



We would like to welcome you to join us to explore **Carers Rights throughout the week of 21st - 25th November 2022**

We will be celebrating Carers Rights over the course of a week this year.
Carers Rights Day 2022 will be held on Thursday 24th November 2022

Many people are supporting someone, it could be a neighbour, family member or friend. Carers Rights Day can provide unpaid Carers with information and support on their rights.

Carers Rights Day allows you to find out about:

- Your rights as an unpaid Carer
- Where and how to access support

It is important for unpaid Carers to know their rights, wherever they are in their caring journey: whether that be in their workplace, in a healthcare setting, when interacting with professionals or at home.

Join us all week to learn about your rights as a Carer

This Carers Rights Day, we want to empower Carers with information and support, so they can feel confident asking for what they need.

Gloucestershire Carers Hub have devised a week of webinars and online workshops.

These sessions will cover a wide range of topics allowing Carers to find out more about their rights and updates within services around the County.

On Thursday 24th November 2022, Gloucestershire Carers Hub are also hosting an event at Churchdown Community Association, Parton Road, Churchdown, GL3 2JH from 10.30am – 1.30pm. This event will be an opportunity for unpaid Carers to come along and speak to a wide range of professionals from organisations from across the County.

To book onto any of the sessions please email: bookings@peopleplus.co.uk

Registration with Gloucestershire Carers Hub is easy

Call 0300 111 9000

email carers@peopleplus.co.uk

or visit our website and self refer:

www.gloucestershirecarershub.co.uk/self-referral

10.00am - 11.00am
Parent Carer Forum

Meet a representative from the Parent Carer Forum. Find out more about what they do and how to register with them to receive support and information.

11.00am - 12.00pm
Mental Capacity Act

The Mental Capacity Act is designed to protect and empower people who may lack the mental capacity to make their own decisions about their care and treatment. It applies to people aged 16 and over. Explore what this means for you as a Carer.



12.00pm - 1.00pm
SENDIASS

SENDIASS Gloucestershire will be providing information about how they can support with matters relating to children and young people with special educational needs and disabilities. The service is offered to parents and carers of children and young people aged between 0 and 25 years old.

1.30pm - 2.00pm

Who are Gloucestershire Carers Hub and how can we help

Join us for an introductory session into who the Gloucestershire Carers hub are and what we can do to support you as a Carer.

2.00pm - 3.00pm
Adult Social Care

Join the Adult Social Care team for an insight into the service and how they provide support.

3.00pm - 4.00pm
You're Welcome

Come along and find out more about You're Welcome and the information provided by them on their website.

"In my case, as we did not have any formal medical diagnosis for my wife for three years we had no involvement with or support from Social Services and until I was told about the Carers Hub I felt 'abandoned'. Thanks to the Hub this is no longer the case!"

Be Empowered

Find out more about your rights by joining our Be Empowered sessions either in a community location near you, or online 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.



You can come along to one session or the whole series the choice is yours.

Sessions cover:

- Know your rights as a Carer
- Talking to professionals - planning positive & effective communication
- Talking to professionals - how to negotiate and compromise
- Looking after your health and wellbeing as a Carer
- Technology & Services available to support you as a Carer
- How to set boundaries and say No
- How to bounce back and keep on caring
- Dealing with Carer guilt & compassion fatigue
- Looking after your health & wellbeing as a Carer
- Technology & Services available to support you as a Carer

" I was very anxious for quite a while to join today or access any of the support you offer but observing this group has put me at ease and I will definitely be looking at joining more sessions in the future. it was nice to meet you all and thank you very much"

Email: bookings@peopleplus.co.uk for more information

10.00am - 11.00am

Mental Health Handbook

Come along and find out more about the Mental Health Handbook, what it is and how it is used.

11.00am - 12.00pm

Carers within Gloucestershire Health & Care NHS Trust and Gloucestershire Hospitals NHS Foundation Trust

Join Cathy Newman to receive updates from the Trusts and also information on how Carers are supported within the NHS.

12.00pm - 1.00pm

Common Sense Confidentiality

GHC will discuss with service users how we share information with family, friends and Carers, and ask them about:

- How they would like to be involved
- What the family know already
- Information that can't be shared, or concerns the service user may have about families having information GHC will cover Issues in sharing information



1.00pm - 2.00pm

Cost of Living information session

Come along for information to support with the rise in the cost of living. Find out what discounts and support you may be entitled to as a Carer.

2.00pm - 3.00pm

The role of a Social Prescriber

Social prescribing enables GPs, nurses and other primary care professionals to refer people to a range of local, non-clinical services to support their health and wellbeing. Meet a Social prescriber who will cover how to refer to the service and the benefits of social prescribing on your health.

3.00pm - 4.00pm

ReSPECT

ReSPECT stands for Recommended Summary Plan for Emergency Care. This form creates a summary of personalised recommendation for a person's clinical care in a future emergency when someone does not have capacity to express their own choices. This session will cover the form and the details a Carer will need to cover on the form.

