



What's On

February 2021

Free Carer Skills, Training and Development Programme

Join us for our fun and interactive sessions this Winter.

The majority of our sessions remain online via Zoom, however, some sessions are taking place face to face and are marked clearly in red on the timetable
(Please note the face to face sessions are subject to change in line with Government Covid-19 guidance.)

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.

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

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
	1st 10.00am - 10.45am Dementia Coffee Morning 11.00am - 12.00noon Chair Based Boogie	2nd 12.30pm - 2.30pm YouCan Be Empowered 2.00pm - 3.00pm Distance Reiki 6.15pm - 7.45pm Seasonal Yoga	3rd 1.00pm - 2.00pm The Great Outdoors 7.00pm - 8.00pm Yoga Nidra 7.00pm - 9.00pm YouCan Be Well	4th 9.30am - 11.00am Hospital Reflection and Experience Group 10.00am - 11.00am Mental Health Coffee Morning 2.00pm - 3.00pm Tai Chi
		10.30am - 11.30am Carer Cafe Noel Arms Cafe, Chipping Camden		
7th 10.30am - 11.30am Shibashi Qigong 11.00am - 12.30pm Supporting someone with EUPD/BPD 1.00pm - 2.30pm Mindfulness 4.00pm - 5.00pm Seated Exercise with Matt from G Fitness	8th 10.00am - 10.45am Dementia Coffee Morning 11.00am - 12.00noon Chair Based Boogie 3.30pm - 4.30pm Poetry Group	9th 10.30am - 11.30am Playlist for Life 12.30pm - 2.30pm YouCan Be Empowered 2.00pm - 3.00pm Distance Reiki 6.15pm - 7.45pm Seasonal Yoga	10th 7.00pm - 8.00pm Yoga Nidra 7.00pm - 9.00pm YouCan Be Well	11th 10.00am - 11.00am Mental Health Coffee Morning 2.00pm - 3.00pm Tai Chi
10.30am - 11.30am Carer Cafe Cornerstone Cafe, Cheltenham		10.00am - 11.00am Carer Cafe Scoffs Cafe, Coleford		

Monday		Tuesday		Wednesday		Thursday		Friday	
14th	<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>	15th	<p>10.00am - 10.45am Dementia Coffee Morning</p> <p>11.00am - 12.00noon Chair Based Boogie</p> <p>7.00pm - 8.30pm MM Young Onset Dementia Carers Group</p>	16th	<p>12.30pm - 2.30pm YouCan Be Empowered</p> <p>2.00pm - 3.00pm Distance Reiki</p> <p>6.15pm - 7.45pm Seasonal Yoga</p>	17th	<p>1.00pm - 2.00pm The Great Outdoors</p> <p>7.00pm - 8.00pm Yoga Nidra</p>	18th	<p>10.00am - 11.00am Mental Health Coffee Morning</p> <p>2.00pm - 3.00pm Tai Chi</p>
						<p>12.30pm - 1.30pm Carer Cafe GL3, Gloucester</p>		<p>2.00pm - 3.00pm Carer Cafe Roots Cafe, Gloucester</p>	
21st	<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>	22nd	<p>10.00am - 10.45am Dementia Coffee Morning</p> <p>11.00am - 12.00noon Chair Based Boogie</p> <p>3.30pm - 4.30pm Poetry Group</p> <p>7.00pm - 8.30pm MM Dementia Carers Group</p>	23rd	<p>2.00pm - 3.00pm Distance Reiki</p> <p>6.15pm - 7.45pm Seasonal Yoga</p>	24th	<p>7.00pm - 8.00pm Yoga Nidra</p>	25th	<p>10.00am - 11.00am Mental Health Coffee Morning</p> <p>2.00pm - 3.00pm Tai Chi</p>

	Monday	Tuesday	Wednesday	Thursday	Friday
28th	<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>				



"Chair based boogie is amazing, I attend this session in my own home, all is needed is a chair. I am also still available if I am needed by cared for. It stress free, fun and there are no rules and where nothing is right or wrong, it is enjoying the music with chair based and non weight bearing movements. We are encouraged to suggest music tracks and Mika designs the movements to suit the track. It is so much fun that the exercise becomes almost irrelevant. After the session you feel up lifted and energized and ready to face the rest of the day."



"Shibashi Qigong has really helped to keep my blood pressure down during a particularly stressful time."



What's On - Explore the Opportunities



Gloucestershire
Carers

Hub

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

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.

Sessions to support your wellbeing

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 for individuals supporting someone with Dementia

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.

Playlist for Life

Join Gill from playlist for life to explore the power of music when supporting someone with Dementia.



What's On - Explore the Opportunities



Sessions to keep you connected

Dementia Coffee Morning

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

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.

Sunday Night Quiz

Join us for an exciting quiz with other carers on the 1st and 3rd Sunday of every month

Sessions to provide you with Information

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.

Supporting someone with EUPD/BPD

Join us to explore Emotionally unstable personality disorder and Borderline Personality Disorder and how you can support someone effectively.

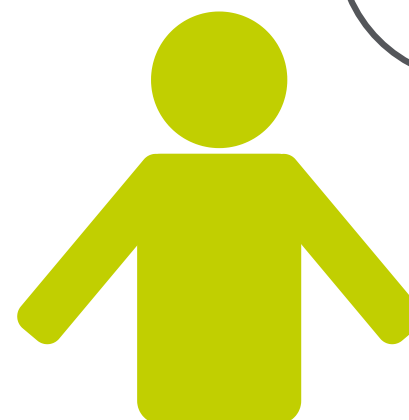
YouCan Be Empowered

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 has helped me to meet other Carers and not feel so alone in my caring role"



"The dementia coffee morning has allowed me to meet other people and share my experiences in a safe environment"

