

Caring for the Carers – Well-Being in a Gendered Sector

Webinar #4 Programme

Date: 10 September 2026

Time: 10AM CET

Duration: 1,5 hours approx.

Format: Online (Zoom)

Link: [Zoom Link](#)

Language: English

Translations: Live Zoom captions available

Objective: To support both formal and informal carers in sustaining their roles while protecting their own health—acknowledging the unequal burdens often placed on women. The session will draw on lessons from the WELL CARE project (once outcomes are available) and build on EQUAL-CARE’s work on resilience, understood as a combination of personal resources and structural/systemic factors. It will also highlight the “Mental Health in All Policies” approach, recognising the crucial role of the working and caring environment in carers’ well-being.

Focus:

- Emotional and physical health risks for caregivers, viewed through a gender lens
- Preventing burnout and promoting mental well-being
- Resilience as a shared responsibility: combining personal strategies with supportive systems
- Embedding “*Mental Health in All Policies*” to ensure caring and working environments support well-being
- Practical tools for physical self-care and resilience
- Peer support and solidarity networks



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- Services and rights: what's available and what's missing

AGENDA

Welcome & Opening Session (10 min)

Moderator:

- Welcome and technical housekeeping
- Introduction to the EQUAL-CARE project (brief overview)
- Objectives of the webinar

Caring for the Carers – Building Resilience and Well-Being (40 min)

Part 1: Presentations (10 min each):

- **Health and Well-Being Risks in the Care Sector: Understanding the Challenges**
Speaker: Licia Boccaletti
Licia is the President of ANS, an Italian NGO committed to enhancing the well-being of care workers and informal carers. The organization delivers targeted training, psycho-social support, and counselling while actively shaping care-related policy.
- **Resilience in Practice: Combining Personal Strength and Organisational Support**
Speaker: Sebastian Fischer.
Sebastian's background is in community development, he has worked for the carers advocacy movement in Scotland and Germany for 35 years, leading the development of many national and regional carer-led support organisations. Sebastian is a founder and Executive Committee member of Germany's wir pflegen - Interessenvertretung und Selbsthilfe pflegender Angehöriger e.V., responsible for the development of peer support structures in Germany's 16 Länder-states.
- **The “Mental Health in All Policies” Approach: Towards Health-Supporting Work and Care Environments**
Speaker: Concetta Di Benedetto

Concetta Di Benedetto is an official at the Municipality of Palermo, working on corporate welfare, work-life balance, equal opportunities and anti-discrimination. With a background in social work and EU project management, she has extensive experience in promoting women's rights and gender equality, including preventing gender-based and economic violence. She also represents the City of Palermo in several national and international networks and initiatives.

- **Empowering Carers through Peer Networks and Support Services**

Speaker: Sara Branchini

Sara Branchini is an expert in participatory processes, facilitation, community building and social innovation. Since 2009, she has worked at Centro Antartide, an NGO promoting environmental and social sustainability, where she has served as Vice President since 2017. Her work focuses on health and welfare, including social inclusion, community welfare, young carers and the humanisation of healthcare, working with local authorities and communities to co-design innovative solutions.

Part 2: Audience Pulse (Poll) + Moderated Q&A (20-30 min)

- Live poll to capture participants' perspectives
- Discussion with speakers, guided by audience questions

Closing Remarks & Next Steps (10 min)

- Summary of key insights
- Announcing next steps and upcoming webinars