

# What's On

Gloucestershire  
Carers

Hub

## Free Carer Skills, Training and Development

November/December 2020

Who?

How?

What?

Where?



All of our sessions remain virtual on the Zoom platform.

To book your place please email [carers@peopleplus.co.uk](mailto:carers@peopleplus.co.uk) or call **0300 111 9000**

The coffee mornings and majority of the training require you to use 'Zoom' (<https://zoom.us/>) which can be downloaded on a tablet or smartphone from your app store (no account required) or used on a laptop, you just enter the meeting code to access. We will send you the code for the session upon booking.

If you need **support in setting up Zoom** please call us on **0300 111 9000**

## SEATED SAMBA: Chair Based Brazilian Dance Classes



**ART BRASIL** is a non-profit arts organisation based in Newcastle-under-Lyme, North Staffordshire, delivering outreach and community projects in Brazilian percussion, song and dance. We are passionate about delivering high quality arts and cultural workshops which aim to develop skills, increase confidence and self-esteem and encourage a healthy and active lifestyle.

### NEW CLASS FOR NOV / DEC 2020

We are launching a new FREE online

chair based dance class to help people stay active and connected from home. Suitable for all levels and ages, it is a great way to access regular structured exercise that can be tailored to your needs. Places are funded by the Community Foundation for Staffordshire's Rural Communities Fund.

**SEATED SAMBA:** Chair Based Brazilian Dance Classes  
Explore dances from all over Brazil in this easy to follow, low impact gentle dance exercise class.  
Thursdays 11:15-12:00 via Zoom

### BENEFITS TO PHYSICAL AND MENTAL HEALTH

The classes provide a wide range of benefits to physical and mental health including:

- Improved balance and strength
- Develop co-ordination and motor skills
- More confidence
- Help with memory and focus
- Feel encouraged to try new things
- Enjoy learning new skills
- Improve mobility and flexibility
- Help reduce stress and anxiety
- Improve energy levels

Thursday  
mornings  
11:15-12

Online  
classes via  
Zoom

Free  
to attend  
for all levels

**REGISTER YOUR PLACE** To register your free place or for more info, email Mika on [info@artbrasil.org.uk](mailto:info@artbrasil.org.uk) or tel 07505 109 910.

# What's On



Gloucestershire Carers Hub

Free Carer Skills, Training and Development - **Nov-Dec 2020**



**Practical Planning for Carers - Keeping Well During this Winter** - The program will be delivered via zoom

We would like to invite you to our 6 week Practical Planning for Carers program. Ideally you will be able to attend all of the sessions.

Please email [carers@peopleplus.co.uk](mailto:carers@peopleplus.co.uk) or call **0300 111 9000** to register your interest and a link will be emailed to you for the sessions.

## Practical Planning for Carers

## Keeping Well During this Winter

**This winter might be even tougher than usual. But there's lots of practical things you can do to look after yourself.**

We are running a **6-week Practical Planning for Carers** via Zoom which will provide you with support, guidance, and top tips on a series of topics.

Email: [carers@peopleplus.co.uk](mailto:carers@peopleplus.co.uk) or call **0300 111 9000** if you are interested and we will send you the link to join.



### About the Programme

**Week 1 - Monday 2nd November 2pm-3pm Digital Assistance by Carers Hub**  
Digital Assistance and technology can help you in your caring role. There is a whole world of technology that could help make life as a carer easier. Simple devices and apps can help someone live independently for longer or give you peace of mind when you can't be around.

**Week 2 - Monday 9th November 2pm-3pm Cooking on a Budget**  
Cooking is a great way to keep your spirits up and keep busy during winter. In this session we will share tips on food hygiene, healthy eating, great recipes, cooking on a budget and store cupboard essentials. We will also let you know what ingredients you will need to buy for the cooking demonstration on the 23rd of November.

**Week 3 - Monday 16th November 11am-12pm Getting Ready for Winter with Beat the Cold**  
Spending more time at home this winter could mean higher bills. In this session we will be looking at how you can save money on your utility bills, the Priority Register, and the Warmer Homes Discount.

# What's On



Gloucestershire Carers Hub

Free Carer Skills, Training and Development - **Nov-Dec 2020**



**Week 4 - Monday 23rd November 2pm-3pm Cooking Demonstration**  
Interactive cooking demonstration via a link, with ingredients given from the last session.

**Week 5 - Monday 30th November 2pm-3pm Isolation & Loneliness**  
There are things you can do to help those in your community. This winter may be tough so let's get through it together. We will be talking about feelings, self-confidence and self-esteem, positive wellbeing hints and tips.

