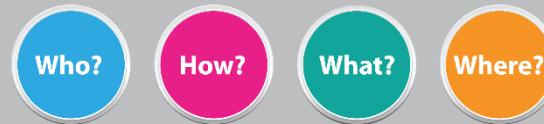


What's On

June 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

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 or call 0300 111 9000

To book onto any of the sessions please email bookings@peopleplus.co.uk or visit our website www.gloucestershirecarershub.co.uk/events

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

All of the training require 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 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

Monday	Tuesday	Wednesday	Thursday	Friday
June 2021				
	1 10.00am – 10.45am Dementia Coffee Morning 1.00pm – 2.00pm Seated Samba	2 10.00am – 11.00am Yoga Nidra 2.00pm – 3.00pm Distance Reiki	3 1.00pm – 2.00pm The Great Outdoors 6.30pm – 7.15pm Seasonal Yoga	4 9.30am – 11.30am Hospital Experience Group 10.00am – 11.00am Mental Health Coffee Morning 11.00am – 12.00noon Tai Chi 11.30am – 12.30pm Independence Trust and Gloucestershire Carers Hub Coffee Morning
7 See Carers Week Calendar For a copy of this please email bookings@peopleplus.co.uk	8 See Carers Week Calendar For a copy of this please email bookings@peopleplus.co.uk	9 See Carers Week Calendar For a copy of this please email bookings@peopleplus.co.uk	10 See Carers Week Calendar For a copy of this please email bookings@peopleplus.co.uk	11 See Carers Week Calendar For a copy of this please email bookings@peopleplus.co.uk

Monday	Tuesday	Wednesday	Thursday	Friday
June 2021				
14	15	16	17	18
<p>10.30am – 11.30am Shibashi Qigong</p> <p>1.00pm – 2.30pm Mindful Monday - Calming the Mind</p>	<p>10.00am – 10.45am Dementia Coffee Morning</p> <p>1.00pm – 2.00pm Seated Samba</p> <p>2.00pm – 2.45pm Carer Catch Up with Denise</p> <p>7.00pm – 8.00pm Deaf Awareness session</p> <p>7.00pm – 8.30pm Managing Memory - Young Onset Dementia Group</p>	<p>10.00am – 11.00am Yoga Nidra</p> <p>2.00pm – 3.00pm Distance Reiki</p>	<p>10.30am – 12noon Girl with the Curly Hair ASD and family relationships</p> <p>11.00am – 1.00pm YouCan Be Well</p> <p>1.00pm – 2.00pm The Great Outdoors</p> <p>2.00pm – 3.00pm Rethink Self Harm Webinar</p> <p>3.00pm – 4.00pm Illegal Money Lending</p> <p>6.30pm – 7.15pm Seasonal Yoga</p>	<p>10.00am – 11.00am Mental Health Coffee Morning</p> <p>10.00am – 10.45am Ba Duan Jin</p> <p>11.00am – 12noon Tai Chi</p> <p>1.00pm – 2.00pm Dementia & Delirium Session with Consultant Nurse Steve Shelley King</p> <p>2.30pm – 4.00pm Tell your story Drama Group</p>
21	22	23	24	25
<p>10.30am – 11.30am Shibashi Qigong</p> <p>1.00pm – 2.30pm Mindful Monday – Calming the Mind</p> <p>2.00pm – 3.00pm Order of St Johns Care Trust – Introduction to Care Homes</p> <p>7.00pm – 8.00pm Evening Carer Catch Up</p>	<p>10.00am – 10.45am Dementia Coffee Morning</p> <p>1.00pm – 2.00pm Seated Samba</p> <p>2.00pm – 3.00pm Poetry Group</p> <p>7.00pm – 8.30pm Managing Memory Together Dementia Carer Group</p>	<p>10.00am – 11.00am Yoga Nidra</p>	<p>10.00am – 11.00am Carers Week Focus Group</p> <p>11.00am – 1.00pm YouCan Be Well</p> <p>1.00pm – 2.00pm The Great Outdoors</p> <p>6.30pm – 7.15pm Seasonal Yoga</p>	<p>10.00am – 11.00am Mental Health Coffee Morning</p> <p>11.00am – 12noon Tai Chi</p> <p>2.00pm – 3.30pm Tech Hour</p>

