

What's On

February 2021

Free Carer Skills, Training and Development



SESSION THEMES:

Coffee Mornings and How are You? Sessions

Physical Activity and Complementary Therapy Sessions

Reminiscence Sessions

Wellbeing Sessions

Dementia Specific

Parent Carers

Condition Specific and General Training

Craft Sessions

All of our sessions remain virtual on the Zoom platform. They are free to access for all Carers.

To book your place please email carers@peopleplus.co.uk or call 0300 111 9000

All of the training require you to use 'Zoom' which is a free platform (<https://zoom.us/>) and can be downloaded on a tablet or smartphone from your app store (no account required) or used on a laptop. Just enter the meeting code to access. We will send you the code for the session the day before the session starts. You can also dial in via telephone.

If you need support with accessing Zoom we are happy to help you with this. Call 0300 111 9000 or email carers@peopleplus.co.uk for more information.

If you have any suggestions regarding courses you would like to see, please get in contact by calling 0300 111 9000 or emailing carers@peopleplus.co.uk

We have continued to use colour coding in this edition and would welcome feedback on its usefulness.

Monday	Tuesday	Wednesday	Thursday	Friday
February 2021				
1	2	3	4	5
<p>10.30am – 11.30am Shibashi Qigong</p> <p>1.00pm – 2.30pm Mindful Monday – Finding peace in a frantic world</p> <p>3.00pm – 4.00pm The Power of Storytelling</p> <p>8.00pm – 9.00pm Working? Wind Down</p>	<p>10.00am – 11.00am Dementia Coffee Morning</p> <p>10.30am – 11.30am Local Libraries</p> <p>1.00pm – 2.00pm Seated Samba</p> <p>2.00pm – 3.00pm Telecare</p> <p>3.00pm – 4.00pm Italian Cooking</p>	<p>10.00am – 11.00am Talk from Mind</p> <p>11.00am – 12.00noon Quiz</p> <p>2.00pm – 3.00pm Distance Reiki</p> <p>6.30pm – 7.45pm Seasonal Yoga</p>	<p>10.00am – 11.00am Carer Craft</p> <p>1.00pm – 2.00pm The Great Outdoors</p> <p>2.00pm – 3.00pm Yoga Nidra</p>	<p>10.00am – 11.00am Mental Health Coffee Morning</p> <p>10.00am – 11.00am Carer Catch Up</p> <p>10.30am – 11.00am Seated Pilates</p> <p>11.00am – 12noon Scam Awareness</p> <p>12noon – 1pm Pilates</p> <p>2pm – 3pm Tai Chi</p>
8	9	10	11	12
<p>10.30am – 11.30am Shibashi Qigong</p> <p>1.00pm – 2.30pm Mindful Monday – Finding peace in a frantic world</p>	<p>10.00am – 11.00am Dementia Coffee Morning</p> <p>11.00am – 12noon Later Life Asset Management</p> <p>1.00pm – 2.00pm Seated Samba</p> <p>3.00pm – 4.00pm Craft Demonstration</p>	<p>10.30am – 11.30am Mindsong</p> <p>11.00am – 12.00noon Quiz</p> <p>2.00pm – 3.00pm Distance Reiki</p> <p>6.30pm – 7.45pm Seasonal Yoga</p>	<p>11.00am – 12.00noon Carer Catch up With Jackie</p> <p>1.00pm – 2.00pm The Great Outdoors</p> <p>3.00pm – 4.00pm The Power of Storytelling</p> <p>7.30pm – 9.00pm Girl with the Curly Hair – ASD and Eating</p>	<p>10.00am – 11.00am Mental Health Coffee Morning</p> <p>10.30am – 11.00am Seated Pilates</p> <p>10.30am – 12.00noon Mental Health First Response</p> <p>12noon – 1pm Pilates</p> <p>2.00pm – 3.00pm Reminiscence -Goose Grease and Brown Paper</p>

