

What's On

July 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 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 (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 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

Monday	Tuesday	Wednesday	Thursday	Friday
July 2021				
			1	<p style="text-align: center;">2</p> <p style="text-align: center;">9.30am – 11.30am Hospital Experience Group</p> <p style="text-align: center;">10.00am – 11.00am Mental Health Coffee Morning</p> <p style="text-align: center;">11.00am – 12.00noon Tai Chi</p>
<p style="text-align: center;">5</p> <p style="text-align: center;">10.30am – 11.30am Shibashi Qigong</p> <p style="text-align: center;">1.00pm – 2.30pm Mindful Monday - Calming the Mind</p> <p style="text-align: center;">7.00pm – 8.00pm Evening Carer Catch Up</p>	<p style="text-align: center;">6</p> <p style="text-align: center;">10.00am – 10.45am Dementia Coffee Morning</p> <p style="text-align: center;">11.00am – 1.00pm YouCan Adult Carers</p> <p style="text-align: center;">1.00pm – 2.00pm Seated Samba</p> <p style="text-align: center;">1.00pm – 2.30pm Telecare Information Session</p>	<p style="text-align: center;">7</p> <p style="text-align: center;">10.00am – 12.00noon YouCan Be Well</p> <p style="text-align: center;">2.00pm – 3.00pm Distance Reiki</p> <p style="text-align: center;">7.00pm – 8.00pm Yoga Nidra</p>	<p style="text-align: center;">8</p> <p style="text-align: center;">11.00am – 11.45am Carer Catch Up with Jackie</p> <p style="text-align: center;">2.00pm – 3.00pm Reminiscence – Didn't we have a lovely time</p> <p style="text-align: center;">6.30pm – 7.15pm Seasonal Yoga</p>	<p style="text-align: center;">9</p> <p style="text-align: center;">10.00am – 11.00am Mental Health Coffee Morning</p> <p style="text-align: center;">11.00am – 12.00noon Tai Chi</p> <p style="text-align: center;">2.00pm - 3.00pm Warm and Well Information Session</p>

Monday	Tuesday	Wednesday	Thursday	Friday
July 2021				
12	13	14	15	16
<p>10.30am – 11.30am Shibashi Qigong</p> <p>1.00pm – 2.30pm Mindful Monday – Calming the Mind</p>	<p>10.00am – 10.45am Dementia Coffee Morning</p> <p>10.30am – 11.30am Medication and Dementia</p> <p>11.00am – 1.00pm YouCan Adult Carers</p> <p>1.00pm – 2.00pm Seated Samba</p>	<p>2.00pm – 3.00pm Distance Reiki</p> <p>7.00pm – 8.00pm Yoga Nidra</p>	<p>11.00am – 1.00pm YouCan Be Well</p> <p>1.00pm – 2.00pm The Great Outdoors</p> <p>2.00pm – 3.00pm Holly Reynold's Concert</p> <p>6.30pm – 7.15pm Seasonal Yoga</p>	<p>10.00am – 11.00am Mental Health Coffee Morning</p> <p>11.00am – 12noon Tai Chi</p> <p>2.00pm - 3.00pm Debbie Kersley – Nature Sketching</p>
19	20	21	22	23
<p>10.30am – 11.30am Shibashi Qigong</p> <p>1.00pm – 2.30pm Mindful Monday – Art of Less Stress</p>	<p>10.00am – 10.45am Dementia Coffee Morning</p> <p>11.00am – 1.00pm YouCan Adult Carers</p> <p>1.00pm – 2.00pm Seated Samba</p> <p>2.00pm – 3.00pm Poetry Group</p> <p>7.00pm – 8.30pm Young Onset Managing Memory Group</p>	<p>2.00pm – 3.00pm Distance Reiki</p> <p>2.30pm – 3.30pm Barnwood Trust – An Overview</p> <p>7.00pm – 8.00pm Yoga Nidra</p>	<p>1.00pm – 2.00pm The Great Outdoors</p> <p>2.00pm – 3.00pm Reminiscence – Gym Slips and chalkboards</p> <p>6.30pm – 7.15pm Seasonal Yoga</p>	<p>10.00am – 11.00am Mental Health Coffee Morning</p> <p>11.00am – 12noon Tai Chi</p> <p>2.00pm – 3.30pm Tech Hour</p>

