

September 2020

What's On September 2020

Free Carer Skills, Training and Development

Throughout September our courses and coffee mornings remain online through Microsoft Teams and Zoom. We also have some alternative sessions which can be dialled in to and therefore you do not need a computer to access them.

A full explanation of all sessions is outlined on page 2 and 3.

To book on to any of the sessions or if you would like to see a specific topic in the future please call 0300 111 9000 or email carers@peopleplus.co.uk



Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1</p> <p>10am Dementia Coffee Morning</p> <p>11am Yoga</p>	<p>2</p> <p>11am Warm and Well</p> <p>11am Virtual Quiz</p> <p>2pm Everyone's Health</p> <p>7pm Care of the Carer in Lockdown</p>	<p>3</p> <p>2pm Yoga Nidra</p>	<p>4</p> <p>10am Carer Craft Session</p>
<p>7</p> <p>11am Cuppa with Carrie</p> <p>11am GEM Info Session</p>	<p>8</p> <p>10am Dementia Coffee Morning</p> <p>11am Yoga</p> <p>2pm What is the Gloucestershire Carers Hub and how can we help you?</p>	<p>9</p> <p>11am YouCan</p> <p>2pm Help reduce bad days and help maintain the good days</p>	<p>10</p> <p>11am Cuppa with Jackie</p> <p>1.30pm Telecare</p> <p>2pm Yoga Nidra</p>	<p>11</p> <p>10am Mindfulness Taster</p> <p>10am Recipe Corner</p>
<p>14</p>	<p>15</p> <p>10am Dementia Coffee Morning</p> <p>11am Yoga</p> <p>11am What is a Carers Assessment?</p> <p>11am Cuppa with Carrie</p>	<p>16</p> <p>11am YouCan</p> <p>11am Quiz</p>	<p>17</p> <p>1pm Stroke</p> <p>2pm Yoga Nidra</p> <p>7pm Cuppa with Carrie</p>	<p>18</p> <p>10am Help reduce bad days and help maintain the good days</p>
<p>21</p> <p>10am ASD – Different behaviours at home vs school</p> <p>10am – Mindful Morning</p>	<p>22</p> <p>10am Dementia Coffee Morning</p> <p>10am First Aid</p> <p>11am Yoga</p> <p>11am Cuppa with Denise</p>	<p>23</p> <p>11am YouCan</p> <p>11am Quiz</p>	<p>24</p> <p>2pm Yoga Nidra</p>	<p>25</p>

Monday	Tuesday	Wednesday	Thursday	Friday
<p>28</p> <p>11am Parkinsons</p>	<p>29</p> <p>10am Dementia Coffee Morning</p>	<p>30</p> <p>11am YouCan</p> <p>11am Quiz</p> <p>2pm Carer Craft Session</p>		

Dementia Coffee Morning

Join other Carers who are caring for someone with Dementia for a cuppa and chat.

Sessional Yoga with Jo

Virtual Yoga taught via zoom for you to complete at home

Warm and Well – By Warm and Well

A session covering staying warm and well this Winter including how to save money on fuels.

Virtual Quiz

Join other Carers and us for a fun filled Quiz.

Everyone's Health – By Everyone's Health

These sessions are run to focus on a variety of health points to keep you well.

Care of a Carer during Lockdown- Delivered by Approach

Looking at how to move forwards following lockdown easing

Yoga Nidra (guided meditation)

Yoga Nidra is a special type of guided meditation that puts you into a particular state of consciousness. It helps to relieve stress, reduce tension and relieve anxiety. Regular practice is said to positively affect your overall physical, emotional & mental health.

Yoga Nidra is typically practiced lying down on your back. But you can do it in any position that allows you to relax! You could lie on a mat or in bed, or you could sit in a comfy chair.

Whatever your chosen position, feel free to support and make yourself comfortable with props, if you like. The use of blankets is encouraged! Once the class begins you are not seen by others

Craft Session for Carers

Sessions will cover a range of crafts and full details will be sent with the invitations on what you will need for each of the sessions

Cuppa with..... Sessions

Join us for a coffee break with a member of the Carers Hub team. Grab a cuppa and meet up with other Carers on a coffee morning Zoom call. There is an option to dial in using a telephone if you would prefer.

GEM Information Session- Delivered by Ian McKay from Going the Extra Mile

Keen to explore employment, training, or volunteering. Ian from GEM will be running an information session on what the Going the Extra Mile project can do for you.

What is the Gloucestershire Carers Hub and how can it help you?

Join us for an overview of the Gloucestershire Carers Hub and how we can support you in your caring role.

YouCan Programme

Join us for the YouCan Programme over 4 sessions held weekly. If you would like further information, contact us for an overview leaflet.

Help Reduce Bad days and help maintain good days – Delivered by Toolbox

This mini workshop will be acknowledging that in current circumstances we are all having good days and bad days but hopefully the workshop will help to '**Help reduce bad days and help maintain the good days**' and look at how we can set small goals to help achieve that.

Telecare Information Session- Delivered by Telecare

This session will give an overview of the Telecare service and how they can support you as a Carer

Mindfulness Taster– Delivered by Gloucestershire Mindfulness

Explore the art of Mindfulness with Gloucestershire Mindfulness. Take time out and look at ways to be mindful in your everyday life.

What is a Carers Assessment?

Join one of our Key Workers to find out more about what a Carers Assessment is and how it could support you.

Recipe Corner

Find out about different recipes you could try and experiment with culinary delights.

Stroke – Delivered by Stroke Association

Do you care for someone who has suffered from a stroke? Find out more about the Stroke Association.

Mindful Morning– Delivered by Gloucestershire Mindfulness

If you have already completed the taster session, then this is for you a session for individuals to have more understanding of different Mindfulness techniques.

Girl with The Curly Hair – ASD – Different Behaviours at Home and School

Some children are well behaved at school but have terrible outbursts at home. Because the teachers don't see these difficult behaviours, it might cause them to disbelieve the parents or not believe there are any 'problems.' This workshop is to support you as parents to notice differences in behaviours and how to understand them.

First Aid – Delivered by Passion First Aid

Delivered by Passion First Aid this workshop aims to give you practical solutions to First Aid for Carers.

Parkinson's- Delivered by Parkinson's UK

An introduction the Parkinson's, Parkinson's UK and the Parkinson's UK advisor service