

Carers Week 2022

6th - 12th June 2022

Professionals Guide

Carers Week is an annual campaign to raise awareness of caring, highlight the challenges unpaid carers face and recognise the contribution they make to families and communities throughout the UK. It also helps people who don't think of themselves as having caring responsibilities to identify as carers and access much-needed support.

Visible, valued and supported

The theme for Carers Week 2022 is 'Make caring visible, valued and supported'. We believe that unpaid carers and the challenges of caring should be recognised in all areas of life, caring should be valued and respected by everyone in our society, and carers should have access to the information and support they need, where and when they need it.

The Gloucestershire Carers Hub are working to raise awareness throughout Carers Week 2022 and we need your help.

Do you or anyone you know support someone?

This could be physical or emotional support and doesn't have to be everyday. They could pop in to see if someone is ok, do shopping or cooking for them, pick up prescriptions or take someone to appointments. No matter what they do or how long they do it for they are supporting someone else.

They can access support through ourselves by contacting 0300 111 9000 or by referring themselves through our website: <https://gloucestershirecarershub.co.uk/self-referral/>

If you have contact with a Carer who you feel would benefit from support or free access to courses or sessions please refer using the below link:
<https://gloucestershirecarershub.co.uk/refer-a-carer/>

Carers Week 2022

Our sessions during the week are for Unpaid Carers to access along with the person they support if they wish to bring them along.

A separate Carer programme will be available.

If you would like to come along, please email bookings@peopleplus.co.uk for joining instructions but please be mindful that the sessions are aimed at Carers only.

Monday 6th June 2022

Launch of Carers Week, health and social care issues affecting Carers

10.30am - 11.30am - Cornerstones Carer Cafe and Virtual Coffee Morning

Carers are invited to join us at the Cornerstones Cafe, Cheltenham or virtually for a coffee morning with a difference.

10.30am - 11.30am - Shibashi Qigong

Shibashi Qigong is an 18 form movement, proven to support individuals with their wellbeing.

11.30am - 1.00pm - NHS Updates

The NHS will join us to provide updates from within the Trust.

12.00pm - 1.30pm - Stratford Park, Stroud Picnic

Our Carers and the individuals they support are welcomed to join us for a picnic.

12.00pm - 2.00pm - Robinswood Hill, Gloucester Picnic

Our Carers and the individuals they support are welcomed to join us for a picnic.

1.00pm - 2.30pm - Mindfulness

Carers are invited to take some time out to explore the practice of Mindfulness.

2.30pm - 4.00pm NHS Updates

The NHS will join us to provide updates from within the Trust.

4.00pm - 5.00pm - Seated Exercise with G Fitness

Carers are invited to join in with exercises to support with stability and strengthen the core.

Carers Week 2022

Tuesday 7th June 2022 - Work and Employment

10.00am - 10.45am - Dementia Coffee Morning

Carers can come along and join our Dementia Coffee Morning meet other Carers and discuss any challenges you may be facing or just enjoy each others company.

11.00am - 12.00pm - Chair Based Boogie

Carers can join in with a fun, interactive and enjoyable chair based fitness class for all abilities. Come along and boogie to some favourites whilst having fun.

12.00pm - 1.30pm - Pitville Park, Cheltenham Carer Picnic

Carers can come along and bring a picnic to enjoy with other Carers, individuals you support are welcome to come along with you. Why not come along and relax and unwind with others enjoying each others company in wonderful surroundings.

12.30pm - 1.30pm - Healthy Workplaces, Gloucestershire

Carers can take some time out to see what Healthy Workplaces have on offer throughout Gloucestershire. Find out more about what a healthy workplace is and how it can benefit you.

1.00pm - 2.00pm - Friendship Cafe Carer Cafe

Carers can grab a cuppa with other Carers at the Friendship Cafe for a chat, meet new people and join us before the City Farm Visit.

2.00pm - 3.00pm - Gloucester City Farm Visit

Carers can come and explore the magic of Gloucester City Farm with us. Enjoy meeting all the animals and taking in the different things which Gloucester City Farm do to support the community.

7.00pm - 9.00pm - Carer Craft

Carers can get Creative with us for our Carer Craft session. Relax and unwind with other Carers.

Carers Week 2022

Wednesday 8th June 2022 - Visible, Valued and Supported

10.00am - 11.00am - NHS Cultural Guides

Carers are welcome to come along and learn about the NHS Cultural Guides with this informative sessions on what they are and how they can support you when using NHS services.

11.00am - 12.00am - Mindful Sketching with Debbie Kersley

Carers can join Debbie for a relaxing mindful sketching session. Take some time out to sketch and create some artwork.

11.30am - 1.30pm - Bourton on the Water Carer Picnic

Carers can come along and bring a picnic to enjoy with other Carers, individuals you support are welcome to come along with you. Why not come along and relax and unwind with others enjoying each others company in wonderful surroundings.