Monday	Tuesday	Wednesday	Thursday	Friday
June 2021				
28 10.30am – 11.30am Shibashi Qigong 1.00pm – 2.30pm Mindful Monday – Calming the Mind	29 10.00am – 10.45am Dementia Coffee Morning 1.00pm – 2.00pm Seated Samba	30 10.00am – 11.00am Yoga Nidra		

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 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.

Independence Trust and Gloucestershire Carers Hub Coffee Morning

This session is for Carers supporting an adult with Autism and moderate to severe mental ill health.

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.

Ba Duan Jin with Acacia Therapies

Although the world-renowned Ba Duan Jin is well over a thousand years old, the new regulated form is one of the official Health Qigong forms. What this means is that it was revised and looked at by Qigong masters, medical professors and sports scientists and fine-tuned to give maximum and importantly measurable health benefits. There is a huge amount of information and medical articles as to how it has been used during the Covid 19 pandemic, this is mainly because of its positive impact on the cardiopulmonary function. Not only is this a set of exercises to promote longevity but it notably improves the immune system, the functions of the organs, as well as flexibility and tendon strength. It positively impacts mental wellbeing, sleep patterns and resting heart rate. Although you may come across many variations of these movements, I will be sharing the official Health Qigong form as laid out by the British Health Qigong Association and the Chinese Health Qigong Association, this will give you maximum health benefits from the movements and I do welcome your participation.

Seated Samba: Delivered by Art Brasil

Explore dances from all over Brazil in an easy to follow, low impact seated dance class. Suitable for anyone who enjoys moving to music and would like to access some structured gentle chair-based exercise.

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.

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 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:

- 6th, 20th June 2021 from 7.30pm – 8.30pm

Wellbeing Sessions

Mindfulness Monday – Calming the mind Delivered by Gloucestershire Mindfulness

Join in and learn about calming your mind.

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.

Parent Carers

ASD and family relationships - Girl with Curly Hair

During this session we will explore a range of topics related to family relationships including:

- Coming to terms with an ASD diagnosis
- Supporting siblings
- Grandparents
- Helping children understand anxiety and meltdowns

Condition Specific and General Training

Carers Week Focus Group

Come along and give your feedback with regards to Carers week. What did you feel went well? What would you like to see more of?

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.

Rethink Self Harm Workshop

Gloucestershire Self Harm Helpline are hosting a Q and A session and invite anyone supporting someone affected by self harm to attend.

Illegal Money Lending

This session will cover everything you need to know about the dangers of loan sharks

- The impact of illegal lending on vulnerable people
- How to identify the signs of illegal lending and what to do if you suspect it's happening

Drama Workshop

"Telling Your Story" : A Creative Script Writing Workshop. We all have our own stories to tell and sometimes don't know how to tell them or even if we are important enough to have our stories told. These fun introductory workshops with writer/actor John Bassett will give you the confidence to look at your own stories, find ways of telling your story and why your story is as important as anyone else's.

Deaf Awareness Session

Deaf friendly hints and tips, the difficulty of mask wearing, BSL and learn to spell your own name.

Order of St Johns Care Trust – Introduction to Care Homes with Hollie

Join Hollie for an in-depth discussion into Care Homes and what to expect from them and what to consider.

Tech Hour

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

Dementia Specific Training

Dementia and Delirium

Meet Steve Shelley King, Consultant Dementia Nurse. Steve will be talking about the differences and similarities between dementia and delirium and how important it is to know about signs and symptoms of both, followed by the opportunity for questions and answers.

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 Be Well

Join us for our 4-part course held weekly.

Session 1 - YouCan Be You, Session 2 - YouCan Bounce Back, Session 3- YouCan Be Healthy, Session 4 - YouCan Do It