



Gloucestershire
Carers



What's On Online - January 2023

Free to access information and activity sessions

Gloucestershire Carers Hub provides **FREE** sessions for unpaid Carers. They are available to all of our Carers who are registered and you are more than welcome to bring along the person you support to join in to.

Our sessions are run on Zoom, with some also on Microsoft Teams. If you need support with accessing Zoom or MS Teams please contact us on 0300 111 9000 or by emailing bookings@peopleplus.co.uk

If you would like to make any suggestions of sessions which you would like to see please email bookings@peopleplus.co.uk

So why not come along and join us in 2023 for our wide variety of sessions and activities.



Be Empowered via Zoom

Be Empowered is a series of awareness and information sessions to provide you, as a Carer the opportunity to refresh your skills and understanding to recognise your own strengths and abilities.

Sessions being delivered include:

Know your rights as a Carer

- Laws and Policies that can enable you as a Carer
- What The Care Act means to you

How to say no - setting your boundaries.

- Ways to improve the clarity of roles
- Establish and maintain healthy boundaries

Communication with Services / Talking to the professionals - Planning Conversations and how to make yourself heard

- What is Effective Communication
- Types of communication that you can use a
- Hints and tips to communicate confidently

Communication with Services / Talking to the professionals- how to negotiate & compromise

- Communication barriers
- How to talk to professionals to achieve realistic goals
- How to raise concerns effectively

Looking after yourself as a Carer

- How you can look after yourself in your caring role
Wellbeing and practical ways to achieve it

Online session via Zoom and Microsoft Teams

If you would like support accessing Zoom / Microsoft Teams please get in contact by calling 0300 111 9000 or emailing bookings@peopleplus.co.uk

Monday	Tuesday	Wednesday	Thursday	Friday
2nd January	3rd January	4th January	5th January	6th January
Bank Holiday	10.00 am - 11.00am Caring for someone with Dementia support group	9.45am - 10.30am Retro Aerobics for all abilities	10.00am - 11.00am Accessible Yoga - 30 or 60 minutes	10.00am - 11.00am Mental Health Carers Coffee Morning
10.30am - 11.30am Shibashi Qigong	10.00am - 11.00am What is Telecare?	12.00noon - 1.00pm Caring for someone in a Care Home Carers support group	10.00am - 10.45am Zumba	11.00am - 12.00noon Gentle Exercise to improve wellbeing, strength and reduce stress
4.00pm - 5.00pm Seated Exercise for all abilities - Falls prevention and balance class	6.00pm - 7.00pm Evening Mental Health Carers group	2.00pm - 3.00pm Distance Reiki	7.00pm - 8.00pm Yoga Nidra	
	7.00pm - 7.45pm Zumba	7.00pm - 8.30pm Young Onset Dementia Carers group		
	7.00pm - 8.00pm Caring for yourself post crisis			
9th January	10th January	11th January	12th January	13th January
10.30am - 11.30am Shibashi Qigong	10.00 am - 11.00am Caring for someone with Dementia support group	9.45am - 10.30am Retro Aerobics for all abilities	10.00am - 11.00am Accessible Yoga - 30 or 60 minutes	10.00am - 11.00am Mental Health Carers Coffee Morning
4.00pm - 5.00pm Seated Exercise for all abilities - Falls prevention and balance class	10.00am - 12.00pm Be Empowered - Live Link - Know your rights as a Carer	10.30am - 11.30am Safe use and storage of medication - hosted by a clinical Pharmacist	10.00am - 10.45am Zumba	11.00am - 12.00noon Gentle Exercise to improve wellbeing, strength and reduce stress
	3.30pm - 4.30pm Poetry Group for all abilities	2.00pm - 3.00pm Distance Reiki	7.00pm - 8.00pm Yoga Nidra	
	6.30pm - 8.00pm How to care for someone with Dementia and look for risks of Delirium	7.00pm - 8.00pm Evening Carer Craft Air drying clay decorations		
	7.00pm - 7.45pm Zumba			



Sunday Evening Quiz

Join our Sunday evening quiz for some fun and relaxation to start a new week.

