

We welcome you to come and celebrate **Carers Week** with us.



**'Visible, Valued and Supported'**



**6th – 12th June 2022**

Carers Week is an annual campaign to raise awareness of caring, highlight the challenges you as unpaid carers face and recognise the contribution you make. 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 have devised a programme to offer you support, information and activities which you can come along to and bring along the person you support if you would like to.

### **Come and join us for Carers Week 2022**

We have a busy schedule via Zoom and face to face activities happening across the county.

We would love to welcome you celebrate Carers Week with us.

The week has been split into themed days to incorporate celebrating the wonderful things you do as Carers and to provide information and support to help you:

**Monday** – Launch of Carers Week, Health and Social Care Issues affecting Carers

**Tuesday** - Work and Employment

**Wednesday** – Visible, Valued and Supported

**Thursday** – Younger Carers

**Friday** – Older Carers

**Saturday** - Mental Health and Wellbeing

**Sunday** – Reflections on Carers Week 2022



**To book onto any of the sessions please email: [bookings@peopleplus.co.uk](mailto:bookings@peopleplus.co.uk) or visit our website <https://gloucestershirecarershub.co.uk/our-groups/monthly-events/> or call 0300 111 9000. Please book in advance for picnics and visits.**

**Monday 6th June 2022**

Launch of Carers Week, Health and Social Care Issues affecting Carers

**10.30am - 11.30am - Cornerstones, Cheltenham Carer Cafe / Virtual Coffee Morning**

Join us for a face to face or virtual coffee morning to meet other Carers and talk about what matters to you.

**10.30am - 11.30am - Shibashi Qigong**

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. Many of the movements are designed to lift your mood, reducing depression, and easing anxiety.

**11.30am - 1.00pm - NHS Updates**

Join representatives from our local trust for updates with regards to the NHS hospitals and services provided.

**12.00pm - 1.30pm - Stratford Park Band Stand, Stroud Carer Picnic**

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.

**12.00pm - 1.00pm - Robinswood Hill, Gloucester Carer Picnic**

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.

**1.00pm - 2.30pm - Mindfulness**

Join Lynsey from Gloucestershire Mindfulness to explore the art of being Mindful everyday.

**2.30pm - 4.00pm - NHS Updates**

Join representatives from our for updates with regards to the NHS hospitals and services provided.

**4.00pm - 5.00pm - Seated Exercise with G Fitness**

Join Matt from G Fitness for a fun and interactive fitness class to improve core stability and reduce the risk of falls.



**Registration with the Gloucestershire Carers Hub is easy**  
**Call 0300 111 9000 or email [carers@peopleplus.co.uk](mailto:carers@peopleplus.co.uk)**  
**or visit our website and self refer**  
**[www.gloucestershirecarershub.co.uk/self-referral](http://www.gloucestershirecarershub.co.uk/self-referral)**

 SCAN ME

**10.00am - 10.45am - Dementia Coffee Morning**

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**

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, Pump Rooms, Cheltenham Carer Picnic**

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**

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**

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**

Why not 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**

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

**“ All staff I've spoken have been gentle and fully understanding, considerate and have taken the time to give reassurance, recommendations and offer continued support. ”**



### **10.00am - 11.00am - NHS Cultural Guides**

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**

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**

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**

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**

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**

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**

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.

**I've been delighted with all the support and help from  
Gloucestershire Carers Hub**



### **12.00pm - 2.00pm - Mallards Pike Carer Picnic**

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**

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**

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, enjoy some early evening singing.

### **7.00pm - 8.00pm - Yoga Nidra**

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**

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.

**“ After a rough week, I have found the YouCan Be Well session very useful. It gave me time to focus on myself. ”**



**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**

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**

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**

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.



**“ Thank you for arranging these sessions, they have allowed me to have time for me and focus on myself. ”**



## Saturday 11th June 2022

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

Bring along your pets for a cuppa and a chat with other Carers.

### 11.00am - 12.00pm - Painting with Debbie Kersley

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

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

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

### 10.00am - 11.00am - Cuppa and Chat

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

### 7.00pm - 8.00pm - Journaling

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

 This group is a lifeline, it helps me to have people who are in a similar situation to me to talk to and communicate through any challenges I am having. 

## We need you... to get Creative.

Gloucestershire Carers Hub would like to promote and share some of your creative work though out Carers Week. Carers' week in 2022 theme is to make Carers 'Visible, Valued and Supported'.

We know that caring has its ups and downs and we hope to represent the good feelings and rewards as well as the challenges and possible isolation of being a Carer.

You may want to share your experience of being a Carer, life before you became a Carer, your hobbies and interests, sharing experiences and memories from your past.

Below, we have outlined some ideas for you to enable participation in this initiative.

We would be delighted to share submitted pieces on our social media, newsletter and weekly communications.

Please send you submissions, via email or post any of the following;

- 1) **A letter**
- 2) **A short article**
- 3) **A photograph**
- 4) **Art work**
- 5) **Gardens**
- 6) **A video or a blog**

All submissions need to be from Carers who are registered with Gloucestershire Carers Hub.

Submissions should be sent via:

**Email:** [bookings@peopleplus.co.uk](mailto:bookings@peopleplus.co.uk)

Please include a note to say that you are happy for your work to be shared along with your name.

(If you would prefer not to have your name shared please let us know on submission)

**The deadline for entries is Friday 3rd June.**





## Poetry Challenge

We are inviting you to share your experiences of caring through poetry.

For this Carers' week the theme is to make Carers 'Visible, Valued and Supported'. To make Carers more visible we would like to share poems created by you on our social media channels, website and other marketing materials.

We know that caring has its ups and downs and we hope to represent the good feelings and rewards as well as the challenges and possible isolation of being a Carer.

You may want to share your experience of being a Carer, life before you became a Carer, your hobbies and interests, sharing experiences and memories from your past.

Please send your submissions, via email or post any of the following;

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