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Care & Cope Newsletter

Nurturing Resilience and Self-Care in Women Carers

Facing Loss and Life's Pivotal Changes

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Welcome to the second newsletter of the Care & Cope project.

In the *Care & Cope* project, we are committed to supporting women who take on primary caregiving roles for spouses, ageing parents, or other loved ones with serious health challenges. Our initiative focuses on the well-being of women caregivers by offering emotional support, resilience-building strategies, self-care practices, and opportunities for community connection and personal growth. While our primary audience is women aged 18 to 60+ in caregiving roles, we also extend support to community workers and mental health professionals.

Recognising the profound impact caregiving can have on both personal and professional life, *Care & Cope* addresses the challenges women face when balancing care with other responsibilities. Many are forced to step away from education or employment, leading to marginalisation and economic insecurity. Returning to work often presents further obstacles: outdated or mismatched skills, alongside the emotional strain of long-term caregiving, can make re-entry difficult. This combination of burnout and limited opportunities can reinforce cycles of disadvantage, leaving many women carers vulnerable.

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Train-the-Trainer Event in Athens, Greece



In June 2026, representatives of all three partner organisations from Malta, Greece and Cyprus came together in Athens, Greece, for a three-day Train-the-Trainer event. The training brought them together to strengthen their knowledge, skills, and confidence in using the Care & Cope methodology, Training Manual, and Guide for Practitioners to support women carers.

Throughout the training, participants explored the challenges faced by women carers and worked through practical activities designed to prepare them to facilitate the Care & Cope approach in their own communities. Key areas included empathy and communication, creating safe spaces, managing group dynamics, conflict resolution, adapting activities to different contexts and evaluating training outcomes.

The event also provided an important opportunity for partners to learn from one another, exchange experiences and strengthen a shared approach to supporting women carers across Malta, Greece and Cyprus.

Training Manual for Women Carers

The project partners have developed a **Training Manual for Women Carers**, a supportive educational resource that recognises the realities of caregiving and the often invisible emotional work behind it. The manual explores topics such as guilt, grief, exhaustion, resentment, identity and the challenges of putting your own needs aside, while offering practical tools and reflection activities that can be used at each woman's own pace.

It is not therapy or a list of things carers should do differently. Instead, it offers a space to pause, reflect and find language for experiences that are often difficult to express. **The manual is designed to remind women carers of something important: they are people with needs, feelings and boundaries; not only carers.**

Guide for Practitioners

The project partners have also developed a **Guide for Practitioners**, a practical, trauma-informed resource for professionals working with women caregivers, including facilitators, trainers, social workers, mental health professionals and community workers.

The guide provides a flexible framework for creating safe, inclusive and non-judgmental spaces where women can reflect on their caregiving experiences, connect with others and explore themes such as grief, loss, roles and emotional burden. It includes guidance on session structure, facilitation, group safety and practical exercises, while allowing professionals to adapt the approach to their own context and participants. The guide puts safety, choice, boundaries and respect at the centre of supporting women caregivers.



What's Coming?

Starting in September, the Care & Cope project will move into an important new phase: putting our resources and methodology into practice through a series of workshops in Malta, Greece and Cyprus. This is where we will work directly with the women carers and professionals the project was created to support - piloting our materials, gathering valuable feedback and creating meaningful impact within local communities.

Each partner organisation will deliver a **12-hour training programme for women carers**, focusing on resilience, self-care and managing the emotional challenges of caregiving. The sessions will also provide a supportive environment where participants can share experiences, reflect and learn together.

We will also work with the professionals and community stakeholders who play an important role in supporting carers. **4-hour specialised training sessions will provide community workers, mental health professionals, NGOs and other stakeholders** with practical knowledge and tools to better understand and respond to carers' needs.

More information about dates, registration and participation will be available through the Care & Cope partners in each country.

✉ For more information and to express your interest, contact:

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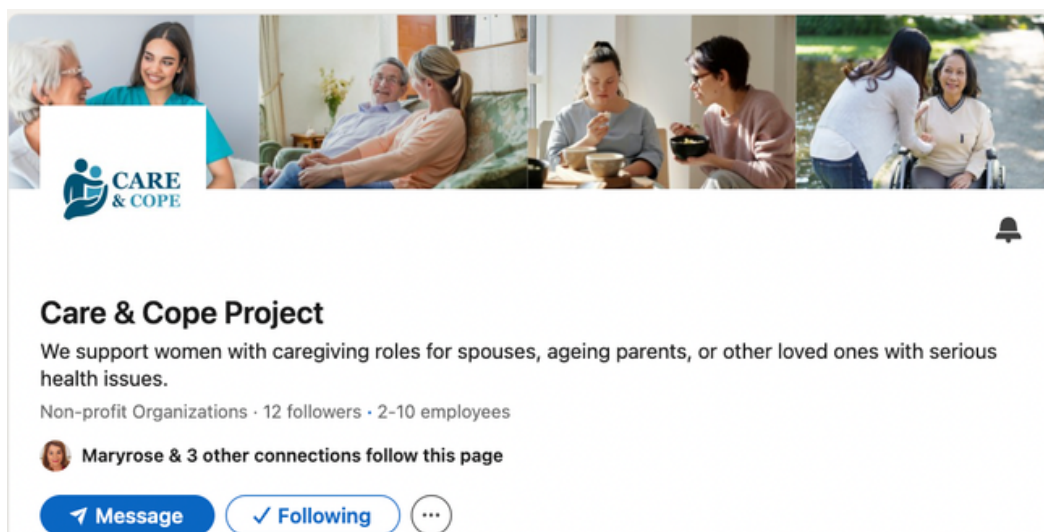
Project Social Media

To enhance the visibility of our project and share updates with a broader audience, we launched our official social media channels. You can follow our journey, stay informed about our activities, and engage with our content on:

Facebook: [Care & Cope Project](#)



LinkedIn: [Care & Cope Project](#)



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