselves.

As autumn turns into winter, the changing seasons can remind us that life is always moving forward. Trees shed their leaves, daylight becomes shorter, and nature quietly adapts. While change can feel uncomfortable or uncertain, learning to accept it can help us feel calmer, more resilient, and better able to cope with the challenges ahead.

Acceptance does not mean giving up or pretending things are easy. It means recognising what is happening, allowing ourselves to feel our emotions, and focusing our energy on what we can control.

# Hello Carers Monthly Activity Programme: September 2026

| Monday                                                                                                                                                                                                                                                 | Tuesday                                                                                                                                                                                                                                  | Wednesday                                                                                                                                                        | Thursday                                                                                                                                                                                                                                                                                                                     | Friday                                                                                                                                                                               |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  <p><b>7th</b><br/><b>Yoga</b><br/>10.30-11.30am<br/>Online</p> <p><b>East Belfast Carer Support Café</b><br/>2-3.30pm<br/>Arches Health &amp; Wellbeing Centre</p> |  <p><b>8th</b><br/><b>Wellbeing Session with Ulster Wildlife</b><br/>7-8.30pm<br/>Bog Meadows</p> <p><b>Reading Round</b><br/>7-8.30pm<br/>Online</p> | <p><b>2nd</b><br/><b>Walking Group</b><br/>10.30-11.30am<br/>Ormeau Park</p>  | <p><b>3rd</b><br/><b>Action Mental Health: YEW Programme</b><br/>10.30-12.30pm<br/>Marrowbone Community Hub</p> <p><b>10th</b><br/><b>Action Mental Health: YEW Programme</b><br/>10.30-12.30pm<br/>Marrowbone Community Hub</p> <p><b>Photography</b><br/>1.30-3.30pm<br/>City Cemetery Visitors Centre</p>                 | <p><b>4th</b><br/><b>North Belfast Carer Support Café</b><br/>2-3.30pm<br/>Grove Library</p> <p><b>11th</b><br/><b>Self-Care Tip</b><br/>“Hydrate: Drink a full glass of water.”</p> |
| <p><b>14th</b><br/><b>Yoga</b><br/>10.30-11.30am<br/>Online</p>                                                                                                                                                                                        | <p><b>15th</b><br/><b>Choir</b><br/>10.30-12.30pm<br/>Ekenhead Halls, North Belfast</p> <p><b>Reading Round</b><br/>7-8.30pm<br/>Online</p>                                                                                              | <p><b>16th</b><br/><b>South Belfast Carer Support Café</b><br/>11-12pm<br/>Agape<br/>Lisburn Road</p>                                                            | <p><b>17th</b><br/><b>Action Mental Health: YEW Programme</b><br/>10.30-12.30pm<br/>Marrowbone Community Hub</p> <p><b>Music Café</b><br/>11-12.30pm<br/>Morningside Community Project</p>                                                 | <p><b>18th</b><br/><b>Information Session: Alzheimer's Society</b><br/>11-12pm<br/>Online</p>                                                                                        |
| <p><b>21st</b><br/><b>Yoga</b><br/>10.30-11.30am<br/>Online</p>                                                                                                                                                                                        | <p><b>22nd</b><br/><b>Choir</b><br/>10.30-12.30pm<br/>Ekenhead Halls, North Belfast</p> <p><b>Reading Round</b><br/>7-8.30pm<br/>Online</p>                                                                                              | <p><b>INTERNATIONAL DAY OF SIGN LANGUAGES</b><br/>September 23rd</p>        | <p><b>24th</b><br/><b>Action Mental Health: YEW Programme</b><br/>10.30-12.30pm<br/>Marrowbone Community Hub</p> <p><b>Gardening with Belfast City Council – Willow Bird Feeder</b><br/>1.30-3pm<br/>City Cemetery Visitors Centre</p>  | <p><b>25th</b><br/><b>Coffee Morning</b><br/>10.30-12pm<br/>2 Royal Avenue</p>                                                                                                       |
| <p><b>28th</b><br/><b>Yoga</b><br/>10.30-11.30am<br/>Online</p> <p><b>West Belfast Carer Support Café</b><br/>1-2pm<br/>Foodstock, Andersonstown Road</p>                                                                                              | <p><b>29th</b><br/><b>Choir</b><br/>10.30-12.30pm<br/>Ekenhead Halls, North Belfast</p> <p><b>Reading Round</b><br/>7-8.30pm<br/>Online</p>                                                                                              |                                                                             |                                                                                                                                                                                                                                          |                                                                                                                                                                                      |

