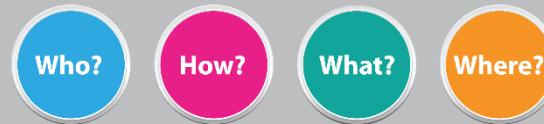


# What's On

## May 2021

### Free Carer Skills, Training and Development



**SESSION THEMES:**

YouCan

Carer Catch Up's Sessions

Physical Activity

Reminiscence Sessions

Wellbeing Sessions

Dementia Specific

Parent Carers

Condition Specific and General Training

Relaxation Sessions and Complimentary Therapy

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

Individuals supported by the Carer can also attend sessions along with the Carer.

If you aren't already registered, registration is easy please email [carers@peopleplus.co.uk](mailto:carers@peopleplus.co.uk) or call 0300 111 9000

To book onto any of the sessions please email [bookings@peopleplus.co.uk](mailto:bookings@peopleplus.co.uk)

Sessions will be run by professionals with specialist knowledge of the topic.

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 [bookings@peopleplus.co.uk](mailto:bookings@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 [bookings@peopleplus.co.uk](mailto:bookings@peopleplus.co.uk)

Monday	Tuesday	Wednesday	Thursday	Friday
<b>May 2021</b>				
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
<p><b>MAY BANK HOLIDAY</b></p> <p>10.30am – 11.30am Shibashi Qigong</p> <p>1.00pm – 2.30pm Mindfulness for Life</p> <p>8.00pm – 9.00pm Carer Evening Catch Up</p>	<p>10.00am – 10.45am Dementia Coffee Morning</p> <p>1.00pm – 2.00pm Seated Samba</p>	<p>10.00am – 11.00am Yoga Nidra</p> <p>11.00am – 12.00noon Deaf Awareness Session</p> <p>2.00pm – 3.00pm Distance Reiki</p>	<p>11.00am – 1.00pm YouCan Parent Carers</p> <p>1.00pm – 2.00pm The Great Outdoors Westonbirt Arboretum</p> <p>6.30pm – 7.15pm Seasonal Yoga</p>	<p>9.30am – 11.30am Hospital Experience Group</p> <p>10.00am – 11.00am Mental Health Coffee Morning</p> <p>10.30am – 11.15am Carer Catch up - Helen</p> <p>11.00am – 12.00noon Tai Chi</p> <p>12.00noon – 1.00pm Parent Carer Peer Led Lunch Club co-hosted with Gloucestershire Carers Hub</p>
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
<p>10.30am – 11.30am Shibashi Qigong</p> <p>10.30am – 12.00noon Girl with the Curly Hair – Recognising Emotions (ASD)</p> <p>11.30am – 12.30pm Reminiscence with Gloucestershire Archives</p> <p>1.00pm – 2.30pm Mindful Movement</p> <p>7.00pm – 8.00pm Carer Evening Catch Up</p>	<p>10.00am – 10.45am Dementia Coffee Morning</p> <p>11.00am – 12noon Dying Matters Week Marie Curie Info Session</p> <p>1.00pm – 2.00pm Seated Samba</p> <p>2.00pm – 3.00pm Poetry Group</p>	<p>10.00am – 11.00am World Fibromyalgia Day Pain Management</p> <p>11.00am – 12.00am Dying Matters Week Tissue Donation</p> <p>1.00pm – 2.00pm Yoga Nidra</p> <p>2.00pm – 3.00pm Distance Reiki</p>	<p>11.00am – 12.00am Carer Catch Up with Jackie</p> <p>11.00am – 1.00pm YouCan Parent Carers</p> <p>1.00pm – 2.00pm The Great Outdoors</p> <p>2.00pm – 3.00pm MM2G &amp; GCH Asian Ladies Dementia Carers Group</p> <p>6.30pm – 7.15pm Seasonal Yoga</p>	<p>10.00am – 11.00am Mental Health Coffee Morning</p> <p>10.30am – 11.30am Mental Health Week – Mental Health First Responder</p> <p>11.00am – 12noon Tai Chi</p> <p>2.30pm – 4.30pm Tell Your Story - Drama Workshop</p>

