

What's On

Gloucestershire
Carers

Hub

Skills Development and Training Opportunities

June 2020

Who?

How?

What?

Where?

Free Skills and Development Training Programme for Carers June 2020

In light of Covid-19 we are continuing our offering of virtual sessions. If you would like any technical support in setting these up, please do not hesitate to contact us.

We are also running a telephone session to support carers without the technology to access the virtual learning.

To book onto any of these courses please call us **0300 111 9000** or email **carers@peopleplus.co.uk**

1st June 2020 – 10.00am – Mindfulness
Delivered by Gloucestershire Mindfulness via Zoom

Learn and develop mindfulness techniques to use at home. Participate with others in learning the art of mindfulness

1st June 2020 – 6.00pm – Carers Twilight Drop In
Hosted by The Gloucestershire Carers Hub via Zoom

Virtual twilight drop in session for all carers

2nd June 2020 – 10.00am – Dementia Carers
Coffee Morning
Hosted by The Gloucestershire Carers Hub via Zoom

For carers of someone with Dementia to share experiences

2nd June 2020 – 1.30pm – 2.30pm – Medication
used for dementia including antipsychotics
Delivered by Approach Staffordshire Zoom Webinar

Increase your understanding of the types of medication used for Dementia

To book your place, please contact: Welcome Team on **0300 111 9000** or email **carers@peopleplus.co.uk**
Some sessions offer day centre services at the same location, also replacement care may be available if required

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Skills Development and Training Opportunities - June 2020

5th June 2020 – 2.00pm – Coffee Drop In
Hosted by The Gloucestershire Carers Hub via Zoom

Open for all carers to share experiences and chat

8th June 2020 – 11.00am - Mindsong via Zoom
Delivered by Mindsong

Join other carers to see how music can support with your caring role

9th June 2020 – 11.00am – Telephone Coffee Morning
Hosted by Gloucestershire Carers Hub

Dial in and speak with other carers in our county

9th June 2020 – 10.00am – 12.00pm - Self Calming Techniques Workshop
Delivered by Wendy Beresford

A longer workshop to support with Positive Tapping (EFT) and other simple Emotional Wellness tools, which can help you to calm your emotions or thoughts

9th June 2020 - 1.30pm – 2.30pm – Power of Attorney
Delivered by Approach Staffordshire Zoom Webinar

Learn about the process and the types of documents you need to gain Power of Attorney

10th June 2020 – 2.00pm – Coffee Drop In
Hosted by The Gloucestershire Carers Hub via Zoom

Open for all carers to share experiences and chat

11th June 2020 – 10.00am – Manual Handling and Falls
Delivered by Passion First Aid via Zoom

Dealing with falls at home and safe manual handling techniques to protect you

12th June 2020 – 11.00am – Mindsong via Zoom
Delivered by Mindsong

Join other carers to see how music can support with your caring role

15th June 2020 – 10.00am – Mindfulness
Delivered by Gloucestershire Mindfulness via Zoom

Learn and develop mindfulness techniques to use at home. Participate with others in learning the art of mindfulness

16th June 2020 – 10.00am – 1.00pm – Family Relationships and ASD
Delivered by The Girl with the Curly Hair via Zoom

Parental expectations of the autistic child or young person, siblings and coping with meltdowns

16th June 2020 – 11.00am – Quiz
Hosted by The Gloucestershire Carers Hub via Zoom

A fun quiz for all to enjoy

16th June 2020 – 1.30pm – 2.30pm – Person Centered Care
Delivered by Approach Staffordshire via Zoom

In this session we will look at person centred care

17th June 2020 – 2.00pm – Coffee Drop In
Hosted by The Gloucestershire Carers Hub via Zoom

Open for all carers to share experiences and chat

18th June 2020 – 6.00pm – Carers Quiz Night
Hosted by The Gloucestershire Carers Hub via Zoom

A fun quiz night for all

23rd June 2020 – 10.00am – 12.00pm - Self Calming Techniques Workshop
Delivered by Wendy Beresford

A longer workshop to support with Positive Tapping (EFT) and other simple Emotional Wellness tools, helping you to calm your emotions or thoughts

23rd June 2020 - 1.30pm – 2.30pm – Care of the carer during lockdown and moving forwards
Delivered by Approach Staffordshire via Zoom

In this session we will be looking at how we can move forward

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Skills Development and Training Opportunities - June 2020

**25th June 2020 – 10.00am – Continence
Delivered by Passion First Aid via Zoom**

Dealing with continence related issues which may arise in your caring role

**26th June 2020 – 10.00am – Coffee Drop In
Hosted by The Gloucestershire Carers Hub via Zoom**

Open for all carers to share experiences and chat

**26th June 2020 – 1.00pm – Male Carers Only Quiz
Hosted by The Gloucestershire Carers Hub via Zoom**

Time to chat and engage with a fun quiz

**29th June 2020 – 11.00am – Coffee Drop In
Hosted by The Gloucestershire Carers Hub via Zoom**

Open for all carers to share experiences and chat

**30th June 2020 – 2.00pm – Coffee Drop In
Hosted by The Gloucestershire Carers Hub via Zoom**

Open for all carers to share experiences and chat

**Sessional Yoga with Jo Via Zoom
Every Tuesday In June (2nd, 9th, 16th, 23rd and 30th) from 11.00am – 12.25pm**

Virtual Yoga taught via zoom for you to complete at home

Feedback from one of our carers:

