

# What's On

## August 2021

### Free Carer Skills, Training and Development



#### SESSION THEMES:

YouCan

Carer Catch Up's Sessions

Physical Activity

Reminiscence Sessions

Wellbeing Sessions

Dementia Specific

Parent Carers

Condition Specific and General Training

Relaxation Sessions and Complimentary Therapy

Face to Face Session

All of our sessions remain virtual on the Zoom platform. They are free to all registered Carers.

Individuals supported by the Carer can also attend sessions with the Carer.

If you aren't already registered, registration is easy please email [carers@peopleplus.co.uk](mailto:carers@peopleplus.co.uk) or call 0300 111 9000

To book onto any of the sessions please email [bookings@peopleplus.co.uk](mailto:bookings@peopleplus.co.uk) or visit our website [www.gloucestershirecarershub.co.uk/events](http://www.gloucestershirecarershub.co.uk/events)

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

All of the 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 (no account required) or used on a laptop. Just enter the meeting code to access. We will send you the code for the session the day before the session starts. You can also dial in via telephone.

If you need support with accessing Zoom, we are happy to help you with this. Call 0300 111 9000 or email [bookings@peopleplus.co.uk](mailto:bookings@peopleplus.co.uk) for more information.

If you have any suggestions regarding courses you would like to see, please get in contact by calling 0300 111 9000 or emailing [bookings@peopleplus.co.uk](mailto:bookings@peopleplus.co.uk)

Monday	Tuesday	Wednesday	Thursday	Friday
<b>August 2021</b>				
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<p>10.30am – 11.30am Shibashi Qigong</p> <p>12.00noon – 1.00pm Shape the future – Training, Skills development</p> <p>1.00pm – 2.30pm Mindful Monday – Art of Less Stress</p> <p>1.00pm – 2.30pm Dementia and Delirium</p> <p>7.00pm – 8.00pm Evening Carer Catch Up</p>	<p>10.00am – 10.45am Dementia Coffee Morning</p> <p>11.00am – 12.00noon Chair Based Boogie</p> <p>2.00pm – 3.00pm Poetry Group</p> <p>2.30pm – 3.30pm Warm and Well Coffee and Chat</p> <p>7.00pm – 9.00pm YouCan Cook</p>	<p>11.00am – 12noon Live Better, Feel Better</p> <p>12.30pm – 2.00pm Dementia and Hot Weather</p> <p>2.00pm – 3.00pm Distance Reiki</p> <p>6.15pm – 7.30pm Seasonal Yoga</p> <p>7.00pm – 8.00pm Yoga Nidra</p>	<p>11.00am – 1.00pm YouCan Cook</p> <p>1.00pm – 2.00pm The Great Outdoors</p>	<p>9.30am – 11.30am Hospital Experience Group</p> <p>10.00am – 11.00am Mental Health Coffee Morning</p> <p>11.00am – 12.00noon Tai Chi</p> <p>2.00pm – 3.00pm Nature Sketching with Debbie Kersley</p>
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
<p>1.00pm – 2.30pm Mindful Monday – Art of Less Stress</p>	<p>10.00am – 10.45am Dementia Coffee Morning</p> <p>11.00am – 12.00noon Chair Based Boogie</p> <p>2.00pm – 3.00pm Meet Barnwood Trust</p>	<p>2.00pm – 3.00pm Distance Reiki</p> <p>2.00pm – 3.00pm Shared Lives</p> <p>6.15pm – 7.30pm Seasonal Yoga</p> <p>7.00pm – 8.00pm Yoga Nidra</p>	<p>11.00am – 12.00noon Carer Catch Up with Jackie</p> <p>1.00pm – 2.00pm The Great Outdoors</p>	<p>10.00am – 11.00am Mental Health Coffee Morning</p> <p>11.00am – 12.00noon Tai Chi</p> <p>2.00pm – 3.00pm Helping with Mental Health</p>

