



Time for Me

4 sessions to support the well-being of social care workers and social workers

Time for Me is a series of **4 sessions** for social care workers and social workers to support self-care and well-being.

Each session is an invitation to take a step back from your work, connect and reflect.

Over **4 sessions**, Karin Diamond, **Re-Live trainer** (Experiencing Dementia training), will explore practical ways to support ourselves.

Together, we will explore:

- Self-care and well-being – where is the time for me?
- Different ways of recognising and reducing stress
- Information about our nervous system in the stress game – do we have control?
- helpful practical tips to feel grounded and more connected to ourselves

Time for Me will be held on Zoom in a small group of 6-8 people to ensure a kind, confidential and supportive space.

We are running 3 courses from March – June 2023.

The courses are **FREE** for all social care workers and social workers due to a grant from The Arts Council of Wales and Welsh Government.

If you would like to book on one of the courses, please email Karin, karin@re-live.org.uk

Time for Me (Course 1)

12noon – 1.30pm (1.5hr) every week
15th March, 22nd March, 29th March, 5th April 2023

Time for Me (Course 2)

12noon – 1.30pm (1.5hr) every week
3rd May, 10th May, 17th May, 24th May 2023

Time for Me (Course 3)

12noon – 1.30pm (1.5hr) every week
7th June, 14th June, 21st June, 28th June 2023

Re-Live approach

Re-Live are a team of specialist practitioners in compassionate approaches to care, well-being and resilience. Our experiential training programme has been developed through extensive research across the UK, Japan and USA.

Experiential learning is a practical way of connecting and building confidence. Evidence shows that experiential learning is more likely to bring about a **deeper change in attitudes and greater development of compassion** than more traditional learning methods. (Sheard, 2009, Ballard et al., 2001).

Re-Live have delivered experiential session to over 5,000 health and social care professionals throughout Wales, England and California, USA.

Re-Live produced a play about dementia called Belonging/Perthyn, which toured to theatres across Wales in 2016 and 2018.

Re-Live training reflects the provisions, principles and vision set out in:

- [All Wales Dementia Care Pathway of Standards](#) (Public Health Wales, Welsh Government (2021))
- [Dementia Action Plan for Wales](#) (Welsh Government, 2018-22)
- [Good Work – A Dementia Learning and Development Framework for Wales](#) (Public Health Wales, Social Care Wales, NHS, Welsh Government, 2016)
- [The Social Services and Wellbeing \(Wales\) Act 2014](#)

Contact: Karin Diamond (Time for Me Project Lead)

karin@re-live.org.uk

[\(07900\) 000125](tel:07900000125)