# Hello Carers Monthly Activity Programme: October 2026

| Monday                                                                                                                                                                                                                                                 | Tuesday                                                                                                                                                                                    | Wednesday                                                                                                                                                                    | Thursday                                                                                                                                                                                                                                                                                                                                          | Friday                                                                                                                                                                                                              | Saturday                                                                                                                                                 |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>5th</b><br/><b>Yoga</b><br/>10.30-11.30am<br/>Online</p> <p><b>East Belfast Carer Support Café</b><br/>2-3.30pm<br/>Arches Health &amp; Wellbeing Centre</p>  | <p><b>6th</b><br/><b>Choir</b><br/>10.30-12.30pm<br/>Ekenhead Halls,<br/>North Belfast</p>            | <p><b>7th</b><br/><b>Walking Group</b><br/>10.30-11.30am<br/>Waterworks<br/>North Belfast</p> <p><b>Self-Care Tip</b><br/>“Reflect: Jot down what you are grateful for.”</p> | <p><b>1st</b><br/><b>Action Mental Health: YEW Programme</b><br/>10.30-12.30pm<br/>Marrowbone Community Hub,<br/>North Belfast</p> <p><b>8th</b><br/><b>Action Mental Health: YEW Programme</b><br/>10.30-12.30pm<br/>Marrowbone Community Hub,<br/>North Belfast</p> <p><b>Photography</b><br/>1.30-3.30pm<br/>City Cemetery Visitors Centre</p> | <p><b>2nd</b><br/><b>North Belfast Carer Support Café</b><br/>2-3.30pm<br/>Grove Library</p> <p><b>9th</b><br/><b>Mindful Water Colouring</b><br/>10.30-12.30pm<br/>Arts Care, Knockbracken<br/>Healthcare Park</p> | <p><b>3rd</b></p> <p><b>Craft with Ciaran</b><br/>2-4pm<br/>Online</p>  |
| <p><b>12th</b><br/><b>Yoga</b><br/>10.30-1.30am<br/>Online</p> <p><b>13th</b><br/><b>Choir</b><br/>10.30-12.30pm<br/>Ekenhead Halls,<br/>North Belfast</p>                                                                                             | <p><b>14th</b><br/><b>Carer Retreat Day at Drumalis</b><br/>10-4pm<br/>Larne</p>                                                                                                           | <p><b>15th</b><br/><b>Music Café</b><br/>11-12.30pm<br/>Morrington Community Project<br/>Ormeau Road</p>                                                                     | <p><b>16th</b></p>                                                                                                                                                                                                                                                                                                                                | <p><b>18th</b><br/><b>October World Menopause Day</b></p>                                                                                                                                                           |                                                                                                                                                          |
| <p><b>19th</b><br/><b>Yoga</b><br/>10.30-11.30am<br/>Online</p> <p><b>20th</b><br/><b>Choir</b><br/>10.30-12.30pm<br/>Ekenhead Halls,<br/>North Belfast</p>       | <p><b>21st</b><br/><b>South Belfast Carer Support Café</b><br/>11am-12pm<br/>Agape, Lisburn Road</p>  | <p><b>22nd</b><br/><b>Information Session: Benefits</b><br/>11-12pm<br/>Online</p>                                                                                           | <p><b>23rd</b><br/><b>Mindful Water Colouring</b><br/>10.30-12.30pm<br/>Arts Care, Knockbracken<br/>Healthcare Park</p> <p><b>Grand Opera House Tour</b><br/>11-1pm<br/>Grand Opera House</p>                                                                                                                                                     | <p><b>30th</b><br/><b>Coffee Morning</b><br/>10.30-12pm<br/>2 Royal Avenue</p> <p><b>Mindful Water Colouring</b><br/>10.30-12.30pm<br/>Arts Care, Knockbracken<br/>Healthcare Park</p>                              |                                                                                                                                                          |
| <p><b>26th</b><br/><b>West Belfast Carer Support Café</b><br/>1-2pm<br/>Foodstock, Andersonstown Road</p>                                                                                                                                              |                                                                                                                                                                                            | <p><b>29th</b><br/><b>Gardening with Belfast City Council – Spring bulbs</b><br/>1.30-3pm<br/>City Cemetery Visitors Centre</p>                                              |                                                                                                                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                     |                                                                                                                                                          |