Monday	Tuesday	Wednesday	Thursday	Friday
July 2021				
26	27	28	29	30
<p style="text-align: center;">10.30am – 11.30am Shibashi Qigong</p> <p style="text-align: center;">1.00pm – 2.30pm Mindful Monday – Art of Less Stress</p>	<p style="text-align: center;">10.00am – 10.45am Dementia Coffee Morning</p> <p style="text-align: center;">11.00am – 1.00pm YouCan Adult Carers</p> <p style="text-align: center;">1.00pm – 2.00pm Seated Samba</p> <p style="text-align: center;">7.00pm – 8.30pm Managing Memory Dementia Carers</p>	<p style="text-align: center;">12noon – 1.00pm YouCan Catch Up</p> <p style="text-align: center;">2.00pm – 3.00pm Distance Reiki</p> <p style="text-align: center;">7.00pm – 8.00pm Yoga Nidra</p>	<p style="text-align: center;">10.00am – 11.30am Continance</p> <p style="text-align: center;">1.00pm – 2.00pm The Great Outdoors</p> <p style="text-align: center;">6.30pm – 7.15pm Seasonal Yoga</p>	<p style="text-align: center;">10.00am – 11.00am Mental Health Coffee Morning</p> <p style="text-align: center;">11.00am – 12noon Tai Chi</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

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.

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.

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.

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.

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 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.

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:

- **4th and 18th July from 7.30pm – 8.30pm**

Wellbeing Sessions

Mindfulness Monday – Calming the mind

Delivered by Gloucestershire Mindfulness

Join in and learn about calming your mind.

Mindfulness Monday – The Art of Less Stress

Delivered by Gloucestershire Mindfulness

Each week we will be looking at different themes, starting with the foundations of Mindfulness and the unfolding story of how Jon Kabat-Zinn developed the stress reduction Programme

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 favorite poems.

Condition Specific and General Training

Carers Week Focus Group

Come along and give your feedback with regards to Carer’s week. What did you feel went well? What would you like to see more of?

Tech Hour

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

Continence – Passion First Aid

Supporting you as a Carer to deal with any continence problems which may arise in your caring role.

Barnwood Trust – An Overview

Come along and find out more about what Barnwood Trust does and what they have to offer.

Warm and Well Information Session

Join warm and well to find out more about energy saving and grants available and how they could support you.

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 Safe at home - Telecare

Find out how assistive technology can support the person you care for to stay safe and well at home. Learn about what is available and how to access this support.

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.

Dementia Specific Training

Dementia and Medication

Meet Steve Shelley King, Consultant Dementia Nurse.

Medications used in dementia, how medication works, when carers should ask for a review

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.

Reminiscence Sessions

Kath Reynolds is back delivering two reminiscence sessions this month.

Didn't we have a lovely time...

Childhood seaside trips were times of great excitement. Relive memories of building sandcastles, walking down the prom, and munching fish and chips!

Gymslips and Chalkboards

An interactive schooldays reminiscence session recalling the highlights of the "best days of our lives" - uniforms, books and poems, times tables, inkwells...and discipline!

Holly Reynolds – Holly Concert

Holly returns this month with one of her fabulous concerts being held virtually by Zoom. Join her for songs from the past and reminisce on days gone by.

YouCan

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

YouCan Adult Carers

Join us for our 4-part course held weekly. These sessions explore in more detail the below topics, they also allow you to meet other Carers and discuss concerns and questions.

Session 1 - YouCan Know Your Rights

Session 2 - YouCan Be Positive

Session 3- YouCan Overcome

Session 4 - YouCan Do It