**Week 6 - Monday 7th December 2pm-3pm Anxiety during the COVID 19 Pandemic**  
Anxiety is a feeling of worry or fear that everyone experiences from time to time. During Covid-19 anxiety levels have increased and being able to understand and manage the effects can be a challenge.

This hour session aims to increase your knowledge and understanding of anxiety. We will provide tips on how to break the vicious cycle, manage the symptoms and the importance of relaxation techniques.

Email: [carers@peopleplus.co.uk](mailto:carers@peopleplus.co.uk) or call **0300 111 9000** if you are interested and we will send you the link to join.

[www.gloucestershirecarershub.co.uk](http://www.gloucestershirecarershub.co.uk)  
[facebook.com/@Gloucestershirecarershub](https://www.facebook.com/@Gloucestershirecarershub)  
[twitter.com/@GCarersHub](https://twitter.com/@GCarersHub)



## JOIN US FOR ZUMBA

Classes for Zoom-ba are held online at the below times:

**7pm - Mon, Tues & Wed - 10am - Tues, Wed & Thurs**

You can attend as many sessions a week as you like

**TO REGISTER YOUR INTEREST PLEASE CALL 0300 111 9000 OR EMAIL [CARERS@PEOPLEPLUS.CO.UK](mailto:CARERS@PEOPLEPLUS.CO.UK)**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>November 2020</b>				
<b>2</b> 10.30am-11.30am Shibashi Qigong  8pm - 9pm Working? Wind Down	<b>3</b> 10am - 11am Dementia coffee morning  11am - 12pm Arthritis Action	<b>4</b> 11am - 12.30pm Virtual Quiz  11am - 1pm YouCan for Parent Carers  2pm - 3pm Gloucestershire Carers Hub Who we are and what we do  6.30pm - 7.45pm Sessional Yoga	<b>5</b> 10.30am - 11.30am Medication used for Dementia including antipsychotics  11am - 1pm YouCan  2pm - 3pm Yoga Nidra	<b>6</b> 10am - 11am Mental Health Coffee Morning  11am-12pm Bowel Cancer Screening  2pm-3pm Watch with mother Part 1 - Pre-school and Puppets

# What's On



Gloucestershire Carers Hub

Free Carer Skills, Training and Development - **Nov-Dec 2020**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>November 2020</b>				
<p><b>9</b> 10am-12pm Mindful TASTER</p> <p>10.30 – 11.30 Mindsong</p>	<p><b>10</b> 10am – 11am Dementia coffee morning</p> <p>10am – 12pm Parent Carer Coffee Morning</p> <p>11am – 12.15 The Isbourne Wellbeing session</p>	<p><b>11</b> 11am – 12.30pm Virtual Quiz</p> <p>11am – 1pm YouCan for Parent Carers</p> <p>2pm-3pm Distance Reiki</p> <p>6.30pm – 7.45pm Sessional Yoga</p>	<p><b>12</b> 10am – 11am How are you? with Jackie</p> <p>10.30am-11.30am Power of Attorney</p> <p>11am – 1pm YouCan</p> <p>2pm – 3pm Yoga Nidra</p> <p>2pm – 3pm Carer's Information Toolkit</p>	<p><b>13</b> 10am -11am Carers Craft Mandella's</p> <p>10am – 11am Learning Disabilities Coffee Morning</p>
<p><b>16</b> 10.30am-11.30am Shibashi Qigong</p> <p>7pm – 8pm How are you with Carrie</p> <p>7pm – 8pm Self Harm Workshop</p> <p>8pm – 9pm Working? Wind Down</p>	<p><b>17</b> 10am – 11am Dementia coffee morning</p> <p>10.30 – 11.30 Self Calming techniques</p> <p>11am – 12.15 The Isbourne Wellbeing session</p> <p>2pm – 3pm What is a Carers Assessment?</p>	<p><b>18</b> 11am – 12.30pm Virtual Quiz</p> <p>11am – 1pm YouCan for Parent Carers</p> <p>2pm-3pm Distance Reiki</p> <p>6.30pm – 7.45pm Sessional Yoga</p>	<p><b>19</b> 10.30am-11.30am Person Centered Care</p> <p>10am-1pm Sensory Processing and ASD</p> <p>11am – 1pm YouCan</p> <p>2pm – 3.30pm - Telecare</p> <p>2pm – 3pm Yoga Nidra</p>	<p><b>20</b> 10am – 11am Mental Health Coffee Morning</p> <p>2pm -3pm Scam Awareness Training/Cyber Fraud</p>
<p><b>23</b> 10am-12pm Mindful MORNING</p> <p>7pm - 8pm Gloucestershire Carers Hub who we are and what we do</p>	<p><b>24</b> 10am- 11am Dementia coffee morning</p> <p>10am – 12noon Parent Carer Coffee Morning</p> <p>11am – 12.15 The Isbourne Wellbeing session</p>	<p><b>25</b> 11am – 12.30pm Virtual Quiz</p> <p>11am – 1pm YouCan for Parent Carers</p> <p>11am – 12noon Steps for moving back into work with GEM</p> <p>2pm-3pm Distance Reiki</p> <p>6.30pm – 7.45pm Sessional Yoga</p>	<p><b>26</b> 10am -1pm Continence</p> <p>11am – 1pm YouCan</p> <p>10.30am -11.30am Care of the carer during lockdown and moving forwards</p> <p>11am – 12pm Arthritis Action</p> <p>2pm – 3pm Yoga Nidra</p>	<p><b>27</b> 10am -11am Carers Craft – Flowers</p> <p>10am – 11am Learning Disabilities Coffee Morning</p> <p>2pm-3pm Watch with mother Part 2 School Age children</p>
<p><b>30</b> 10.30am - 11.30am Shibashi Qigong</p>	<p>1pm – 2pm Benefits Advice</p> <p>2pm – 3pm Musical Memories a online concert by Holly Reynolds</p>			