2.00pm - 3.00pm - POWHER

Carers are invited to find out more about the POWHER advocacy service, what they do and how they can support Carers in the county.

2.00pm - 3.00pm - Distance Reiki

Carers can take some time out and relax with some distance reiki to promote healing and relaxation to continue your week.

3.00pm - 5.00pm - Buddy Up Meet and Greet, Gloucester Park

Carers can meet our Buddy Up Coordinator for a meet and greet. Find out more about Buddy Up and meet other Carers who could be potential matches for building your support network.

6.15pm - 7.45pm - Seasonal Yoga

Carers can take part in our seasonal yoga class. With gentle stretches and mindful yoga poses (seated).

7.00pm - 9.00pm YouCan Be Well

YouCan Be Well is a four week programme designed to enhance your own wellbeing. It is an interactive and empowering set of sessions all about maintaining your self esteem and wellbeing.

Carers Week 2022

Thursday 9th June 2022

Younger Carers

12.00pm - 2.00pm - Mallards Pike Carer Picnic

Carers can come along and bring a picnic to enjoy with other Carers, individuals you support are welcome to come along with you. Why not come along and relax and unwind with others enjoying each others company in wonderful surroundings.

1.30pm - 3.30pm - Westonbirt Arboretum Visit

Carers can come along and walk with us through the beautiful arboretum. Explore one of the county's beauty spots.

2.30pm - 3.30pm - Holly Concert - Sing like noone is listening

Carers are welcome to sing along to Holly Reynolds as she joins us for another fantastic concert. Relax in the comfort of your own home and enjoy some classics.

5.30pm - 6.30pm - Evensong Gloucester Cathedral

Why not join us at Gloucester Cathedral for a special Carers Week Evensong. Meet some of the team and other Carers and enjoy some early evening singing.

7.00pm - 8.00pm - Yoga Nidra

Carers can relax, unwind and shake off the worries of the day with Yoga Nidra. A guided meditation where you get to lie back and breathe.

7.30pm- 8.30pm - Pressure Proof with Inclusive Change

Carers can join Lucy from Inclusive Change for a 60 minute workshop to look at the pressures we all experience in life. This session will be interactive from the start. Life is always going to be full of ups and downs and it's totally normal to sometimes feel stressed out and worried about things. We all need time to do stuff we enjoy and to do self-caring activities that take the pressure off. Learning some extra techniques to stay calm is a good idea to add to your 'tool kit' of things that help you when you feel life is getting tough.

Carers Week 2022

Friday 10th June 2022

Older Carers

10.00am - 11.00am - Mental Health Coffee Morning

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

11.30am - 1.30pm - Plock Court, Gloucester Carer Picnic

Carers can come along and bring a picnic to enjoy with other Carers, individuals you support are welcome to come along with you. Why not come along and relax and unwind with others enjoying each others company in wonderful surroundings.

2.00pm - 3.00pm - Tai Chi

Carers are invited to join in with 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.

2.30pm - 3.30pm - Happy and Glorious Reminiscence

Carers can join a Royal Reminiscence Session with Kath Reynolds As it's the Queens jubilee we will be Celebrating 70's of Queen Elizabeth II. Looking over the Queens life and various milestones along the way. If you have a Royal memory or memento please bring it along to share with the others.

Carers Week 2022

Saturday 11th June 2022 Mental Health and Wellbeing

10.00am - 11.00am - Bring a Pet Cuppa and Chat

Carers are welcomed to bring along your pets for a cuppa and a chat with other Carers.

11.00am - 12.00pm - Painting with Debbie Kersley

Carers can join Debbie for a relaxing painting session online. Pull up a chair and learn about how to paint.

2.00pm - 3.00pm - Managing Energy In Challenging Times

Carers are invited to learn about managing your energy when dealing with challenging times. Amy will join us to give you coping mechanisms and explore how to manage your energy effectively.

7.30pm - 8.30pm - Thinking Traps with Inclusive Change

Carers can join Lucy from Inclusive Change for a 60 minute workshop which will look at how our thoughts can influence our behaviour and feelings. Based on CBT principles (cognitive behaviour therapy). This session will be interactive from the start. It's totally normal to notice that sometimes we use negative self-talk when we're feeling low or stressed out. We might not be able to stop the thoughts we have, but by becoming more aware of them we can lessen the impact they have on how we feel and behave.

Sunday 12th June 2022 Reflections on Carers Week 2022

10.00am - 11.00am - Cuppa and Chat

Carers can join us for a cuppa and a chat virtually. Meet other Carers and catch up.

7.00pm - 8.00pm - Journaling

Carers can join Amy for an exciting session on the art of journaling, looking at how journaling can help and support you after a busy day.