Monday	Tuesday	Wednesday	Thursday	Friday
<b>August 2021</b>				
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<p>10.30am – 11.30am Shibashi Qigong</p> <p>1.00pm – 2.30pm Mindful Monday – Art of Less Stress</p>	<p>10.00am – 10.45am Dementia Coffee Morning</p> <p>11.00am – 12.00noon Chair Based Boogie</p> <p>2.00pm – 3.00pm Poetry Group</p> <p>7.00pm – 8.30pm MM Young Onset Dementia Carers Group</p>	<p>10.30am – 12.00noon Gloucester Strings Ukulele Experience - Hucclecote</p> <p>2.00pm – 3.00pm Distance Reiki</p> <p>6.15pm – 7.30pm Seasonal Yoga</p> <p>7.00pm – 8.00pm Yoga Nidra</p>	<p>1.00pm – 2.00pm The Great Outdoors</p> <p>2.00pm – 3.00pm Journaling</p>	<p>10.00am – 11.00am Mental Health Coffee Morning</p> <p>11.00am – 12noon Tai Chi</p>
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
<p>10.00am – 11.00am Meet the Recovery College</p> <p>10.30am – 11.30am Shibashi Qigong</p> <p>1.00pm – 2.30pm Mindful Monday – Art of Less Stress</p> <p>1.00 pm – 2.00pm Stay Safe at Home – Glos Fire Service</p> <p>2.00pm – 3.30pm Cirencester Corinium Museum Visit</p>	<p>10.00am – 10.45am Dementia Coffee Morning</p> <p>11.00am – 12.00noon Chair Based Boogie</p> <p>7.00pm – 9.00pm YouCan Cook</p> <p>7.00pm – 8.30pm MM Dementia Carers Group</p>	<p>12noon – 1.00pm YouCan Chat and Catch Up</p> <p>2.00pm – 3.00pm Distance Reiki</p> <p>2.00pm – 3.00pm Wildlife gardening – Ponds and water in the garden</p> <p>6.15pm – 7.30pm Seasonal Yoga</p> <p>7.00pm – 8.00pm Yoga Nidra</p>	<p>11.00am – 1.00pm YouCan Cook</p> <p>1.00pm – 2.00pm The Great Outdoors</p>	<p>10.00am – 11.00am Mental Health Coffee Morning</p> <p>10.30am – 11.30am Nature Sketching with Debbie Kersley</p> <p>11.00am – 12noon Tai Chi</p> <p>2.00pm – 3.00pm Tech Hour</p>

Monday	Tuesday	Wednesday	Thursday	Friday
<b>August 2021</b>				
<p style="text-align: center;"><b>30</b></p> <p style="text-align: center;"><b>Bank Holiday</b></p> <p style="text-align: center;"><b>10.30am – 11.30am</b> <b>Shibashi Qigong</b></p>	<p style="text-align: center;"><b>31</b></p> <p style="text-align: center;"><b>10.00am – 10.45am</b> <b>Dementia Coffee</b> <b>Morning</b></p> <p style="text-align: center;"><b>11.00am – 12.00noon</b> <b>Chair Based Boogie</b></p> <p style="text-align: center;"><b>2.00pm – 3.00pm</b> <b>Poetry Group</b></p> <p style="text-align: center;"><b>7.00pm – 9.00pm</b> <b>YouCan Cook</b></p>			

## Coffee Mornings and How are You? Sessions

### Dementia Coffee Morning

Join other Carers who are caring for someone with Dementia for a cuppa and chat.

### Carer Catch Up

Join us for a virtual cuppa with other Carers who understand the ups and downs of caring

### Mental Health Coffee Morning

Are you caring for someone with poor mental health come and meet other likeminded Carers for a cuppa and a chat.

### Carer Evening Catch Up

Join us for a virtual late-night session for a catch up and a wind down from your day working and caring.

## Physical Activity Sessions

### Seasonal Flow Yoga with Jo

Virtual 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.

### 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. Popular in rehabilitation, with body therapists and those suffering burnout and fatigue. 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.

### 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.

### Tai Chi with Liz

This gentle form of exercise can help maintain and even improve health, flexibility, and balance. This practice which originated in China as a martial art has many health benefits. It 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.

## Complementary Therapy Sessions

### 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.

### Weekend Boost Book Club

The weekend Boost Book Club runs fortnightly on a Sunday evening at 7.30pm and the dates of the sessions this month are as follows:

- **1<sup>st</sup> and 15<sup>th</sup> August 2021 from 7.30pm – 8.30pm**

## Wellbeing Sessions

### Mindfulness Monday – The Art of Less Stress Delivered by Gloucestershire Mindfulness

Each week we will be looking at different themes, starting with the foundations of Mindfulness and the unfolding story of how Jon Kabat-Zinn developed the stress reduction Programme

### 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.

### Journaling with Amy Jeffries

Join Amy for an hour of learning about how to journal and the best way to go about starting a journal.

### Wildlife Gardening Ponds and Water in a garden

Explore wildlife gardening and find out more about ponds and water life within a garden.

