

Parent Carer Wellbeing Day – Amber Valley & Belper



This is a day-long session (10:00–14:00) for Parent Carers in the Amber Valley and Belper area, taking place on Friday 13th March 2026 at Kilburn Village Hall.

We are trying something new. DPCV volunteer Parent Carers are collaborating with Hummingbird Hypnotherapy to offer an opportunity to:

- Connect with other Parent Carers and build your network
- Get involved with activities and explore what self-compassion looks like for you
- Have *'Time that is Mine'*

Support and connection come in all shapes and sizes. As Parent Carers ourselves, we know that self-care isn't selfish, but sometimes it can feel out of reach.

"You are often holding everything together, whilst unravelling yourself."

"My chip pan has too many chips."

Is this for me?

If this sounds like what you need right now, then it's probably for you. It's important to know that this isn't a therapy session; it's intended to provide space to feel heard, understood, and gently supported by other Parent Carers who share similar experiences.

How is the event organised?

There are three aspects to the day:

- **'Holding Everything Together'**
Taking time to reflect on your role as a Parent Carer, exploring how past, present and predicted future experiences can be understood through exploring how trauma is experienced by Parent Carers.
- **A hands-on craft activity**
Something creative, fun and grounding.

- **A calming mindfulness session**
Led by Nicole from **Hummingbird Hypnotherapy**.

Food & Connection

We will provide a delicious lunch for all attendees, with plenty of time to connect, chat, and relax with fellow Parent Carers.

Let us know about any specific needs you have. Talk to us about how we can make this a more inclusive space for you.

Learning as we go

DPCV volunteers are trained to offer trauma-informed community support and include counsellors, advocates, and community practitioners.

This is the first time we have run a session like this. Your feedback on what works and how to improve will be invaluable in helping us support more Parent Carers in Derbyshire. We intend to seek funding if the day is useful so that we can offer this across the county.

We haven't worked out how to manage the sign-up yet — so it's first come, first served. We are relying on our members choosing to come because they identify that this is something they need. Spaces are limited to 25. To book your place, please email info@derbyshireparentcarervoice.org

Our hope for the day

We want you to leave feeling heard, understood, refreshed, and part of a caring community — with a little more energy in your cup than when you arrived.