Sunday 1st and 15th January 2023 - 8.00pm - 9.00pm

Online session via Zoom and Microsoft Teams

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Monday	Tuesday	Wednesday	Thursday	Friday
16th January	17th January	18th January	19th January	20th January
10.30am - 11.30am Shibashi Qigong	10.00 am - 11.00am Caring for someone with Dementia support group	9.30am - 12.00noon Information session with Beacon CHC. What is Continuing Healthcare Funding, how to help with assessments, planning and appeals	10.00am - 11.00am Accessible Yoga - 30 or 60 minutes	10.00am - 11.00am Mental Health Carers Coffee Morning
4.00pm - 5.00pm Seated Exercise for all abilities - Falls prevention and balance class	10.00am - 12.00noon Be Empowered - Live Link - How to communicate with Professionals - What is effective communication	9.45am - 10.30am Retro Aerobics for all abilities	10.00am - 10.45am Zumba	11.00am - 12.00noon Gentle Exercise to improve wellbeing, strength and reduce stress
7.00pm - 8.00pm Caring for someone with Dementia - How to care for their oral health and support independence	7.00pm - 7.45pm Zumba	2.00pm - 3.00pm Distance Reiki	10.30am - 11.30am Caring for someone with Dementia - How to care for their oral health and support independence	
	7.00pm - 8.00pm How to look after yourself or others during the menopause or peri- menopause		7.00pm - 8.00pm Yoga Nidra	
23rd January	24th January	25th January	26th January	27th January
10.30am - 11.30am Shibashi Qigong	10.00 am - 11.00am Caring for someone with Dementia support group	9.45am - 10.30am Retro Aerobics for all abilities	10.00am - 11.00am Accessible Yoga - 30 or 60 minutes	10.00am - 11.00am Mental Health Carers Coffee Morning
4.00pm - 5.00pm Seated Exercise for all abilities - Falls prevention and balance class	10.00am - 12.00noon Be Empowered - Live Link - How to negotiate and compromise	10.00am - 11.00am Caring for yourself post crisis	10.00am - 10.45am Zumba	11.00am - 12.00noon Gentle Exercise to improve wellbeing, strength and reduce stress
	3.30pm - 4.30pm Poetry Group for all abilities	2.00pm - 3.00pm Distance Reiki	11.00am - 12.30noon Be Empowered - Know your rights as a Carer	3.00pm - 4.00pm Tech Users Forum
	6.00pm - 7.00pm Online Tour of the Palace of Westminster	7.00pm - 8.30pm Be Empowered - Building resilience - How to bounce back and keep on caring	11.00am - 12.30noon Supporting someone with anxiety and self-care	
	7.00pm - 7.45pm Zumba		7.00pm - 8.00pm Yoga Nidra	
	7.00pm - 8.30pm Dementia Carers Evening Group			

Online session via Zoom and Microsoft Teams

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Monday	Tuesday	Wednesday	Thursday	Friday
30th January	31st January	See February	See February	See February
10.30am - 11.30am Shibashi Qigong	10.00 am - 11.00am Caring for someone with Dementia support group	What's On	What's On	What's On
1.00pm - 2.00pm Mindfulness	10.00am - 12.00noon Be Empowered - Live Link - Looking after yourself as a Carer			
4.00pm - 5.00pm Seated Exercise for all abilities - Falls prevention and balance class	7.00pm - 7.45pm Zumba			
	7.00pm - 7.45pm Supporting a teenager or young adult with anxiety			



You're Welcome Gloucestershire

You're Welcome is an inclusive online directory and forum. It's the place to find social events, clubs, groups or places to visit.

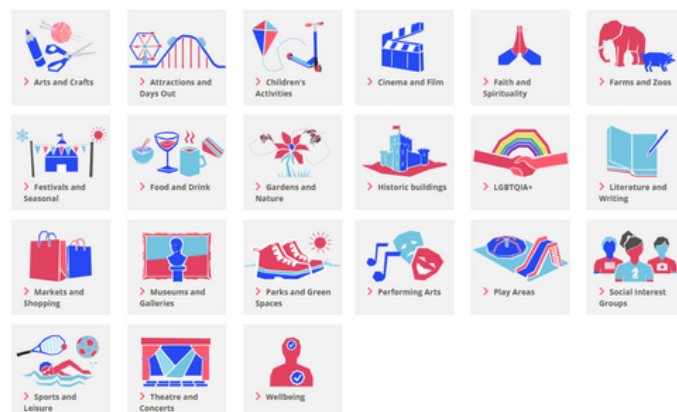
You can also get ideas on how to find support to access the things you want to do.