# What's On



Gloucestershire Carers Hub

Free Carer Skills, Training and Development - **Nov-Dec 2020**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>December 2020</b>				
	<p><b>1</b> 10am- 11am Dementia coffee morning</p> <p>11am – 12.15pm The Isbourne Wellbeing session</p> <p>7pm-9pm Carers Christmas Craft</p>	<p><b>2</b> 10am – 11am Self Harm Workshop</p> <p>11am – 12.30pm Virtual Quiz</p> <p>6.30pm – 7.45pm Sessional Yoga</p>	<p><b>3</b> 10am – 11am How are you? With Anoushka and Lizzy</p> <p>2pm – 3pm Yoga Nidra</p> <p>7pm – 8pm Self Harm Workshop</p>	<p><b>4</b> 2pm-3pm Tis the season to be jolly Part 1</p>
<p><b>7</b> 10am – 12noon Mindful MORNING</p> <p>12noon – 1pm Christmas Concert with Holly Reynolds</p> <p>8pm – 9pm Working? Wind Down</p>	<p><b>8</b> 10am – 12noon Parent Carer Coffee Morning</p> <p>10.30am – 11.30am Dealing with negative thoughts with tapping</p> <p>7pm - 9pm Carers Christmas Craft</p>	<p><b>9</b> 10am-1pm Manual Handling and Falls</p> <p>10.30am – 11.30am The Carers Hub Virtual Christmas Party</p> <p>6.30pm – 7.45pm Sessional Yoga</p>	<p><b>10</b> 2pm – 3pm Carer Information Toolkit</p> <p>2pm – 3pm Yoga Nidra</p>	<p><b>11</b> 10am – 11am Learning Disabilities Coffee Morning</p> <p>2pm-3pm Tis the season to be jolly Part 2</p>
<p><b>14</b> 10.30am-11.30am Shibashi Qigong</p> <p>11am -12noon Mindsong</p>	<p><b>15</b> 10am – 11am Self Harm Workshop</p> <p>11am – 12noon What is a Carers assessment?</p> <p>7pm-9pm Carers Christmas Craft</p>	<p><b>16</b> 11am – 12.30pm Virtual Quiz</p> <p>6pm – 8pm Emotional wellbeing tips for the Christmas</p> <p>6.30pm – 7.45pm Sessional Yoga</p>	<p><b>17</b> 2pm – 3pm Yoga Nidra</p>	<p><b>18</b> 10am – 11am Mental health Carers Coffee Morning</p>
<p><b>21</b> 2pm – 4pm Compassion Fatigue</p> <p>8pm – 9pm Working? Wind Down</p>	<p><b>22</b> 10am- 11am Dementia coffee morning</p> <p>11.30am – 12.30am How are you with Denise</p> <p>7pm-9pm Carers Christmas Craft</p>	<p><b>23</b> 11am – 12.30pm Virtual Quiz</p> <p>2pm – 4pm Emotional wellbeing tips for the Christmas</p> <p>6.30pm – 7.45pm Sessional Yoga</p>	<p><b>24</b> 2pm – 3pm Yoga Nidra</p>	<p><b>25</b> Closed for Festive Break</p> <p>Festive Wishes to all</p> 
<p><b>28</b> Closed for Christmas</p>	<p><b>29</b> 2pm – 4pm 5 Ways to Wellbeing (please make sure you have booked prior to 24/12/2020)</p>	<p><b>30</b> 11am – 12noon How are you? Festive edition with Carrie and Jodie</p>	<p><b>31</b> 10am – 11am Happy New Year's Eve with Jodie and Caz</p>	<p><b>January</b></p> <p><b>1</b> Start of 2021 best wishes to all</p> 

# What's On



Gloucestershire  
Carers

Hub

Free Carer Skills, Training and Development - **Nov-Dec 2020**

## 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.

### How are You?

Join us for a weekly online video chat with other carers who understand the ups and downs of caring.