# Hello Carers Monthly Activity Programme: November 2026

| Monday                                                                                                                                             | Tuesday                                                                                                                                                       | Wednesday                                                                                                                                                                | Thursday                                                                                                                                                                                                                 | Friday                                                                                                                                                                                  |
|----------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>2nd</b><br><b>Yoga</b><br>10.30-11.30am<br>Online<br><br><b>East Belfast Carer Support Café</b><br>2-3.30pm<br>Arches Health & Wellbeing Centre | <b>3rd</b><br><b>Choir</b><br>10.30-12.30pm<br>Ekenhead Halls<br>North Belfast                                                                                | <b>4th</b><br><b>Healthy Cooking with Barbara</b><br>2-4pm<br>Finaghy Community Centre                                                                                   | <b>5th</b><br><b>Men's Coffee Morning</b><br>10.30-12pm<br>Robins Hobby Café<br>Titanic Quarter                                                                                                                          | <b>6th</b><br><b>Mindful Water Colouring</b><br>10.30-12.30pm<br>Arts Care, Knockbracken<br>Healthcare Park<br><br><b>North Belfast Carer Support Café</b><br>2-3.30pm<br>Grove Library |
| <b>9th</b><br><b>Yoga</b><br>10.30-11.30am<br>Online                                                                                               | <b>10th</b><br><b>Choir</b><br>10.30-12.30pm<br>Ekenhead Halls<br>North Belfast                                                                               | <b>11th</b><br><b>Healthy Cooking with Barbara</b><br>2-4pm<br>Finaghy Community Centre                                                                                  | <b>12th</b><br><b>Music Café</b><br>11-12.30pm<br>Morningside Community Project<br><br><b>Photography</b><br>1.30-3.30pm<br>City Cemetery Visitors Centre                                                                | <b>13th</b><br><b>Information Session:</b><br>Men's Health: Cancer<br>Focus<br>10.30-12pm<br>Mersey Street<br>Presbyterian, East Belfast                                                |
| <b>16th</b><br><b>Yoga</b><br>10.30-11.30am<br>Online<br><br>Thanksgiving and Celebration<br>Evening<br>7-8.30pm<br>Knockbracken Hall              | <b>17th</b><br><b>Choir</b><br>10.30-12.30pm<br>Ekenhead Halls<br>North Belfast<br><br><b>Information Session:</b><br>Self-Care for Carers<br>2-3pm<br>Online | <b>18th</b><br><b>South Belfast Carer Support Café</b><br>11-12pm<br>Agape, Lisburn Road<br><br><b>Healthy Cooking with Barbara</b><br>2-4pm<br>Finaghy Community Centre | <b>19th</b><br>Belfast Tool Library<br>Woodwork Session<br>10-1pm<br>Shankill Mission<br>Building<br><br><b>Self Advocacy Course</b><br>7-9pm<br>Online<br><br><b>MENS MENTAL HEALTH</b><br><br><b>CARERS RIGHTS DAY</b> | <b>20th</b><br><b>Cultural Food Tasting</b><br>11-1pm<br>Chinese Welfare<br>Association NI<br><br><b>Carers Quiz</b><br>7-10pm<br>The Duncairn Centre for<br>Arts and Culture           |
| <b>23rd</b><br><b>Yoga</b><br>10.30-11.30am<br>Online                                                                                              | <b>24th</b><br><b>Choir</b><br>10.30-12.30pm<br>Ekenhead Halls<br>North Belfast                                                                               | <b>25th</b><br><b>Healthy Cooking with Barbara</b><br>2-4pm<br>Finaghy Community Centre                                                                                  | <b>26th</b><br><b>Gardening with Belfast City Council - Christmas Wreaths</b><br>1.30-3pm<br>City Cemetery Visitors Centre<br><br><b>Self Advocacy Course</b><br>7-9pm<br>Online                                         | <b>27th</b><br><b>Coffee Morning</b><br>10.30-12pm<br>2 Royal Avenue                                                                                                                    |
| <b>30th</b><br><b>Yoga</b><br>10.30-11.30am<br>Online<br><br><b>West Belfast Carer Support Café</b><br>1-2pm<br>Foodstock, Andersonstown Road      |                                                                          |                                                                                     | <p><b>Self-Care Tip</b><br/> “Move: Take a quick, mindful walk to clear your mind.”</p>                                                                                                                                  |                                                                                                      |

