

Unlock your full potential as a carer

Explore and learn in a facilitated environment with other carers

An unpaid carer is anyone who cares for someone who is ill, disabled, older, has mental health concerns or is experiencing addiction and is not paid by a company or local authority to do this. Usually, this is a family member or friend.

This course is for any carer.

All ages/backgrounds welcomed.

Learn and practice tools that will help you in your caring journey.

Explore the impact caring has on you.

Meet other carers and find out about the support available.

Develop self-awareness, self-compassion and self-care.

Course Dates

8th, 15th and 22th of October 2025

10.00am – 2.30pm

(45 mins lunch break with lunch provided)

Ladywell House, Park Street, Newtown, Powys, SY16 1JB

(Parking will be provided)

Supported by Credu

To register your interest please email
powys.healthcareandsocialcareacademy@wales.nhs.uk

Or scan the QR Code



Datgloi eich potensial llawn fel gofalwr

Archwilio a dysgu mewn amgylchedd wedi'i hwyluso, law yn llaw â gofalwyr eraill

Gofalwr di-dâl yw unrhyw un sy'n gofalu am rywun sy'n sâl, yn anabl, yn hŷn, sydd â phroblemau iechyd meddwl neu sy'n profi caethiwed ac nad yw'n cael ei dalu gan gwmni nac awdurdod lleol i wneud hyn. Fel arfer, aelod o'r teulu neu ffrind yw hwn.

Mae'r cwrs hwn ar gyfer unrhyw ofalwr.

Croeso i bawb o bob oedran/cefnidir.

Dysgu ac ymarfer offer a fydd o gymorth i chi ar eich taith ofalu.

Archwilio'r effaith y mae gofalu yn ei chael arnoch chi.

Cwrdd â gofalwyr eraill a darganfod mwy am y gefnogaeth sydd ar gael.

Datblygu hunanymwybyddiaeth, hunandosturi a hunanofal.

Dyddiadau'r Cwrs

8ed, 15eg a'r 22fed o Hydref 2025

10.00yb – 2.30yp

(45 munud o egwyl gyda chinio wedi'i ddarparu)

Ty Ladywell, Stryd Y Parc, Y Drenewydd, Powys, SY16 1JB

(Mae parcio ar gael)

Cefnogir gan CREDU

I fynegi eich diddordeb, e-bostiwch

powys.healthcareandsocialcareacademy@wales.nhs.uk

Neu sganiwch y Cod QR