## Physical Activity and Complementary Therapy Sessions

### 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 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. It increases weight loss, aids digestion, strengthens ligaments and tendons. It improves circulation, reducing anxiety, lowering blood pressure and calms the mind.

### Virtual Quiz

Join other Carers and us for a fun filled Quiz. Meet online with other carers and join us for a bit of a giggle and our quiz. There will be a bathroom and cuppa break halfway through.

### The Carers Hub Christmas Party

Join us for our virtual Christmas party, get a cuppa and put your Christmas Jumpers on, we will be working in partnership with Community Ventures for a fun packed session.

The series of gentle rocking movements that make up the form offer the organs a massage while really optimizing our bodies vascular systems. Only taking a short amount of daily practice to reap the health benefits, it is little wonder that so many are turning to Shibashi Qigong. Shibashi has proven itself to be restorative post trauma and physical ailments and is a nourishing, accessible and beautiful form. It cultivates and replenishes energy and importantly boosts the immune system.

### 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.

### Zumba – You will need to book on these sessions as you will need to fill in a disclaimer

Zumba is a type of dance fitness that's been around since the 1990s, is the backbone of the dance fitness craze - it incorporates a variety of Latin-inspired dance moves and music to promote a healthy heart, a healthy dose of aerobic activity, and a fun, exciting way to build and tone muscle, improve cardio, promote health.

### Mental Health Coffee Morning

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

### Learning Disabilities Coffee Morning

Do you have a learning disability? Would you like a safe space to chat about your caring role join us for a cuppa.

### Parent Carer Coffee Morning

Join us for a cuppa with other parent carers.

### Yoga Nidra (guided meditation)

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. Yoga Nidra is typically practiced lying down on your back. But you can do it in any position that allows you to relax! You could lie on a mat or in bed, or you could sit in a comfy chair. Whatever your chosen position, feel free to support and make yourself comfortable with props, if you like. The use of blankets is encouraged! Once the class begins you are not seen by others.

### Distance Reiki

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. And if you're the picture of perfect health, Reiki can help to ensure that your energy fields are functioning at their highest levels. Reiki is completely safe for everyone and always works for your highest good.

# What's On



Gloucestershire  
Carers

Hub

Free Carer Skills, Training and Development - **Nov-Dec 2020**

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. Often, painful conditions are relieved by Reiki, as it promotes deep peace and relaxation within, so

easing tension. Reiki promotes a calmer response to life's challenges. All you need to do during the hour session is to make yourself comfortable - either seated or lying down. We will start with a guided relaxation followed by the Reiki session.

Reiki Master/Teacher Jo Fellows has worked with traditional Japanese Reiki for almost 20 years and is CNHC registered.

## Reminiscence Sessions

### Watch with Mother Part One - Pre-school and Puppets

Watch with Mother classics like Andy Pandy, through to the Clangers and a bit of ventriloquism!

### Watch with Mother Part Two - School Age children

Magazine programs like Blue Peter, through to some of our favourite series and a smattering of cartoons.

### Musical Memories - a live concert by Holly Reynolds

Take a journey back to the golden age of musicals; to a time when musicals topped all the charts! This collection of film classics is filled with your

favourite things, songs that will have you dancing all night and whistling a happy tune or two; anything goes during this hour-long trip back in time! Includes songs from West Side Story, Oliver!, Sound of Music, Calamity Jane and many more. All songs will be sung by Holly and you will have a chance to join in.

### Christmas Concert with Holly Reynolds

Christmas! Whatever the month, it's never too soon to start planning your celebrations for the most wonderful time of the year! 'Rocking Around the Christmas Tree' is jam packed full of everyone's festive favourites from the 50's, 60's & 70's

**Tis the Season to be Jolly – Part 1 - Getting Ready for Christmas** - deck the halls with boughs of holly and lots of other streamers and baubles! Looking at our traditional Christmas preparations.

**Tis the Season to be Jolly – Part 2 - The Big Day** - Santa's been! What was in your stocking? Remembering some of our favourite toys from the past and our family Christmas dinners.

