



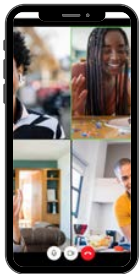
Gloucestershire  
Carers

Hub

# What's On Online October 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. If you would like to attend in a professional capacity please email [bookings@peopleplus.co.uk](mailto:bookings@peopleplus.co.uk) before attending.



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](mailto: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](mailto:bookings@peopleplus.co.uk)

### 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](mailto:bookings@peopleplus.co.uk)

We have a team of dedicated volunteers who can support you to access Zoom using a wide range of technologies. If you need support please get in touch

### Sunday Evening Quiz

Join our Sunday evening quiz for some fun and relaxation to start a new week.  
Sunday 1st and 15th October - 8.00pm - 9.00pm



Monday	Tuesday	Wednesday	Thursday	Friday
<b>2nd October</b>	<b>3rd October</b>	<b>4th October</b>	<b>5th October</b>	<b>6th October</b>
<p>10.00am - 11.00am Accessible Yoga - 30 or 60 minute class</p> <p>10.30am - 11.30am Shibashi Qigong</p> <p>12.00noon - 1.00pm Supporting an Adult with Autism Lunch Support Group</p> <p>4.00pm - 5.00pm Seated Exercise for all abilities - Falls prevention and balance class</p> <p>7.00pm - 8.00pm Evening Stretch More, Stress Less Exercise - Qi Gong, Yoga and Breathwork</p>	<p>10.00 am - 11.00am Caring for someone with Dementia support group</p> <p>3.30pm - 4.30pm Poetry Group for all abilities</p> <p>7.00pm - 7.45pm Zumba</p>	<p>10.00am - 11.00am How to protect yourself from scams</p> <p>12.00noon - 1.00pm Caring for Someone in a Care Home Carers Support Group - CHC funding explained with Beacon CHC</p> <p>2.00pm - 3.00pm Distance Reiki - Healing and relaxation</p> <p>7.00pm - 8.30pm Young Onset Dementia Carers Group</p>	<p>10.00am - 10.45am Zumba</p> <p>10.00am - 11.00am Accessible Yoga - 30 or 60 minute class</p> <p>7.00pm - 8.00pm Yoga Nidra Meditation</p>	<p>10.00am - 11.00am Mental Health Carers Coffee Morning</p>

## Why not join us for our Lunch and Listen sessions?

Join us for our lunchtime sessions to explore a number of topics which may be of interest to you. This months sessions include:

- Energy Advice
- Different types of medication and Dementia and how they work



# Online sessions via Zoom and Microsoft Teams

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Monday	Tuesday	Wednesday	Thursday	Friday
<b>9th October</b>	<b>10th October</b>	<b>11th October</b>	<b>12th October</b>	<b>13th October</b>
<p><b>10.00am - 11.00am</b> Accessible Yoga - 30 or 60 minute class</p> <p><b>10.30am - 11.30am</b> Shibashi Qigong</p> <p><b>12.00noon - 12.45pm</b> Lunch &amp; Listen. Energy advice &amp; information including ways to save money. Hosted by National Energy Action.</p> <p><b>1.00pm - 2.00pm</b> Parent Carer information session with Care Advice Line. Managing Trusts, Wills &amp; Estate Protection</p> <p><b>4.00pm - 5.00pm</b> Seated Exercise for all abilities - Falls prevention and balance class</p> <p><b>7.00pm - 8.00pm</b> Evening Stretch More, Stress Less Exercise - Qi Gong, Yoga and Breathwork</p>	<p><b>10.00 am - 11.00am</b> Caring for someone with Dementia support group</p> <p><b>6.00pm - 7.30pm</b> Be Empowered online. Developing healthy boundaries &amp; building resilience</p> <p><b>7.00pm - 7.45pm</b> Zumba</p>	<p><b>2.00pm - 3.00pm</b> Distance Reiki - Healing and relaxation</p>	<p><b>10.00am - 10.45am</b> Zumba</p> <p><b>10.00am - 11.00am</b> Accessible Yoga - 30 or 60 minute class</p> <p><b>7.00pm - 8.00pm</b> Yoga Nidra Meditation</p>	<p><b>10.00am - 11.00am</b> Mental Health Carers Coffee Morning</p>

