



What's On

January 2022

Free Carer Skills, Training and Development Programme

Join us for our fun and interactive sessions this Winter.

All of our sessions are online via Zoom.

Our sessions are completely FREE for all of our registered Carers, this includes Carers who are supporting someone out of county.

Individuals supported by the Carer can also attend any 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 <https://gloucestershirecarershub.co.uk/our-groups/monthly-events/>

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

The online 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.

All links will be sent out the week before the event takes place. Just click on the link to access.

You can also dial in via telephone.

Monday		Tuesday		Wednesday		Thursday		Friday	
3rd	<p>1.00pm - 2.30pm Mindfulness</p> <p>4.00pm - 5.00pm Seated Exercise with Matt from G Fitness</p>	4th	<p>10.00am - 10.45am Dementia Coffee Morning</p> <p>11.00am - 12.00noon Chair Based Boogie - Mika Art Brasil</p>	5th	<p>9.30am - 11.30am Hospital Reflection Group</p> <p>2.00pm - 3.00pm Distance Reiki</p> <p>6.15pm - 7.45pm Seasonal Yoga</p>	6th	<p>10.30am - 11.30am Shibashi Qigong</p> <p>1.00pm - 2.00pm The Great Outdoors</p> <p>7.00pm - 8.00pm Yoga Nidra</p>	7th	<p>10.00am - 11.00am Mental Health Coffee Morning</p> <p>11.30am - 12.30pm Autism Carers Group with Independence Trust</p> <p>2.00pm - 3.00pm Tai Chi</p>
10th	<p>10.30am - 11.30am Shibashi Qigong</p> <p>1.00pm - 2.30pm Mindfulness</p> <p>4.00pm - 5.00pm Seated Exercise with Matt from G Fitness</p>	11th	<p>10.00am - 10.45am Dementia Coffee Morning</p> <p>11.00am - 12.00noon Chair Based Boogie - Mika Art Brasil</p> <p>3.30pm - 4.30pm Poetry Group</p>	12th	<p>2.00pm - 3.00pm Distance Reiki</p> <p>6.15pm - 7.45pm Seasonal Yoga</p>	13th	<p>11.00am - 12noon Carer Cuppa with Jackie</p> <p>7.00pm - 8.00pm Yoga Nidra</p> <p>7.00pm - 9.00pm YouCan Be Well</p>	14th	<p>10.00am - 11.00am Mental Health Coffee Morning</p> <p>1.00pm - 2.30pm Dementia and Delirium</p> <p>2.00pm - 3.00pm Tai Chi</p>

Monday		Tuesday		Wednesday		Thursday		Friday	
17th	<p>10.30am - 11.30am Shibashi Qigong</p> <p>11.00am - 12.00noon Social Prescribing in GP practices</p> <p>1.00pm - 2.30pm Mindfulness</p> <p>2.00pm - 3.30pm Dementia and Cold Weather</p> <p>4.00pm - 5.00pm Seated Exercise with Matt from G Fitness</p>	18th	<p>10.00am - 10.45am Dementia Coffee Morning</p> <p>11.00am - 12.00noon Chair Based Boogie - Mika Art Brasil</p> <p>7.00pm - 8.30pm Young Onset MM Dementia Carers Group</p>	19th	<p>10.30am - 11.30am Dr Kelly - Sleep and Dementia</p> <p>2.00pm - 3.00pm Distance Reiki</p> <p>6.15pm - 7.45pm Seasonal Yoga</p>	20th	<p>1.00pm - 2.00pm The Great Outdoors</p> <p>7.00pm - 8.00pm Yoga Nidra</p> <p>7.00pm - 9.00pm YouCan Be Well</p>	21st	<p>10.00am - 11.00am Mental Health Coffee Morning</p> <p>2.00pm - 3.00pm Tai Chi</p>
24th	<p>10.30am - 11.30am Shibashi Qigong</p> <p>1.00pm - 2.30pm Mindfulness</p> <p>4.00pm - 5.00pm Seated Exercise with Matt from G Fitness</p>	25th	<p>10.00am - 10.45am Dementia Coffee Morning</p> <p>11.00am - 12.00noon Chair Based Boogie - Mika Art Brasil</p> <p>3.30pm - 4.30pm Poetry Group</p>	26th	<p>11.00am - 12.00noon Journaling</p> <p>12.30pm - 2.30pm YouCan Be Empowered</p> <p>2.00pm - 3.00pm Rethink - Self Harm Helpline</p> <p>2.00pm - 3.00pm Distance Reiki</p> <p>6.15pm - 7.45pm Seasonal Yoga</p>	27th	<p>11.00am - 12.00noon Strong and Steady</p> <p>7.00pm - 8.00pm Yoga Nidra</p>	28th	<p>10.00am - 11.00am Mental Health Coffee Morning</p> <p>2.00pm - 3.00pm Tai Chi</p>