# Hello Carers Monthly Activity Programme: December 2026

| Monday                                                                                                                                                                 | Tuesday                                                                                                                                        | Wednesday                                                                                                                                                                                                | Thursday                                                                                                                                                              | Friday                                                                                 | Saturday    |
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| <br><b>1st</b><br><b>Choir</b><br>10.30-12.30pm<br>Ekenhead Halls,<br>North Belfast | <b>2nd</b><br><b>Festive Craft</b><br>10.30-12.30pm<br>Micah Centre,<br>Willowfield Church,<br>149a My Lady's Road                             | <br><b>4th</b><br><b>North Belfast Carer Support Café</b><br>2-3.30pm<br>Grove Library                                 | <b>5th</b><br><b>Craft with Ciaran</b><br>11-2pm<br>Knockbracken Hall                                                                                                 |                                                                                        |             |
| <b>7th</b><br><b>Yoga</b><br>10.30-11.30am<br>Online<br><br><b>East Belfast Carer Support Café</b><br>2-3.30pm<br>Arches Health & Wellbeing Centre                     | <b>8th</b><br><b>Carer Retreat Day at Drumalis</b><br>10-4pm<br>Larne<br><br><b>Choir</b><br>10.30-12.30pm<br>Ekenhead Halls,<br>North Belfast | <b>9th</b><br><b>Festive Craft</b><br>10.30-12.30pm<br>Micah Centre,<br>Willowfield Church,<br>149a My Lady's Road                                                                                       | <b>10th</b><br><b>Photography</b><br>1.30-3.30pm<br>City Cemetery Visitors Centre                                                                                     | <b>11th</b><br><b>Information Session: Budgeting Tips</b><br>11-12pm<br>Online         | <b>12th</b> |
| <b>14th</b><br><b>Yoga</b><br>10.30-11.30am<br>Online<br><br><b>West Belfast Carer Support Café</b><br>1-2pm<br>Foodstock,<br>Andersonstown Road                       | <b>15th</b><br><b>Choir</b><br>10.30-12.30pm<br>Ekenhead Halls,<br>North Belfast                                                               | <b>16th</b><br><b>Festive Craft</b><br>10.30-12.30pm<br>Micah Centre,<br>Willowfield Church,<br>149a My Lady's Road<br><br><b>South Belfast Carer Support Café</b><br>11am-12pm<br>Agape<br>Lisburn Road | <b>17th</b><br><b>Music Café</b><br>11-12.30pm<br>Mornington Community Project<br> | <b>18th</b><br><b>Seasonal Coffee Morning</b><br>10.30-12pm<br>City Hall<br>The Bobbin | <b>19th</b> |
| <b>21st</b><br><b>Yoga</b><br>10.30-11.30am<br>Online                                                                                                                  |                                                           | <b>Season's Greetings</b><br>                                                                                         |                                                                                                                                                                       |                                                                                        |             |

If you sign up for an activity you will be allocated a space unless there are limited places available. For limited places you will be contacted if you are on a waitlist or have been allocated a space. For all other activities we send out a reminder the day before.

To Sign up to Sessions: **Email: [CarerSuppSvc@belfasttrust.hscni.net](mailto:CarerSuppSvc@belfasttrust.hscni.net)** Or Call: 028 9504 2126

# New Initiatives and Belfast Trust Recognising Carers Week

## Our Belfast Trust Recognising Carers Week

Earlier this year, many of us were looking forward to coming together to celebrate national Carers Week in June. Unfortunately, due to the different circumstances, we had to make the difficult decision to cancel most of our planned events. Although we were unable to celebrate together in June, it was important to us that the opportunity to recognise and thank our carers was not lost. As a service, we felt it was important not to let this opportunity pass. We want to acknowledge the incredible contribution our carers make every day and express our sincere gratitude for all they do.

With this in mind, we are delighted to announce that we will be hosting our own local Carers Week around **Carers Rights Day on 19th November**, continuing the national Carers Week theme of “**Building Carer Friendly Communities.**”

Holding our celebrations around Carers Rights Day is especially meaningful. Carers Rights Day focuses on ensuring carers are aware of their rights and can access the information, advice and support they are entitled to. Too often, carers don't recognise themselves as carers or are unaware of the help available until they reach crisis point. By celebrating our carers alongside raising awareness of their rights, we hope not only to recognise everything they do but also to empower them with the knowledge and confidence to access the support they deserve.

We look forward to welcoming carers to our events in November as we celebrate together, strengthen connections within our community, and continue working towards building communities where every carer feels recognised, supported and appreciated.

