Our Activities and Sessions in December

Gloucestershire Carers Hub provides FREE sessions for unpaid carers who are registered with us.

These sessions are open to you as a carer, and you are very welcome to bring along the person you support so they can join in too. If you would like to attend in a professional capacity, please email bookings@peopleplus.co.uk before attending.

Our sessions are delivered either in the community or online via Zoom. If you need support accessing Zoom, please contact us on 0300 111 9000 or email bookings@peopleplus.co.uk.

Have a Suggestion?
If there is a topic or session you would like to see us offer, please email bookings@peopleplus.co.uk with your ideas.



Online Sessions



Our online sessions are free to access through Zoom.

If you would like to join any of the sessions listed below you will receive links weekly in the communications.

If you would prefer, you can book onto any of the sessions by sending an email to bookings@peopleplus.co.uk or by calling 0300 111 9000.

Information Sessions

The Care Advice Line Benefits and Entitlements

Wednesday 2nd December - 11.00am - 12.00noon

Join The Care Advice Line for a session on benefits and entitlements. This session will cover benefits and entitlements for carers.

Be Empowered Session 4 - Practical Caring Skills and Crisis Preparedness

Thursday 3rd December - 6.30pm - 8.30pm

This session provides carers with practical knowledge and skills to support day-to-day caring and prepare for unexpected situations. Topics include medication management, first aid awareness, mental health crisis planning, assistive technology, and creating a personal emergency toolkit to help carers feel more confident and prepared.

Carers Evensong, Gloucester Cathedral

Sunday 6th December - 3.00pm - 4.00pm

Take some time for yourself and join us at Gloucester Cathedral for a peaceful and reflective Evensong for Carers, created especially for unpaid carers across Gloucestershire.

Wellbeing Sessions

Distance Reiki with Jo

Wednesday 2nd December - 3.15pm - 4.15pm

Join Jo for a distance reiki session, follow Jo's instructions as you relax and unwind.

Yoga Nidra with Jo

Wednesday 9th December - 3.15pm - 4.15pm
Thursday 17th December - 8.15pm - 9.15pm

Join Jo for a relaxing Yoga Nidra session. Get a blanket and lie down to have a guided meditation session in the comfort of your own home.

Online Support Sessions

Carers Chat Time

Every Tuesday - 10.00am - 11.00am

Come along and join our friendly and supportive group of Carers. Chat through challenges, everyday life and gain advice from others.

Mental Health Carers Connect Coffee Morning

Every Friday - 10.00am - 11.00am
(not including bank holidays)

Join to connect and talk to other Carers, seek advice and share your experiences. Opportunity to reach out and get support from others in a caring role.

Weekend Carers Social Catch Up

Sunday 6th December - 8.00pm - 9.00pm

Join our Sunday evening social to meet other Carers online.

Carers Cosy Craft and Chat

Wednesday 16th December - 7.30pm - 8.30pm

Come along and join other Carers for an enjoyable evening of craft and chat.

Meet Others - In the local communities

Carer Cafes

The Carer Cafes are listed by District/Borough.

Some of the Cafés are operated by external organisations, and while they are not directly managed by the Carers Hub, we've been kindly asked to help promote them.

Cheltenham

Monday 7th December - 10.30am - 11.30am
The Cornerstone Centre, Cheltenham

Friday 11th December - 1.30pm - 2.30pm
Hesters Way Community Centre, Cassin Dr, Cheltenham GL51 7SU

Forest of Dean

Friday 4th December - 9.00am - 11.00am
Hips Social Cafe, 71 Newerne Street, Lydney

Every Monday - 2.00pm - 4.00pm
(Not including Bank Holidays)
Great Oaks Hospice, Coleford

Tuesday 22nd December - 1.00pm - 3.00pm
Newent Connect , Community Pavilion, Newent

Cotswolds

Monday 21st December - 2.00pm - 3.30pm
The Churn Carers Group, Ashcroft Church, Cirencester

Stroud

Thursday 3rd and 17th December
10.00am - 12.00noon
GL13 Community Hub and Library, School Lane, Berkeley, Gloucestershire, GL13 9DQ

Every Monday - 2.00pm - 4.00pm
Compassionate Cafe, Longfield Hospice, Michinhampton, Stroud

Thursday 10th December - 5.00pm - 7.00pm
Longtable, Stroud

Gloucester

Tuesday 8th and 22nd December - 10.30am - 12.00noon
Robinswood Hill, Gloucester

Tuesday 8th December - 2.00pm - 4.00pm
The Greyhound, Longlevens

Monday 21st December - 10.30am - 11.30am
Hucclecote Carer Cafe, Hucclecote Methodist Church, 9 Carisbrooke Rd, Gloucester

Tewkesbury

Tuesday 8th December - 2.00pm – 3.30pm
St Michaels Hall, School Road, Bishops Cleeve

Friday 4th and 17th December - 10.30am - 12.30pm
Winchcombe Day Centre Memory Cafe, Langley Rd, Winchcombe, Cheltenham GL54 5QN

Friday 11th December - 1.00pm - 2.30pm
Winchcombe Day Centre Film Club, Langley Rd, Winchcombe, Cheltenham GL54 5QN