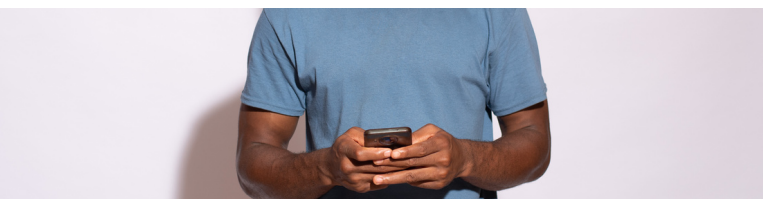
All listings for events or things to do include accessibility and inclusive practice information and contact details. Membership is free and includes personalised newsletters and access to our friendly forum.



To find out more visit:

www.yourewelcome.org





Online via Zoom and Microsoft Teams

Supporting someone with Dementia

Caring for someone with Dementia Support Group

Come along and join our friendly and supportive group of Carers and the individuals they support. All are welcome. Share experiences, hints and tips or just come along for a chat about your week and how you have been. This is a weekly group held every Tuesday at 10.00am.

Young Onset Dementia Carers Group with Managing Memory

The Young Onset Dementia Carers is open to anyone who supports someone with Young Onset Dementia.

It is an opportunity to talk to other people. The group is a friendly and relaxed place to seek advice from other Carers.

Dementia Carers Evening Online Group with Managing Memory

The evening Dementia Carers is open to anyone who supports someone with Dementia. It is an opportunity to talk to other people. The group is a friendly and relaxed place to seek advice from other Carers.

Types of Medication used in Dementia and how they work

Find out what types of medication are used to help someone with Dementia. Understand how they work and what to expect.

How to care for someone with Dementia & look for risks of Delirium

This session is to help you spot early signs of delirium and find out what might cause it and how it can be treated.

Caring for someone with Dementia- How to care for their oral health and support Independence

This session is hosted by the specialist dental team supporting people with Dementia. Find out how you can help the person you are supporting look after their teeth, reduce the risk of poor mouth and gum health and find out about tools available to help you.

Time for you to support your wellbeing

Poetry Workshop for all abilities

Come along for a fun and interactive poetry workshop. Join other poets, you can be just starting out or be a practiced poet. All are welcome.

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.

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





Online via Zoom and Microsoft Teams

Information sessions to support you in your caring role

Safe use and storage of Medication

Hosted by a Clinical Pharmacist. This session will look at;

- Administering medication when the person you care for declines, including insulin
- Issues around accessing blister packs and alternatives
- Reassurance as to how GP's and pharmacists communicate, understanding how systems talk to each other
- The use of online pharmacists such as pharmacy 4 U and local based pharmacists
- Storage of medication
- Why medication is prepared in various forms and reasons why things shouldn't be crushed, melted etc before administration
- Where to go if medication is wrong, lost or damaged

How to look after yourself and others during the menopause or peri- menopause Q& A session

An information session looking at how the menopause or peri-menopause affects hormones, emotions and physical changes seen. This is a Question & Answer event, so come along with questions about this topic.

What is Continuing Healthcare Funding, how to help with assessments, planning and appeals

An information event with Beacon CHC, the organisation that helps with CHC assessment, appeals and personal health budgets.

The event will cover:

- Brief introduction as to who CHC Beacon is, what services they provide
- Myth Busting CHC Funding
- Preparing for assessment, appeals, personal health budgets
- Transition to adult CHC from child funding (brief explanation)
- Guides & further support to help with process
- Q&A session

What is Telecare?

Join Telecare to find out about the services which they offer to support you and the person you care for.

Caring for yourself post crisis

This session looks at how you as a Carer in times of crisis or higher demand can look after yourself. It looks at practical ways and ideas to consider for reducing stress to help you get through the day.