Monday	Tuesday	Wednesday	Thursday	Friday
February 2021				
15	16	17	18	19
<p>10.30am – 11.30am Shibashi Qigong</p> <p>1.00pm – 2.30pm Mindful Monday – Finding peace in a frantic world</p> <p>7.00pm – 8.00pm Carer Catch Up with Carrie</p>	<p>10.00am – 11.00am Dementia Coffee Morning</p> <p>11.00am -12noon Introduction to Journaling</p> <p>1.00pm – 2.00pm Seated Samba</p> <p>3.00pm – 4.00pm Shrove Tuesday</p> <p>7.00pm – 9.00pm Young Onset Dementia Carers Group</p>	<p>11.00am – 12.00noon Quiz</p> <p>2.00pm – 3.00pm Distance Reiki</p> <p>6.30pm – 7.45pm Seasonal Yoga</p>	<p>10.00am – 11.00am Carer Craft</p> <p>1.00pm – 2.00pm The Great Outdoors</p> <p>2.00pm – 3.00pm Yoga Nidra</p>	<p>10.00am – 11.00am Mental Health Coffee Morning</p> <p>10.00am -11.30am Dementia First Aid</p> <p>10.30am – 11.00am Seated Pilates</p> <p>12noon – 1pm Pilates</p> <p>2pm – 3pm Tai Chi</p>
22	23	24	25	26
<p>10.30am – 11.30am Shibashi Qigong</p> <p>1.00pm – 2.30pm Mindful Monday – Finding peace in a frantic world</p>	<p>10.00am – 11.00am Dementia Coffee Morning</p> <p>10.30am – 12.30pm Easing emotions with Tapping</p> <p>10.30am – 12.00noon Girl with the Curly Hair – Understanding Masking</p> <p>1.00pm – 2.00pm Seated Samba</p> <p>3.00pm – 4.00pm Concert with Holly Reynolds</p> <p>7.00pm – 8.00pm Managing Memory Dementia Carers Drop In</p>	<p>11.00am – 12.00noon Quiz</p> <p>2.00pm – 3.00pm Distance Reiki</p> <p>6.30pm – 7.45pm Seasonal Yoga</p>	<p>1.00pm – 2.00pm The Great Outdoors</p> <p>2.00pm – 3.00pm Yoga Nidra</p>	<p>10.00am – 11.00am Mental Health Coffee Morning</p> <p>10.30am – 11.00am Seated Pilates</p> <p>12noon – 1pm Pilates</p> <p>2.00pm – 3.00pm Reminiscence – Goose Grease and Brown Paper</p>

Coffee Mornings and How are You? Sessions

Dementia Coffee Morning

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

Carer Catch Up

Join us for a virtual cuppa with other carers who understand the ups and downs of caring

Virtual Quiz

Join other Carers and us for a fun filled Quiz. Meet online with other carers and join us for a bit giggle and our quiz. There will be a bathroom and cuppa break halfway through

Mental Health Coffee Morning

Are you caring for someone with poor mental health meet other like minded Carers for a cuppa and a chat.

Parent Carer Coffee Morning

Join us for a cuppa with other parent carers.

Working? Wind Down

Join us for a virtual late night sessions for a catch up and a wind down from your day working and caring.

Managing Memory Young Onset Dementia Carers Group

A group for individuals caring for someone with young onset dementia together with Managing Memory.

Managing Memory Dementia Carers Drop In

A group for individuals caring for someone with dementia together with Managing Memory.

Physical Activity and Complementary Therapy Sessions

Shibashi Qigong

Shibashi simply means 18 form, which means there are 18 movements to the initial set, one that can be taught over a short period of time and there is certainly weight to this practice with over 8 million people said to be participating in it. Many of the movements are designed to start hitting the alpha brainwave state lifting your mood, reducing depression and easing anxiety. Popular in rehabilitation, with body therapists and those suffering burnout and fatigue. It will carry those who practice it regularly in good stead in a demanding, frenetic world. Its gentle movements are accessible to everyone and its health benefits are certainly as appealing as its energetic benefits. Said to delay the ageing process and its age-related diseases, strengthening the heart, lungs and kidneys and their related functions.

Seasonal Flow Yoga with Jo

Virtual Yoga taught via zoom for you to complete at home. A gentle class mixing chair based and standing yoga to improve flexibility, strength and concentration, ending with a lovely relaxing meditation to calm the mind.

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.

Distance Reiki

Anyone can benefit from distance Reiki healing. If you're experiencing health issues, Reiki is a wonderful complementary therapy that can help you to deal with stress or physical pain. Reiki gently balances and calms the emotions, restores self-worth and gives back a sense of purpose. Reiki has been found to be especially beneficial for stress, grief, worry and anxiety.

Seated Samba: Chair Based Brazilian Dance Classes

Explore dances from all over Brazil in an easy to follow, low impact seated dance class. Suitable for anyone who enjoys moving to music and would like to access some structured gentle chair based exercise.

Zumba – You will need to book on these sessions as you will need to fill in a disclaimer – See Flyer for session dates

Zumba is a type of dance fitness that's been around since the 1990s, is the backbone of the dance fitness craze—it incorporates a variety of Latin-inspired dance moves and music to promote a healthy heart, a healthy dose of aerobic activity, and a fun, exciting way to build and tone muscle, improve cardio, promote health.

Seated Pilates

A seated Pilates session which aims to strengthen the body in an even way, with particular emphasis on core strength and to improve general fitness and wellbeing.

Pilates

Pilates aims to strengthen the body in an even way, with particular emphasis on core strength and to improve general fitness and wellbeing. This will involve getting up and down from the floor.

Tai Chi

This gentle form of exercise can help maintain and even improve health, flexibility and balance. This practice which originated in China as a martial art has many health benefits. It suitable for everyone and can be practiced standing or sitting on a chair. It works on connecting body and mind, increasing energy, releasing tension and boosting internal and external health. This class will also include breathwork and end with a lovely relaxation.

What's On

Free Carer Skills, Training and Development

Reminiscence Sessions

Reminiscence – Goose, Grease & Brown Paper Part 1

Traditional remedies from grandma's kitchen cupboard, in this first session we will look at cures for sore throats, chest coughs, earache and toothache.