## Face-To-Face Sessions

### Gloucester Strings Ukulele Experience - Hucclecote

Making music for Carers at Hucclecote Community Association, Hucclecote Road, Gloucester.

### Corinium Museum Visit

The Corinium Museum is located at the heart of Cirencester, the 'Capital of the Cotswolds'. Our principal collection consists of the highly significant finds from the Roman town of Corinium, today known as Cirencester. However, the museum today is much more than that, taking you on a journey through time and charting the development of the Cotswolds from its prehistoric landscape to the modern day. Your visit will include an introduction to the Museum and the brand-new pre-history galleries with Museum Director Amanda Hart.

## Dementia Specific Training

### Dementia and Delirium

Meet Steve Shelley King, Consultant Dementia Nurse. He will provide information, advice, and guidance on how to identify delirium in the person you care for and how to arrange the right help for them.

### Dementia and Hot Weather

Steve Shelley King, Consultant Dementia Nurse, will deliver a session on the effects of hot weather on the person you support. How you can support them through extreme heat and give hints and tips on how to keep them safe in hot weather.

### 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.

## YouCan

### YouCan Cook

4-week virtual programme giving tips and sharing ideas around cooking quick, easy healthy meals. During the 4 weeks we will explore variety of ways of cooking and getting organised. Looking at the benefits of batch cooking, slow cooker and much more. In the hope to make preparing meals more enjoyable, quick, and healthy for carers with busy lives. YouCan Cook will also include cook along sessions to help everyone get on the right track of their cookery future. (Ingredient's list will be given before these sessions.)

### YouCan Carer Catch Up

For Carers who have joined us for any of our YouCan programmes come along and meet up with some friendly faces for a coffee and a chat.

## Condition Specific and General Training

### Shape the Future – Training, skills and development

Come along and give your feedback with regards to the current training programme and what you would like to see moving forwards. Do you want to stay virtual or move into more face-to-face sessions? If face-to-face, what would you like to see?

### Tech Hour

Come along and ask questions and learn about technology available to Carers.

### 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.

### Barnwood Trust – An Overview

Barnwood Trust is a charitable foundation in Gloucestershire whose vision is to make Gloucestershire a better place for disabled people and people with mental health challenges. Please come along to hear more about Barnwood Trusts work in Gloucestershire and our plans for a membership/friend's scheme in the Autumn.

### Warm and Well Information Session

Join warm and well to find out more about energy saving and grants available and how they could support you.

### Debbie Kersley – Nature Sketching

Nature sketching and journaling is a mindful, enjoyable, creative way to notice and enjoy nature. We will look together and sketch plants and flowers that are in season. There will be plenty of tips and tricks to guide you, so no sketching experience is necessary. All you need is some standard white paper and a biro.

### Meet the Recovery College

Join us to find out more about the recovery college and how they support Carers of individuals with mental health needs and how they support individuals who have mental health needs.

## Stay Safe at Home with Gloucestershire Fire and Rescue

Join the fire service for an in depth talk on staying safe at home and the information and resources available to you as a Carer.

## Shared Lives

Shared Lives is a care and support service which is for people aged 18+ who want to live as independently as possible, with the support of a family and community network. It's an alternative to being offered traditional services and focusses on person centred care which is outcome focused. These include Long and Short-Term support with a home environment as well as outreach opportunities. Come along and find out more.

## Helping with Mental Health

Sophie Ayre is a Development Worker in the Partnership and Inclusion Team at Gloucestershire Health and Care NHS Foundation Trust. In this informal session, we will explore the ways that common mental health problems might present in the people we care for, and Sophie will share details of NHS and other services and support available in the county.

## Live Better Feel Better



**Live Better to Feel Better!**  
Learn techniques to help manage your long-term health condition

- A virtual welcome session followed by a 6 week course
- Online self-directed learning
- Friendly and interactive virtual group sessions
- Delivered by people with lived experience

**What We Offer!**  
Techniques to help with:

- Relaxation
- Managing pain and fatigue
- Getting a good night's sleep
- Problem solving
- Managing low mood
- Communication tips
- Being active
- ...and more!

**@Get in Touch!**  
www.ghc.nhs.uk  
tel: 0300 421 1623  
email: gloucestershire.selfmanagement@ghc.nhs.uk

Long-term conditions can include: Long COVID, Diabetes, Fibromyalgia, Chronic Pain, Anxiety, COPD, Heart Conditions, Asthma, Epilepsy, Chronic Fatigue Syndrome, ME, Arthritis

with you, for you  
working together | always improving | respectful and kind | making a difference

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