

2026

# CARERS WEEK

8-14th June



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BOOK NOW  
LIVE TALK

11  
JUNE

### Support And Strategies For Sandwich Carers

with Silvia Freeman



NEXT  
MEETING:

03  
JUNE

### Peer Support Group: Carers of Elderly Relatives

lightly facilitated by WLC



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GUIDE

10  
MINS

### A Guide To: Dementia

with Professor June Andrews



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SHORT VIDEO

08  
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### What to Look for When Choosing a Care Home

with Jessica Silver



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EXPERT  
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### Communicating With Your Ageing Parents

with Jessica Silver



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BLOG POST

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### The 15-Year-Old and Me

Samantha's blog



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### Getting Your Elderly Parents' Finances Organised

Jessica Silver and Nancy Farmer



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VIDEO

27  
MINS

### How to Care for Older Relatives and Friends

with Professor June Andrews



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