

What's On

Gloucestershire
Carers Hub

October 2021

Free Carer Skills, Training and Development



The majority of our sessions are held virtually on zoom, those that are held face to face are marked clearly on the timetable. They are free to all registered Carers, this includes Carers who are supporting someone out of county.

We are also holding Carers Cafes at a variety of locations throughout the County feel free to drop in.

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

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

To book onto any of the sessions please email bookings@peopleplus.co.uk or visit our website www.gloucestershirecarershub.co.uk/events

Sessions are run by professionals with specialist knowledge of the topic.

All of the training requires 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 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 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

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

Face to Face Session

Monday	Tuesday	Wednesday	Thursday	Friday
October 2021				
				1 9.30am – 11.30am Hospital Experience Group 10.00am – 11.00am Mental Health Coffee Morning 11.00am – 12noon Tai Chi 2.00pm – 3.00pm Reminiscence with Kath
4 10.30am – 11.30am Shibashi Qigong 1.00pm – 2.30pm Deepening and Sustaining Mindfulness 3.45pm – 4.45pm Seated Exercise with Matt from G Fitness 7.00pm – 8.00pm Carers Evening Wind Down	5 10.00am – 10.45am Dementia Coffee Morning 11.00am – 12.00noon Chair Based Boogie 7.00pm – 9.00pm YouCan Be Well	6 2.00pm – 3.00pm Distance Reiki 6.15pm – 7.45pm Seasonal Yoga	7 11.00am – 1.00pm YouCan Adult Carer 2.00pm – 3.00pm The Great Outdoors – <u>At the</u> <u>Heritage Hub</u> 7.00pm – 8.00pm Yoga Nidra	8 10.00am – 11.00am Mental Health Coffee Morning 11.00am – 12noon Tai Chi

Monday	Tuesday	Wednesday	Thursday	Friday
October 2021				
11	12	13	14	15
<p>10.30am – 11.30am Shibashi Qigong</p> <p>1.00pm – 2.30pm Deepening and Sustaining Mindfulness</p> <p>3.00pm – 4.00pm Poetry Group</p> <p>3.45pm – 4.45pm Seated Exercise with Matt from G Fitness</p> <p>7.00pm – 8.30pm Dementia and Delirium</p>	<p>10.00am – 10.45am Dementia Coffee Morning</p> <p>11.00am – 12.00noon Chair Based Boogie</p> <p>7.00pm – 9.00pm YouCan Be Well</p>	<p>2.00pm – 3.00pm Distance Reiki</p> <p>2.00pm – 2.30pm Carer Catch Up with Denise</p> <p>6.15pm – 7.45pm Seasonal Yoga</p>	<p>11.00am – 1.00pm YouCan Adult Carer</p> <p>1.00pm – 2.00pm The Great Outdoors</p> <p>7.00pm – 8.00pm Yoga Nidra</p>	<p>10.00am – 11.00am Mental Health Coffee Morning</p> <p>1.00pm – 2.00pm The Stroke Association Talk</p>
18	19	20	21	22
<p>10.30am – 11.30am Shibashi Qigong</p> <p>1.00pm – 2.30pm Deepening and Sustaining Mindfulness</p> <p>3.45pm – 4.45pm Seated Exercise with Matt from G Fitness</p>	<p>10.00am – 10.45am Dementia Coffee Morning</p> <p>11.00am – 12.00noon Chair Based Boogie</p> <p>7.00pm – 9.00pm YouCan Be Well</p> <p>7.00pm – 8.30pm Young Onset Dementia Carers Group</p>	<p>1.00pm – 2.00pm Keeping Well In Winter</p> <p>2.00pm – 3.00pm Distance Reiki</p> <p>6.15pm – 7.45pm Seasonal Yoga</p>	<p>11.00am – 1.00pm YouCan Adult Carer</p> <p>1.00pm – 2.00pm The Great Outdoors</p> <p>7.00pm – 8.00pm Yoga Nidra</p>	<p>10.00am – 11.00am Mental Health Coffee Morning</p> <p>11.00am – 12noon Tai Chi</p>

Monday	Tuesday	Wednesday	Thursday	Friday
October 2021				
25	26	27	28	29
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WEEKEND BOOST QUIZ NIGHT

JOIN US FOR THE WEEKEND BOOST QUIZ NIGHT EVERY
FIRST AND THIRD SUNDAY AT 7.30PM VIA ZOOM
(3RD AND 17TH OCTOBER 2021)
TO BOOK EMAIL BOOKINGS@PEOPLEPLUS.CO.UK



Dementia and Delirium

Are you supporting someone who has
Dementia?

Join Steve Shelley-King - Consultant Nurse in Dementia for an information session on Dementia and Delirium.

Did you know people with Dementia are 5x more likely to develop delirium and require hospital admission?

