

## **Upcoming Events with Carers in Bedfordshire**

All these events are on Zoom so when you register, CiB will send you the joining details nearer the time of the event.

### **Time to Talk Day – Open Meeting**

Thursday 4<sup>th</sup> February 10.00am - 4.00pm - Zoom

An open 6-hour meeting for carers to drop in any time during the day, learn more about the support on offer at CiB and have a chat with our CiB support staff. To Register click [HERE](#)

### **A Presentation for Parents Caring for a SEND Child by Yvonne Newbold**

Wednesday 10<sup>th</sup> February Webinar 8.00pm - 10.00pm - Webinar

Carers In Bedfordshire would like you to invite you to take part in this webinar with Yvonne Newbold. One of the toughest aspects of being a SEND parent can be all the negative emotions you carry, and how they can affect your own well-being, mental health and self-esteem. This webinar is all about how you can feel more confident, happier and better about yourself so that parenting can become easier too. To register [Click HERE](#)

### **Parents Together**

We are hosting the following Zoom meetings for parent/carers to give you an opportunity to get together online from any location

- Thursday 7.30-8.30pm: 18 February Music Quiz, 18 March General Knowledge Quiz
  - Via Zoom, FREE
- For a link to sign up, email [rachael.johnson@carersinbeds.org.uk](mailto:rachael.johnson@carersinbeds.org.uk)

### **A Talk by Dean Beadle**

Saturday 20<sup>th</sup> February 8.00pm – 9.30pm - Zoom

Dean is an international speaker who talks about his experiences of living with Autism. In this talk, Dean will look at social and emotional needs from an autistic perspective to give an insight into how best to meet them. Dean will also address some longstanding myths about autistic people to promote a new understanding of autistic people and their experiences. To register click [HERE](#)

### **Discussion for Parent Carers**

Wednesday 24<sup>th</sup> February 11.00am -12.30pm - Zoom

SNAP (Special Needs Action Panel) is a pro-active, independent forum of parent carers who all have children or young people with Special Educational Needs and Disabilities (SEND). Their purpose is to improve the services provided for SEND children (up to 25yrs old). SNAP PCF will talk about their role and how parents and carers can get involved.

To register click [HERE](#)

### **Understanding Anxiety**

Wednesday 24<sup>th</sup> February – 2.00pm – 3.30pm - Zoom

Come along and meet Caroline Carter, Carers in Bedfordshire's Wellbeing Practitioner  
Caroline will take you through a presentation on what anxiety is, why we experience anxiety,  
common symptoms of anxiety and how to manage it. To register click [HERE](#)

We have more events and groups that you might be interested in joining please visit  
our [WEBSITE](#) for more information or call 0300 111 1919 and ask to speak to a support worker from  
the family's team