Monday	Tuesday	Wednesday	Thursday	Friday
<b>May 2021</b>				
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
<p><b>10.30am – 11.30am</b> Shibashi Qigong</p> <p><b>1.00pm – 2.30pm</b> Mindful Movement</p> <p><b>2.30pm – 3.30pm</b> Carer Car Club</p> <p><b>7.00pm – 8.00pm</b> Dementia and Delirium with Consultant Nurse in Dementia</p> <p><b>7.30pm – 8.30pm</b> Parent Carer Peer Led Evening Club co-hosted with Gloucestershire Carers Hub</p>	<p><b>10.00am – 10.45am</b> Dementia Coffee Morning</p> <p><b>10.30am – 11.30am</b> Dementia Action Week Talking about Dementia</p> <p><b>1.00pm – 2.00pm</b> Seated Samba</p> <p><b>2.00pm – 3.00pm</b> Carer Catch Up with Anoushka and Lizzy</p> <p><b>7.00pm – 9.00pm</b> Young Onset Dementia Carers Group with MM2G and Gloucestershire Carers Hub</p>	<p><b>10.00am – 11.00am</b> Yoga Nidra</p> <p><b>1.00pm – 2.00pm</b> Dementia Action Week - Information session with Alzheimer's Society</p>	<p><b>11.00am – 1.00pm</b> YouCan Parent Carers</p> <p><b>1.00pm – 2.00pm</b> The Great Outdoors</p> <p><b>6.30pm – 7.15pm</b> Seasonal Yoga</p>	<p><b>10.00am – 11.00am</b> Mental Health Coffee Morning</p> <p><b>11.00am – 12noon</b> Tai Chi</p> <p><b>12.00noon – 1.00pm</b> Parent Carer Peer Led Lunch Club co-hosted with Gloucestershire Carers Hub</p> <p><b>1.00pm – 2.00pm</b> Dementia and Delirium with Consultant Nurse in Dementia</p> <p><b>2.00pm – 3.00pm</b> ReSPECT and My Health Passport awareness</p>
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
<p><b>10.30am – 11.30am</b> Shibashi Qigong</p> <p><b>1.00pm – 2.30pm</b> Mindful Movement</p>	<p><b>10.00am – 10.45am</b> Dementia Coffee Morning</p> <p><b>1.00pm – 2.00pm</b> Seated Samba</p> <p><b>2.00pm – 3.00pm</b> Poetry Group</p> <p><b>7.00pm – 9.00pm</b> Dementia Carers Group with MM2G</p>	<p><b>10.00am – 11.00am</b> Yoga Nidra</p> <p><b>2.00pm – 3.00pm</b> Distance Reiki</p> <p><b>7.30pm – 9.00pm</b> Girl with the Curly Hair Teenage Girls and ASD</p>	<p><b>11.00am – 1.00pm</b> YouCan Parent Carers</p> <p><b>1.00pm – 2.00pm</b> The Great Outdoors</p> <p><b>6.30pm – 7.15pm</b> Seasonal Yoga</p>	<p><b>10.00am – 11.00am</b> Mental Health Coffee Morning</p> <p><b>11.00am – 12noon</b> Tai Chi</p> <p><b>2.30pm – 4.30pm</b> Tell Your Story -Drama Workshop</p>

Monday	Tuesday	Wednesday	Thursday	Friday
<b>May 2021</b>				
<b>31</b>  <b>MAY BANK HOLIDAY</b>  <b>10.30am – 11.30am</b> <b>Shibashi Qigong</b>  <b>1.00pm – 2.30pm</b> <b>Mindful Movement</b>				

### 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

#### Mental Health Coffee Morning

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

#### Carer Evening Catch Up

Join us for a virtual late-night session 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.

#### Managing Memory Dementia Asian Ladies

A group for Asian Ladies who are caring for someone with dementia together with Managing Memory.

#### Carer Car Club

Come together with likeminded Carers for an hour of car chat.

### Physical Activity Sessions

#### Shibashi Qigong with Acacia Therapies

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.

#### Seated Samba: Delivered by Art Brasil

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.

#### Tai Chi with Liz

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.

### Complementary Therapy Sessions

#### Yoga Nidra (guided meditation) with Maxine

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 with Jo

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.