## Wellbeing Sessions

### Mindful Morning - Delivered by Gloucestershire Mindfulness

If you have already completed the taster session, then this is for you a session for individuals to have more understanding of different Mindfulness techniques.

### Emotional Wellbeing for Christmas

Prepare for Christmas and look at how to manage your wellbeing during the Christmas period. Bring along a pen and paper and make notes and plan how you can overcome obstacles.

### Compassion Fatigue

Looking at compassion fatigue and its impacts and implementing a plan to help you overcome difficulties which you may be experiencing.

### 5 Ways to Wellbeing

Explore the 5 ways to wellbeing in an interactive online live session.

### Calming Techniques

Explore Positive Tapping (EFT) and other simple Emotional Wellness tools, which can help you to calm your emotions or thoughts.

### Dealing with negative thoughts with EFT

Join Wendy in this practical workshop designed as a follow on from her Self-Calming Tools workshop, to help you identify negative thoughts or emotions and to release them through gentle breathing and tapping exercises. Please get in touch if you feel you need one to one support may be more suitable for you rather than this guided self-help training.

### Dementia Specific Training

#### Medication used for Dementia including antipsychotics - Delivered by Approach Staffordshire

Types of medication used for Dementia. Increase your understanding of the types of medication used for Dementia.

#### Power of Attorney-Delivered by Approach Staffordshire

Learn about what type of documents you need to gain Power of Attorney and the process.

#### Person Centered Care - Delivered by Approach Staffordshire

In this session we will look at exploring person centered care for individuals with Dementia.

#### Caring for the Carer during lockdown - Delivered by Approach Staffordshire

In this session we will be looking at how we can move forward.

#### Mindsong

Music therapy for those caring for someone with dementia.

A virtual music therapy session combining music and song. You are welcome to bring along the person you care for to the online virtual session, if they would like to join in. The session will give you practical hints and tips to be able to complete music therapy from home.

### Parent Carers

#### Girl with Curly Hair - Autism & Sensory Processing for Parents

Learn how your child might be affected by sight, smell, sound, taste, touch, balance and body awareness.

### Condition Specific and General Training

#### Continance - Passion First Aid

Dealing with continence related issues which may arise in your caring role.

#### Arthritis Action

Learn about practical techniques to manage your arthritis at home. We'll discuss keeping active, distraction techniques, pain management and more.

#### Bowel Cancer

The screening team has started to raise awareness of the programme again after the Covid lockdown. They are contacting community groups and GPs to raise awareness and encourage people to complete the test kit. We will give an overview of the screening service, how to access screening, you can opt in, the uptake and how it is important to do the test. Discuss the signs and symptoms. UHNM is a safe hospital to visit, the team work over both sites, stoke and county.

#### Cyber Crime and Scam Awareness

An overview of cyber crime and scams, how to stay safe online, notice scams and how to report them to action fraud.

#### Telecare

This session will give an overview of the Telecare service and how they can support you as a Carer.

#### Carers Information Toolkit

Join us for useful information to support you in your caring role, we will try to answer any questions you may have that need answering and also find out information.

#### Benefits Advice

Find out about benefits which you may be entitled to with two of our advisors.

#### Carers Hub Christmas Party

Join us for our virtual Christmas Party. Get a cuppa and put your Christmas jumpers on. We will be working in partnership with Community Ventures for a fun packed session.

#### Manual Handling and Falls

Delivered by Passion First Aid. An overview of manual handling and protecting your back when having to move someone. This session also covers falls and what you should do if the person you care for falls.

#### What is a Carer's Assessment?

Join one of our Key Workers to find out more about what a Carers Assessment is, how it could support you and your rights as a Carer to a statutory Carers assessment.

#### Self Harm Workshop

Do you know someone who is affected by self harm? Would you like some support and information on how to help them? Gloucestershire Self Harm Helpline is hosting a series of webinars.

### Craft Sessions

#### Carers Craft - Mandela's

In this session you will be creating a Mandela, you will need A3 or A4 paper, a dinner or side plate to draw around, depending on the size you wish to draw, pens, or a berol pen, pencils, coloured crayons or coloured pencils. Then you are all set to draw your masterpiece!

#### Carers Craft - Flowers

In this session you will be drawing a flower, we will send you a drawing via email for you to copy. You will need A3 or A4 paper, pencil, eraser, felt pens or coloured pencils.

#### Carers Christmas Craft

Limited spaces available - Week 1 - Wreath Making, Week 2 - Christmas Cards, Week 3 - Tree Decoration, Week 4 - Table Decorations and Gifts.