Supporting someone with a Mental Health Condition

Evening Mental Health Carers Group

Join to connect and talk to other Carers, seek advice and share your experiences. Opportunity to reach out and get support from others in a caring role.

Mental Health Coffee Morning

Join to connect and talk to other Carers, seek advice and share your experiences. Opportunity to reach out and get support from others in a caring role.



Supporting someone with anxiety and self-care

Find out what is anxiety, how your body reacts to anxiety and what signs can be seen, and what help may be available. Session includes how you look after yourself when supporting someone with anxiety and explains the importance of self-care.

Supporting a teenager or young adult with anxiety

What the Limbic system is and how this relates to anxiety. How anxiety can manifest in day to day life. Find out ways to help support your teenager or young adult.



Online via Zoom and Microsoft Teams

Sessions to maintain and develop your fitness

Shibashi Qigong with Acacia Therapies

Join our expert instructor as he teaches you the exercises of Shibashi. Shibashi movements are designed to start to help lift mood, reduce depression, and ease anxiety, improve agility and flexibility. These are gentle exercise movements and are accessible to everyone.

Seated Exercise for everyone including falls prevention and balance 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.

Gentle exercise to improve stress and wellbeing

Gentle stretching (seated or standing) breathing techniques and a lovely relaxation at the end of the class. or Gentle stretching for body & mind to increase your wellbeing, reduce stress and help you feel re charged

Zumba with Wanda

This session is pre-booking only,
Burn calories while having fun dancing.

Retro Aerobics

Join us for our NEW aerobics class. Exercise for all abilities to music from the 60s, 70s and 80s. Classes are for everyone, Aerobics for beginners - no experience required

Accessible Autumn Yoga

The format of the class is as follows

The first 30 mins of the class are suitable for everyone and can be done seated or standing.

This section of the class is made up of....

1. Breath work. So important that we breathe properly as it has so many health benefits both for our physical and mental health.
2. Joint mobilisation, stretches and exercises to build strength and improve balance
3. We end this part of the class by gathering the energy we've created and sealing it deep within our body.

You can leave the class at this stage if you wish or just leave the class running (grab a cup of tea) and join in again for the last 10 minutes for the restorative relaxation at the end of the session.

If you decide to stay on our practice moves on to more traditional Yoga Asanas (poses) and may include getting up and down off the floor. We will use asanas which are in line with the energy of the season we are in.

The class always ends with a lovely Relaxation to restore us and set is up for the rest of our day.

Time for you - Something fun

Online Tour of the Palace of Westminster

Online virtual tour of the Houses of Parliament. You will have a detailed look inside several rooms including the Commons Chamber, Lords Chamber and Central Lobby.

Sunday Evening Quiz

Join other Carers for a fun quiz every 1st and 3rd Sunday of the month.

Evening Carer Craft - Air drying clay decorations

Come along and join us for a fun and interactive session whilst doing craft with other Carers. You will need;

- Cookie cutter or knife
- Air Drying clay
- Paint (ideally acrylic)
- Stencils if you wish to print patterns
- Flowers or leaves to press onto clay if required
- Glue (modge podge)



Online via Zoom and Microsoft Teams

Supporting someone in a Care Home

Caring for someone in a Care Home Peer Support Group

If you are supporting someone in a care home, visiting occasionally or on a regular basis, please join us to connect with others caring for someone in this situation. Seek emotional support and information. Guest, professional speakers will join on planned dates to share information to aid your caring role.



Supporting you with Technology



Tech Users Forum

Come along with your technology related queries to gain support. The session will be based around queries which are brought along from Carers needing support with different types of technology.

Trouble or worried about accessing Zoom or Microsoft Teams



If you need support with regards to accessing or using Zoom or Microsoft Teams please get in contact with us by calling 0300 111 9000 or emailing bookings@peopleplus.co.uk

Our friendly team will support you to get onto Zoom or Microsoft Teams to gain access to all of our online sessions.



Missing Something?

If you would like to see something on our What's On which isn't already available we would love to hear your suggestions.

Please email them to bookings@peopleplus.co.uk