	Monday	Tuesday	Wednesday	Thursday	Friday
31st	<p>10.30am - 11.30am Shibashi Qigong</p> <p>1.00pm - 2.30pm Mindfulness</p> <p>4.00pm - 5.00pm Seated Exercise with Matt from G Fitness</p>	<p>February What's on will be released with our next newsletter</p>	<p>February What's on will be released with our next newsletter</p>	<p>February What's on will be released with our next newsletter</p>	<p>February What's on will be released with our next newsletter</p>



"Mika from Art Brasil is like a ray of sunshine. She is so positive and smiley. I find I have exercised for 45 minutes through the dances she devises, with uplifting music, without realising I have done it, but feel so much better for it physically and mentally. I'd also like to add that I am useless at dancing and rhythm and have no sense of right and left, but none of this matters! I have felt the benefit to my leg after only two sessions and look forward to the classes."

"Exercise without the stress, it's fun and relaxing in your own home without the need for any special equipment."





What's On - Explore the Opportunities



Sessions to keep you fit and well

Seasonal Flow Yoga with Jo

Virtual seated 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 - Art Brasil

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 GFit

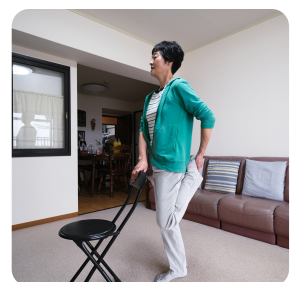
Fun and seated exercise class to build strength and balance and includes fall prevention. Join Matt to learn new exercises to allow you to become more fit and healthy in the comfort of your own home.

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.



Sessions to support your wellbeing

Journaling

Join Amy for an hour of journaling to look at how it can support you in your daily life and what you can put in your journal.

Mindfulness Monday

Join Lynsey from Gloucestershire Mindfulness to develop mindfulness skills 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.

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.



Sessions to support you in your caring role

Social Prescribing and it's role in GP Surgeries

Join us to explore the role social prescribers play in GP surgeries and how they can support Carers in their local communities.

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.



What's On - Explore the Opportunities



Sessions to provide you with Information

ReThink Self Harm

Why not join one of the team from Gloucestershire Self Harm Helpline for a one hour introduction into how they help and support people affected by self harm.

Strong and Steady

How to stay Strong and Steady. Reducing your and the person you care for risk of falls, with Clinical Specialist Falls Physiotherapist

Sessions to keep you connected

Carer Catch Up

Take 5 and meet others for a virtual cuppa.

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.

Carer Evening Catch Up

Relax and unwind after a busy day with our evening catch up and a wind down

Sunday Night Quiz

Join us on our Sunday evening quiz for some fun and relaxation to start a new week,
2nd and 16th January 8.00pm - 9.00pm

YouCan Be Empowered

1-2 hour session per week over 4 weeks delivered virtually.



- **YouCan Know Your Rights** – what is a Carer and their rights
- **YouCan Be Positive** – managing emotions and 5 ways of wellbeing
- **YouCan Overcome Barriers** – managing conflict positive communications
- **YouCan Do It** – peer support and next steps



During each session, there is opportunities to share your experiences and talk to each other. The aim of YouCan is to build lasting relationships with other Carers so you can continue to have support after the programme.

YouCan Be Well

1-2 hour session per week over 4 weeks delivered virtually.

- **YouCan Be You** – discussing feelings and emotions looking at coping strategies.
- **YouCan Bounce Back** – develop better resilience to cope with what life throws at them.
- **YouCan Be Healthy** – lifestyle choices and sleep.
- **YouCan Do It** – peer support and next steps Think Positive.



During each session, there will be opportunities to share experiences, discuss emotions and coping strategies. We encourage the group to build lasting relationships with each other so you can continue to support each other after the programme. The aim of the YouCan Be Well is to improve wellbeing and provides a safe place, where you can be yourself.

Sessions for individuals supporting someone with Dementia

Dementia Coffee Morning

Come along and meet other Carers who are supporting someone with Dementia for a cuppa and chat.

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.

Dementia and Delirium

Explore the effects that delirium has on someone who has dementia.

Dr Kelly Dementia and Sleep

Join in with the information session delivered by Dr Kelly on the impact of Dementia and sleep.

Dementia and Cold Weather

Join Steve Shelley-King for an information session on the effects of cold weather on individuals with Dementia.