'Thank you so much for connecting me with Jo and her Tuesday Seasonal Chair Yoga. It was the first time I had done chair yoga and I loved it. Even better, being at home, it was nice to see other people and once the lesson starts it is only the teacher you can see, not the other participants. If you are self-conscious it doesn't matter if you have done it before or not, no one but Jo can tell, it doesn't matter how good you are, how flexible you are or how confident you are or what your appearance is. The beauty of this class was that you just do as much or as little as you can or want to and you grow with it. Great stress buster and relaxation whilst feeling you have exercised.

A little 'me' time. I'll be back next week.'

Reminiscence Sessions

**Monday 8th June- 2pm
Changing Families and Communities via Zoom**

During Carers Week we look back at life over the last 70 years and how much it has changed.

No more Telegrams! We have instant communication across the world. What happened to the "family doctor"?

**Friday 12th June- 2pm
Changing Families and Communities via Zoom**

During Carers Week we look back at life over the last 70 years and how much it has changed.

No more Telegrams we have instant communication across the world. What happened to the "family doctor"?

**Monday 15th June- 2pm
Playing Out via Zoom**

School holidays were wonderful, you would play out from morning till night and still beg for "5 more minutes". Have some fun remembering the street games you would have played with your friends.

**Friday 26th June- 2pm Goose Grease
and Brown Paper via Zoom**

We have all celebrated the NHS in recent months but, in the days before the NHS, mums and grandmas would have had a range of cures up their sleeve, ready to cure virtually every common ailment. Join us and share your family's favourite remedies.

Wellbeing Sessions – Thursday's at 2pm

4th June 2020 Managing Worry via Zoom

How to manage worry effectively in times of stress.

11th June 2020 - Your Wellbeing In Challenging Times via Zoom

Hints and tips for looking after your wellbeing during challenging times.

18th June 2020 Getting a Good Nights Sleep via Zoom

Helping you to get a good nights sleep

25th June 2020 Building Your Own Resilience Plan via Zoom

Hints and tips on building a resilience plan

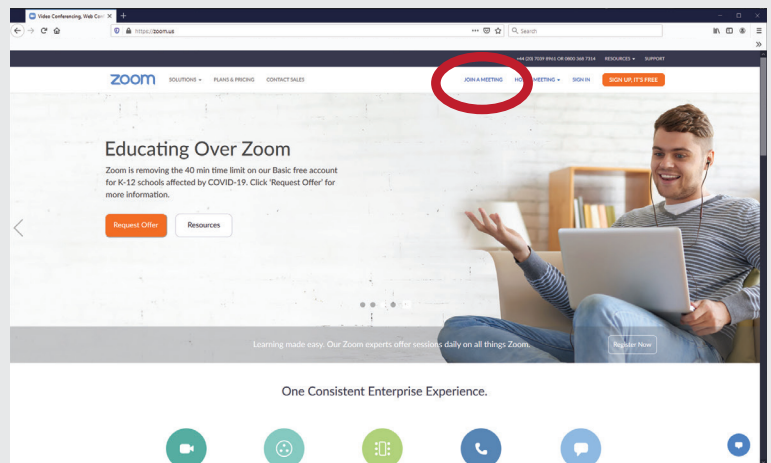
How to Join a Zoom Meeting



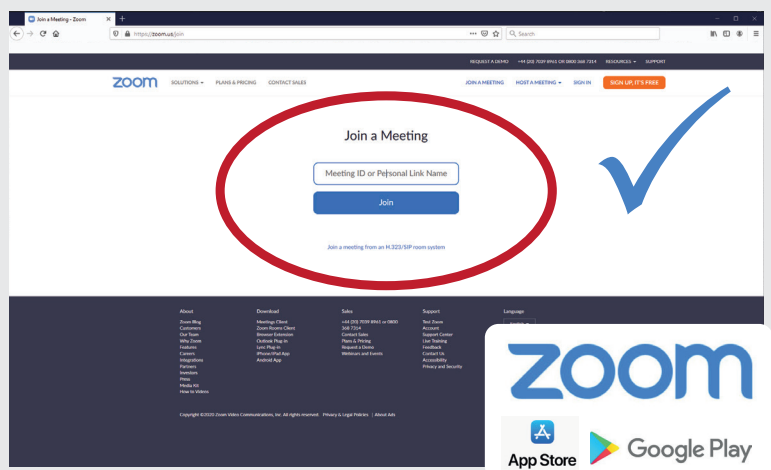
Gloucestershire
Carers **Hub**

Visit www.zoom.us or
download from the
Appstore or Play Store
on your phone

Click Join a Meeting
(circled in red)



Insert meeting ID (issued
on sign up)



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