### Weekend Boost Book Club

The weekend Boost Book Club runs fortnightly on a Sunday evening at 7.30pm and the dates of the sessions this month are as follows:

- **2<sup>nd</sup> and 16<sup>th</sup> May 2021 from 7.30pm – 8.30pm**

## Reminiscence Sessions

**Reminiscence – With the Gloucestershire Heritage Hub**  
Take a stroll down memory lane with the Gloucestershire Heritage Hub and explore Gloucester in the past.

## Wellbeing Sessions

**Mindfulness Monday – Mindful Movement**  
**Delivered by Gloucestershire Mindfulness**  
Join in and learn the art of mindful movement.

**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 favorite outdoors spaces before moving on to consider if there are ways, we can encourage other people to get active outdoors.

**Poetry Group**  
Join other Carers to explore poetry, share your work and discuss your favourite poems.

## Parent Carers

**Recognising Emotions and ASD - Girl with Curly Hair**  
Autistic adults and children can experience strong emotions. Our emotions can lead to behaviour and feelings that can be difficult. In this webinar we will look at recognising emotions, processing emotions, Managing strong emotions and Communicating about emotions.

**Teenage Girls - Girl with Curly Hair**  
It is common for girls to be diagnosed later than boys and many experience specific challenges during adolescence.  
• Understanding social difficulties, Puberty and staying safe, Improving self-confidence, Masking, Special interests

**Parent Carer Peer led lunch and evening clubs**  
These are groups set up by Parent Carers for Parent Carers to come along and discuss the positives and challenges of being a Parent Carer.

## Condition Specific and General Training

**Hospital Experience Group**  
Join health professionals and the Gloucestershire Carers Hub to give your feedback on any hospital experiences you have had as a Carer.

**YouCan Parent Carer**  
Join us for our 4-part course held weekly.  
**Session 1 - YouCan Know Your Rights, Session 2 - YouCan Be Positive, Session 3- YouCan Overcome, Session 4 - YouCan Do It**

**Mental Health First Responder Session**  
Sophie Ayre is a Development Worker in the Partnership and Inclusion Team at Gloucestershire Health and Care NHS Foundation Trust. This workshop will explore the ways that common mental health problems might present in the people we care for and share details of NHS and other services and support available in the county.

**Deaf Awareness Session**  
Deaf friendly hints and tips, the difficulty of mask wearing, BSL and learn to spell your own name.

**Dying Matters Week – Marie Curie Session**  
Marie Curie would like to give Carers more confidence about having those difficult conversations and also a chance to think about the things that will make end of life as they would want it to be.

**Dying Matters Week – Tissue Donation**  
Hosted in partnership with the Specialist Nurse’s in Tissue Donation. This is a brief introduction to develop an understanding as what is tissue donation and how it you can be involved in providing a future for someone else. Come along and talk to the nurses involved in this service, find out how you can donate, who can donate and hear heart warming stories about the amazing outcomes of others.

**World Fibromyalgia Day – Pain Management Session**  
How to manage chronic pain and the support available and also how to support an individual who has chronic pain.

**Drama Workshop**  
“Telling Your Story” : A Creative Script Writing Workshop. We all have our own stories to tell and sometimes don't know how to tell them or even if we are important enough to have our stories told. These fun introductory workshops with writer/actor John Bassett will give you the confidence to look at your own stories, find ways of telling your story and why your story is as important as anyone else’s.

**ReSPECT and My Health Passport Information**  
Explore what ReSPECT forms are and how they are used within the hospital and also find out more about the ‘My Health Passport’.

## Dementia Specific Training

**Dementia Action Week - Dementia and Delirium**  
Meet Steve Shelley King, Consultant Dementia Nurse. Steve will be talking about the differences and similarities between dementia and delirium and how important it is to know about signs and symptoms of both , followed by the opportunity for questions and answers.

**Dementia Action Week – Talking about Dementia**  
Managing conversations with those you care for or who care for you. Join Jess from the Alzheimer’s Society to discuss how to have the sometimes difficult conversations around Dementia. The session will help you to feel more confident talking to the person you care for, or who cares for you, about dementia.

**Dementia Action Week – Information session with Alzheimer’s Society**  
Join a Dementia Advisor from the county’s Alzheimer’s Society. Find out about their service, how they can support the person with dementia, family and friends. Opportunity to ask questions and learn about the range of support available.