Gofal Cymdeithasol Cymru
Social Care Wales

Well-being Week 2027

Take a look at our events for Well-being Week 2027, which runs from 18 to 22 January 2027.

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Go to https://socialcare.wales/resources-guidance/health-and-well-being-resources/well-being-week-2027 for the latest version.

Take a look at our events for our Well-being Week 2026, which runs from 18 to 22 January 2027.

Well-being Week 2027 is a week of online events where people in the sector can come together to learn about well-being and share best practice.

The events are open to everyone in the sector. If you're registered with us, attending events will count towards your continuing professional development (CPD).

You can attend as many events as you like.

The views and opinions expressed at these workshops are those of the speakers and don't necessarily reflect the views of the organisations they represent, or the views and opinions of Social Care Wales.

We'll be adding more events here in the next couple of weeks. Check back soon to see what we have planned and book your place!

Monday, 18 January: 9.30am to 12.30pm

Webinar: leadership presence and authenticity

Social Care Wales and Altriss Training Ltd.

Leadership in social care, early years and childcare can be complex and emotionally demanding. This session will help you to develop greater self-awareness and authenticity in your leadership role.

Find out more and book your place

Monday, 18 January, 1.30pm to 3pm

Creating digital boundaries in our working world

Description and booking details coming soon!

Tuesday 19 January, 10am to 11.30am (repeated 6.15pm to 7.45pm)

Supporting staff mental health – a manager's guide

Social Care Wales and RCS Wellbeing.

We're running these sessions so that managers can get topical, relevant information and be part of a peer support space to share what it's like to support staff experiencing mental ill health.

We've split this training into four sessions. The first session is part of Well-being Week.

Find out more and book your place

Tuesday, 19 January, 1pm to 3.30pm

Protecting well-being in emotionally demanding roles: practical approaches for managers

Social Care Wales and Altriss Training Ltd.

Description and booking details coming soon!

Wednesday, 20 January, 9.45am to 11.45am

Sustaining ourselves through strengths-based practice: building resilience, self-compassion and sustainable ways of working

Social Care Wales and Powys County Council

Description and booking details coming soon!

Thursday, 21 January, 10am to 11.30am

Sleeping better: science and strategies

Social Care Wales and Dr Helen Jones.

Description and booking details coming soon!

Thursday, 21 January: 2.30pm to 3.15pm

Financial well-being: support and advice session

Social Care Wales and the Money and Pensions service (MaPS)

This is a free, practical online session to help you:

- make the most of your income, including ways you may be able to make your household income bigger
- check what you’re entitled to – find out how to check your eligibility for benefits and other financial support
- deal with debt – so you can understand what support you could get if you're struggling with borrowing or repayments
- find out about potential sources of additional help, such as grants or hardship support

- find out where to get free, impartial support from organisations that can provide confidential guidance and advice when you need it.

We'll also update you about pay and progression and the work of the Social Care Fair Work Forum.

Find out more and book your place

Friday, 22 January, 10am to 11.30am

Supporting people to work and manage long-term ill health

Social Care Wales and Healthy Working Wales, Able Futures, RCS Wellbeing, Case UK

Description and booking details coming soon!