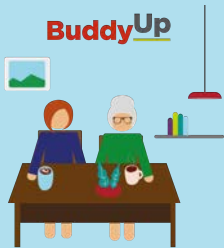


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Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>16th October</b></p> <p>10.00am - 11.00am Accessible Yoga - 30 or 60 minute class</p> <p>10.30am - 11.30am Shibashi Qigong</p> <p>4.00pm - 5.00pm Seated Exercise for all abilities - Falls prevention and balance class</p> <p>7.00pm - 8.00pm Evening Stretch More, Stress Less Exercise - Qi Gong, Yoga and Breathwork</p>	<p><b>17th October</b></p> <p>10.00 am - 11.00am Caring for someone with Dementia support group</p> <p>3.30pm - 4.30pm Poetry Group for all abilities</p> <p>6.00pm - 7.30pm Be Empowered - Online. Looking after yourself as a Carer, including in a Crisis</p> <p>7.00pm - 7.45pm Zumba</p>	<p><b>18th October</b></p> <p>2.00pm - 3.00pm Distance Reiki - Healing and relaxation</p>	<p><b>19th October</b></p> <p>10.00am - 10.45am Zumba</p> <p>10.00am - 11.00am Accessible Yoga - 30 or 60 minute class</p> <p>12.00noon - 12.45pm Lunch &amp; Listen. Different Types of medication used in Dementia &amp; how they work</p> <p>7.00pm - 8.00pm Yoga Nidra Meditation</p>	<p><b>20th October</b></p> <p>10.00am - 11.00am Mental Health Carers Coffee Morning</p>
<p><b>23rd October</b></p> <p>10.00am - 11.00am Accessible Yoga - 30 or 60 minute class</p> <p>10.30am - 11.30am Shibashi Qigong</p> <p>4.00pm - 5.00pm Seated Exercise for all abilities - Falls prevention and balance class</p> <p>7.00pm - 8.00pm Evening Stretch More, Stress Less Exercise - Qi Gong, Yoga and Breathwork</p>	<p><b>24th October</b></p> <p>10.00 am - 11.00am Caring for someone with Dementia support group</p> <p>6.00pm - 7.30pm Be Empowered online. Dealing with Carer Guilt, Compassion Fatigue &amp; Feelings of Loss</p> <p>7.00pm - 7.45pm Zumba</p> <p>7.00pm - 8.30pm Caring for someone with Dementia Evening group</p>	<p><b>25th October</b></p> <p>2.00pm - 3.00pm Distance Reiki - Healing and relaxation</p>	<p><b>26th October</b></p> <p>10.00am - 10.45am Zumba</p> <p>10.00am - 11.00am Accessible Yoga - 30 or 60 minute class</p> <p>7.00pm - 8.00pm Yoga Nidra Meditation</p> <p>7.00pm - 8.00pm Buddy Up Catch Up</p>	<p><b>27th October</b></p> <p>10.00am - 11.00am Mental Health Carers Coffee Morning</p>

Monday	Tuesday	Wednesday	Thursday	Friday
<b>30th October</b>	<b>31st October</b>			
<p>10.00am - 11.00am Accessible Yoga - 30 or 60 minute class</p> <p>10.30am - 11.30am Shibashi Qigong</p> <p>4.00pm - 5.00pm Seated Exercise for all abilities - Falls prevention and balance class</p> <p>7.00pm - 8.00pm Evening Stretch More, Stress Less Exercise - Qi Gong, Yoga and Breathwork</p>	<p>10.00 am - 11.00am Caring for someone with Dementia support group</p> <p>3.30pm - 4.30pm Poetry Group for all abilities</p> <p>7.00pm - 7.45pm Zumba</p>			



## Buddy Up Catch Up

**Buddy Up Monthly Catch Up**  
Come along to the Buddy Up monthly catch up to talk with other Carers, This will also give you the opportunity to find out more about Buddy Up and if the scheme is for you.

### Information sessions

**How to protect yourself from scams**  
Information event following training provided by Trading Standards looking at how you can protect yourself and the person you care for from different types of Scams and where to seek help.

### Supporting someone - Mental Health

**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 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.

Beacon provide specialist advice around NHS Continuing Healthcare Funding. Join an information session to explore how this type of funding may be provided in a Care Home environment

## Lunch and Listen

### **Lunch and Listen. Energy advice & information including ways to save money. Hosted by National Energy Action.**

The event will look at exploring way to manage fuel debt, including access to support and government grants. Advice regarding reducing energy costs and understanding bills *\*\* There will be a raffle at the end of the online presentation where one person will win an item of their choice, e.g an air fryer, air dryer or slow cooker. No obligation to have future contact with NEA. \*\**

### **Lunch and Listen. Different Types of medication used in Dementia & how they work**

Join a clinician from Managing Memory to look at the types of medication used in Dementia. Develop a better understanding of the reasons that certain medication is offered when supporting someone with Dementia.

## 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.

### **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.

### **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.

## Be Empowered

### **Developing healthy boundaries & building resilience**

We explore different techniques to help you cope under difficult situations. The session shares ideas of how to build your own ability to cope and manage under the pressure. The session looks at ways to improve the clarity of roles establishing and maintaining healthy boundaries to give everyone a sense of safety and control.

### **Looking after yourself as a Carer, including in a Crisis**

The session explores how you can look after yourself in your caring role, focusing on Carer wellbeing and practical ways to achieve this. We explore how to look after yourself in a period of stress or crisis, and help you develop a plan as to what you should consider to help you cope in these situations.

### **Dealing with Carer Guilt, Compassion Fatigue & Feelings of Loss**

The session looks at how compassion fatigue develops and what it looks like as a Carer that you may not be aware of. We explore how you can feel loss and grief for the changes felt due to your caring role. The session will help you develop skills to manage those feelings and ways to reduce the risk of fatigue.

## For Parent Carers

### **Supporting an Adult with Autism Lunch Support Group**

Join other Carers supporting teenagers from aged 18 years onwards through and including adulthood that have Autism. This is an opportunity to make new connections, receive peer support and obtain advice from experienced professionals from the Independence Trust. Join whilst having your lunch, you can sit and just listen in or actively talk to others.

### **Parent Carer information session with Care Advice Line. Managing Trusts, Wills & Estate Protection**

Parent Carer information session with Care Advice Line. Managing Trusts, Wills & Estate Protection. Join the Care Advice Line to develop a better understanding of how to manage someone's trust and financial estate as a Parent Carer. Opportunity to ask questions.



We offer a wide selection of sessions which can help you be more physically active. They are open to all abilities and it doesn't matter if you have experience of doing the exercise before. Our sessions are held virtually so from the comfort of your own home you can take part. You don't need to have your camera on and you can do as little or as much of the sessions as you would like to. Why not try something new?



## **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.

## **Zumba with Wanda**

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

## **Accessible 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. 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. The class always ends with a lovely Relaxation to restore us.

## **Evening Stretch More, Stress Less Exercise - Qi Gong, Yoga and Breathwork**

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

## **Time for you to support your wellbeing**

### **Distance Reiki Healing and Relaxation 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)**

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.

### **Poetry Group**

Join other Carers who have a common interest in poetry. Write poems or listen to other Carers poems within the group.

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