"Thankyou for all you do. It has helped being involved in the online classes and it is good to know there is someone to talk to."

Carer Aware Discount Card

Looking after someone maybe a significant part of your life and caring can be hard work. To support you in your caring role, we have arranged discounts with local businesses and a number of shops across the County.



The Carer Aware Discount card will allow you to access these discounts. An up to date list, showing where you can use your card, is available on our website.

<https://gloucestershirecarershub.co.uk/carers-aware/businesses-offering-a-discount/>

We also have Carer Aware lanyards and badges.

For more information contact: **careraware@peopleplus.co.uk** or call **0300 111 9000**

10.00am - 11.00am

The Care Act Reforms in practice - The Care Advice Line

This time next year, will see the introduction of the biggest changes in our care funding system in more than a generation. The start of the care cap and changes to the funding support thresholds will dramatically change the way in which we fund and plan for care.

Those who support others with a care needs will want to be aware of these changes, to understand how they will apply and to start to planning for next year's changes.

The Care Advice Line provides a free service through Gloucester County Council to offer advice and guidance on paying for care and this session will provide a key introduction to the practical changes which are being introduced.

12.00pm - 1.00pm POHWER

POHWER will be giving you an insight into what advocacy is and how it could help you or the person you support.

2.00pm - 3.00pm Safeguarding

Join in for an overview of Safeguarding basics. What safeguarding in and the importance of it.



Thursday 24th November 2022

11.30am - 12.30pm

The role of the PPG and how Carers can become involved

The session will cover what is the Patient Participation Group (PPG). How you can get involved and out how you can influence the way services are delivered at your GP practice. The PPG is made up of GP Practice staff and GP Practice patients age 16 years an over, Carers of registered patients.



Buddy Up

Feeling alone or isolated in your caring role?

Do you feel like you would like to speak with another Carer?

Join our Buddy Up scheme which endeavours to match Carers based on their interests, area or caring situation.

You can ring each other for a friendly ear at the end of the telephone or meet for a monthly cuppa!

Contact us on 0300 111 9000 or carers@peopleplus.co.ukto find out more





Join us for: **carers RIGHTS DAY**

Thursday 24th November
2022

10.30am - 1.30pm

Gloucestershire
Carers

Hub

**Gloucestershire Carers Hub invite you to join us for
Carers Rights Day.**

**Churchdown Community Association,
Parton Road, Churchdown, Gloucester GL3 2JH**

**Come along and meet members of our team, along
with representatives from local services and
professionals.**

**For more information please email:
bookings@peopleplus.co.uk or call 0300 111 9000**



10.30am - 11.00am

Carer Aware Discount Card

Come along to find out about the Carer Aware Discount card, how to get one and how you can use it in the community.

11.00am - 12.00pm

Patient Advice and Liaison Service - Acute Hospitals

An information event to find out who the PALS team are within the Acute Gloucestershire Hospitals and how they can support you as a Carer. Meet the Quality Improvement Manager from PALS.



1.00pm - 2.00pm

Keeping well during winter

Join us for information with regards to keeping well during the winter. The session will explore hints and tips to keep you well.

2.00pm - 3.00pm

Orange Folder - What Matters to me

People in Gloucestershire living with a long-term condition together with their Carers assisted in the codesign of a universally recognised folder to host personalised care and support plans being developed and adopted by health & social care professionals across the county.

People living with a long-term condition (frailty) and/or palliative and end of life condition will be invited to develop their personalised care and support plans.



"I am so happy with the service that I have received from you all. It has made a real difference to how I feel and it has kept me afloat. "



FREE Skills, training and activity sessions



Gloucestershire Carers Hub provide FREE online Physical and Wellbeing sessions for registered Carers. To join any of the events held weekly, please use the links in the weekly email sent to you, or email bookings@peopleplus.co.uk. Click the blue zoom link to join an event – you do not need to download Zoom to use! You can leave your camera turned off and enjoy the activity in privacy.

- **Shibashi Qigong** - Designed to start to help lift mood, reduce depression, and ease anxiety, improve agility and flexibility
- **Mindfulness** – Can improve to help physical and mental wellbeing. The classes can help you to accept thoughts and emotions, reduces stress, anxiety, and depression.
- **Seated Exercise** - 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.
- **Seated Dance / Boogie** – Boost your wellbeing, by joining our structured gentle chair based dance and exercise. Adapting to your ability and range of movement.
- **Zumba** – Join our low impact Zumba classes ran twice a week. Classes involve gentle exercise by using Latino inspired dance.
- **Reiki** – Sessions aim to restore and stimulate your own body's natural healing and help you relax. It can help with feelings of anxiety and stress.
- **Yoga Nidra** – This class helps you create a deep relaxation. This involves slowing down and allowing you to use techniques to sleep and relax.
- **Gentle Exercise to improve physical and mental wellbeing** - Gentle stretching for body & mind to increase your wellbeing, reduce stress and help you feel re charged.