- **Monday: 16th November** – Thanksgiving & Celebration Evening (7-8.30pm), Knockbracken Hall
- **Tuesday: 17th November** – Self-Care for Carers: Information Session (2-3pm) Online
- **Thursday: 19th November** – Belfast Tool Library (10am-1pm)
- **Thursday: 19th November** – Self Advocacy Course for Carers (7-9pm) Online
- **Friday: 20th November** – Cultural Food Tasting (11-1pm), Chinese Welfare Association NI
- **Friday: 20th November** – Carers Quiz Night (7-10pm), The Duncairn Centre for Arts and Culture

thank you

## Discover Calm Through Colour

### Mindful Watercolour Sessions for Carers



Take some well-deserved time for yourself and join our 4 week Mindful Watercolour Course, designed especially for carers. Whether you're a complete beginner or simply looking to try something new, these friendly sessions offer a chance to relax, learn a new skill, and enjoy some creative “me time”.

Combining simple watercolour techniques with mindfulness, each session encourages you to slow down, focus on the present moment, and experience the calming benefits of painting. There's no pressure to be artistic it's about enjoying the process and taking time to recharge.

Creative activities have been shown to reduce stress, boost wellbeing, and improve confidence, making them a wonderful way to support your own health while taking a break from the demands of caring.

All materials are provided, and no experience is necessary. Come along, unwind, and discover how a little colour and creativity can make a big difference.

**Dates: Fridays 9th, 23rd, 30th October  
and 6th November 10.30-12.30pm  
at Knockbracken Healthcare Park.**

## Your Emotional Well-being Programme

We are delighted that Action Mental Health is going to be facilitating the Your Emotional Well-being Programme (YEW), a tailored six-week programme designed specifically for carers. The programme focuses on building resilience, managing stress, recognising and preventing burnout, techniques to support your own wellbeing and coping with change.

### Programme Dates:

- Thursday 3 September
- Thursday 10 September
- Thursday 17 September
- Thursday 24 September
- Thursday 1 October
- Thursday 8 October



Venue: Marrowbone Community Hub, North Belfast.

This programme provides a safe and supportive space to invest in your own health and wellbeing.

# CARERS CORNER AND NEWS

## Carer Gives Back!!

### Thank you Valerie

As part of our monthly information programme, the Carer Support Service recently welcomed the Belfast Trust Delirium Prevention Co-ordinators to deliver different sessions for carers both online and at our Carer Support Cafes. The presentation covered what delirium is, who may be at risk, how families can help, ways to prevent delirium, and what to expect if it occurs. Feedback from carers was very positive.

The session also highlighted the benefits of Twiddle Muffs, colourful crocheted sleeves that provide comfort and distraction for patients experiencing delirium.

We would like to extend our sincere thanks to Valerie and her sister-in-law, who generously crocheted and donated several Twiddle Muffs to support patients in the Royal Victoria Hospital.

Their kindness is already making a real difference to patients and families affected by delirium.

## From Crow to Lark:

### A call to join our Carers Choir

The Carers Choir is a welcoming and friendly group where everyone can enjoy the benefits of singing together. Our male members say they have great fun, make new friends and always leave with a smile. Whether you're a lark who loves to sing or a crow who thinks you can't, why not come along and give it a try? We would love to welcome you. The choir meets every Tuesday from 10.30-12.30pm at Ekenhead Memorial Halls. No auditions necessary!!



## Carer Recognised

Some lovely news which we felt needed highlighted! One of our long-time carers, Deborah, was recently nominated by Carers NI to attend the King's Garden Party in Buckingham Palace. The purpose of this day was to focus on, highlight and celebrate those who have made a difference through caring.

Deborah had a long career as a nurse, caring for others, before having to retire early due to the impact of also caring for her own family members for many years. Deborah has long been involved with both Carers NI and the Carer Support Service in the Belfast Trust. She has been actively involved in assisting Carers NI to campaign for carers rights, including publicly speaking about her own experiences at events at Stormont.

Carers NI have recognised Deborah's vital contribution by nominating her for this recent special celebration event. Deborah visited Buckingham Palace in May of this year, with her daughter, where they enjoyed a well-deserved fabulous day together! Congratulations Deborah!"



### Seasonal Self-Care Reminder

You check medications, appointments and everyone else's wellbeing...

**But** have you checked in with yourself lately?

As the seasons change, take a moment to ask:

**What do I need today?**

A little self-care can make a big difference.