Reminiscence - Goose, Grease & Brown Paper Part 2

In our second session we'll be sorting out warts, boils, styes, chilblains and looking at ways to "keep you regular"!

Concert with Holly Reynolds

A live concert with songs sung by Holly from the 60's & 70's

Wellbeing Sessions

Mindfulness Monday – Finding Peace in a Frantic World - Delivered by Gloucestershire Mindfulness

An 8 session course developed to discover simple practices to dissolve anxiety, stress, exhaustion and unhappiness. You can attend all or some of the sessions.

Dealing with negative thoughts with Emotional Freedom Technique (EFT Tapping)

Join Wendy in this practical workshop designed as a follow on from her Self-Calming Tools workshop, to help you identify negative thoughts or emotions and to release them through gentle breathing and tapping exercises. Please get in touch if you feel you need one to one support may be more suitable for you rather than this guided self-help training.

The Great Outdoors

If you enjoy gardens, the countryside and wildlife and have an interest in helping to make better use of our green spaces, come and join our "Great Outdoors" sessions as the new year begins. We will initially share our own experiences and favourite outdoors spaces before moving on to consider if there are ways we can encourage other people to get active outdoors.

Scam Awareness with Kim Mowday – Gloucestershire Constabulary

Raising awareness of scams and cyber crime and what to do.

Journaling

The power of journaling to free your mind. How writing in a daily gratitude journal can help you to feel better and focus on the positives.

The Power of Storytelling Part One and Part Two

Most of us have experienced the power of storytelling when we were children. Often, we file away the thrill we got from hearing a story being told as an experience that was for childhood only. But this isn't the case. Listening and telling stories has been a powerful force for us grown-ups too, in bygone times. For many of us, radio, television, cinema and media streaming has nudged the activity of oral storytelling out of our consciousness.

However, the tradition is alive and well. Gloucestershire Carers Hub is running two workshops to help you rekindle a passion for listening and telling stories. Stories aren't necessarily about magic, princes and princesses. Stories can often be contemporary and even traditional stories can offer a powerful insight into modern day life.

Charlie Markwick is a Gloucester based professional storyteller, poet and performer. He is a passionate advocate of the spoken word in all of its forms and believes in the power of words to transform lives.

Dementia Specific

Mindsong

Music therapy for those caring for someone with dementia. This virtual session with a music therapist from Mindsong will combine music and song with practical hints and tips about what you can do with music at home. You are welcome to bring along the person you care for to the online session, if they would like to join in.

Dementia First Aid

Is a problem-solving, stress-reducing and crisis prevention training program for family carers of people with dementia. It teaches carers how to identify, understand and effectively cope with common behavioural and psychological symptoms of dementia.

Parent Carers

Girl with Curly Hair – ASD and Eating

Looking at different issues which may arise when dealing with eating and ASD, including behaviours.

Girl with Curly Hair – Understanding Masking

This session covers understanding masking, how does it present itself, understanding their needs, autism at home, meltdowns/shutdowns, communication and why this helps, Environment and how it affects behaviour, change of plan, behaviour and how it is affected, what family, friends and professionals do to enable the autistic to mask less and be themselves more.

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Condition Specific and General Training

Later Life Asset Management

An in-depth session exploring various aspects of managing your assets in later life. Including funding for care.

Italian foods session

Recipes, food demonstration (pizza, bread base, homemade tomato sauce)

Craft demonstration

In this session you will be able to learn new skills and share existing skills with others

Shrove Tuesday

Customs, memories of their childhood. Food demonstration on sweet and savory pancakes and fillings.

Libraries

Exploring the local libraries and what they can offer people living in Gloucestershire.

MIND

Ieuan Edwards from Gloucestershire MIND will come and talk to us about how they offer support in the county.

Mental Health First Response

Sophie Ayre, Partnership & Inclusion Development Worker will be joining us. She will help us explore the ways that common mental health problems might present in the people we support and share details of services and support available in the county.

Telecare

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

Craft Sessions

4th February – Abstract Patterns

Colourful abstract patterns, you will need paper, felt tips, crayons or water colour paints

18th February – Scissor Flow Art

You will need paper, scissors, glue and the abstract patterns from the last session this will be used to create the artwork.

Gain knowledge, skills or just enjoy yourself. There is something for everyone.

Zoom can be accessed from any PC, laptop, smart phone or tablet and we are happy to support with setting this up with you. Call 0300 111 9000 or email carers@peopleplus.co.uk for support with this.

I look forward to these sessions every week, they make me feel much less isolated.



JOIN US FOR ZUMBA

Classes for Zoom-ba are held online at the below times:
7pm - Mon, Tues & Wed
10am - Tues, Wed & Thurs

You can attend as many sessions a week as you like

TO REGISTER YOUR INTEREST PLEASE CALL 0300 111 9000 OR EMAIL CARERS@PEOPLEPLUS.CO.UK



SEATED SAMBA

Chair Based Brazilian Dance

Explore dances from around Brazil in this easy to follow seated dance class for all levels

artbrasil.org.uk

Every Tuesday

1pm - 2pm

To book call 0300 111 9000 or email carers@peopleplus.co.uk



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