Find out more about:

What is delirium

The different types

The risks of getting it and how to reduce them
How to identify delirium and where to look for help

11th October 2021 at 7.00pm - 8.30pm via Zoom.

To book email bookings@peopleplus.co.uk

You must be a registered Carer with the Gloucestershire Carers Hub to enable access to the session



Carer Cafes



GL3, Churchdown - Cheltenham Road East, Churchdown, Gloucester GL3 1HX,
Every Third Thursday of the month 12.30pm till 1.30pm

Roots Café Gloucester - 69 Alvin Street, Gloucester G11 3EH,
Every third Friday of the month 2.00pm till 3.00pm

Scoffs Coffee House, 17 St John St, Coleford GL16 8AP,
Every second Wednesday of the month at 10.00am till 11.00am

The Noel Arms Hotel, Lower High St, Chipping Campden GL55 6AT
Every first Wednesday of the month 10.30am till 11.30am

Cornerstones Café, Cornerstone Centre, 1 Severn Rd, Cheltenham, GL52 5QA.
Every first Monday of the month 10.30am till 11.30am

There is no need to book, just drop in.

If you would like a Carer Cafe near you contact stephen.moore@peopleplus.co.uk



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 come and 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.

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 Quiz

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

- 3rd and 17th October 2021 from 7.30pm – 8.30pm

Face-To-Face Sessions

The Great Outdoors – Visits The Heritage Hub

Join Steve and the Great Outdoors Group visiting the Gloucester Heritage Hub to find out more about what they do and to visit their on site garden.



Physical Activity Sessions

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.

Chair Based Boogie with Mika

Join Mika for fun and energising seated dances to popular music from all eras, including rock and roll, Motown, disco, pop and more! This is a low impact exercise class to improve your heart and lung health, strength, balance & mobility.

Seated Exercise with Matt from GFitness

Fun and seated exercise class to build strength and balance and includes fall prevention. Join Matt to learn new exercises to allow you to become more fit and healthy in the comfort of your own home.

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. 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.

Tai Chi with Liz

This gentle form of exercise can help maintain and even improve health, flexibility, and balance. Tai Chi is 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.



"The training is so wonderful and there is so much to do"

Wellbeing Sessions

Mindfulness Monday – Deepening and Sustaining Mindfulness

Join Lynsey from Gloucestershire Mindfulness to develop deep and sustainable mindfulness to use everyday. Lynsey will visit various topics over the course of these sessions and help you to explore the art of Mindfulness.

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.

Poetry Group

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

Nature Journaling

Join Debbie Kersley for a relaxing hour of nature journaling.

Reminiscence Sessions

Keeping the Home with Kath Reynolds

Remembering the hard work of domestic duties. The fire was central to home life for so many reasons.

YouCan

YouCan Adult Carers

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

YouCan Be Well

Join us for our 4-part course held weekly.

Session 1 - YouCan Be You, Session 2 - YouCan Bounce

Back, Session 3- YouCan Be Healthy, Session 4 - YouCan Do It

Dementia Specific Training

Dementia and Delirium

Explore Dementia and Delirium with Steve Shelley-King,

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.

Condition Specific and General Training

Tech Hour

Come along and ask questions and learn about technology available to Carers.

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.

Debbie Kersley – Nature Sketching

Nature sketching and journaling is a mindful, enjoyable, creative way to notice and enjoy nature. We will look together and sketch plants and flowers that are in season.

There will be plenty of tips and tricks to guide you, so no sketching experience is necessary.

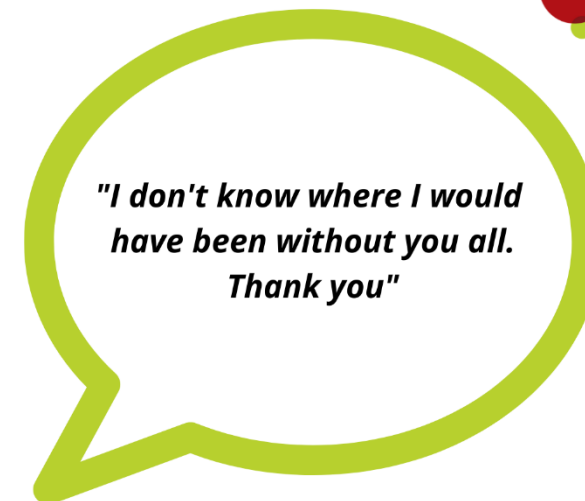
All you need is some standard white paper and a biro.

Keeping Well in Winter

Join Carrie for an in depth look at keeping well in winter from flu jabs to keeping yourselves warm. We look at planning ahead and looking at various aspects of keeping well in the winter months.

The Stroke Association

Come and join the Stroke Association to find out more about the work they do and the support that they offer.



"I don't know where I would have been without you all. Thank you"