



What's On November 2022

Free to access information and activity sessions for Unpaid Carers

Join us for our **FREE** sessions available to all of our registered Carers. You are also more than welcome to bring along the person you support to any of the sessions if you would like to.

To book to attend any of the sessions, please email: bookings@peopleplus.co.uk or visit Monthly Events - Gloucestershire Carers Hub

In person events and Carer Cafes now appear on a separate calendar on the first page of the programme.

There is no need to book to attend the Carer cafes, just come along and join other Carers in a relaxed environment.

We welcome any feedback, please contact us by emailing bookings@peopleplus.co.uk to send in your suggestions.

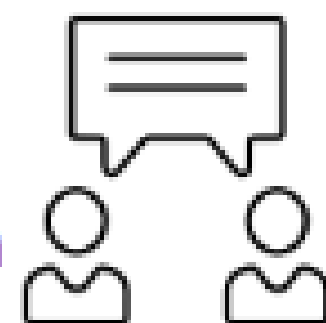


To book any of the sessions, click the link of the session you would like to attend, call 0300 111 9000 or email bookings@peopleplus.co.uk

Invitation to join us



Carers Rights Day Event
Thursday 24th November 2022
Churchdown Community Association
10.30am - 1.30pm



Come along and meet local services and professionals.
For more information email bookings@peopleplus.co.uk or
call 0300 111 9000

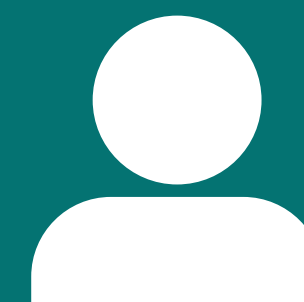
In Person Events - November 2022

Monday	Tuesday	Wednesday	Thursday	Friday
	1st November	2nd November 11.00am - 12.00noon FVAF Carer Cafe Wesley Chapel, Cinderford, GL14 2AA	3rd November	4th November 2.00pm - 4.00pm Visit to Westonbirt Arboretum
7th November 10.00am - 12.00noon Be Empowered - Cheltenham St Pauls Medical Centre Know your rights as a Carer 10.30am - 11.30am Cornerstones Carer Cafe, Cheltenham	8th November 10.30am - 11.30am Gloucester Cathedral Carer Cafe	9th November 10.00am - 12.00noon GL11 Carer Cafe	10th November 10.30am - 3.00pm Visit Steve at Matson Library 5.00pm - 7.00pm Long Table, Stroud Carer Cafe	11th November 10.30am - 11.30am Parent Carer Coffee Morning Alderman Knight School
14th November 10.00am - 12.00noon Be Empowered - Cheltenham St Pauls Medical Centre Planning Conversations & Talking to professionals 10.00am - 12.00noon Phoenix Centre, Matson Carer Cafe	15th November	16th November	17th November 12.30pm - 1.30pm GL3 Carer Cafe	18th November
21st November 10.00am - 12.00noon Be Empowered - Cheltenham St Pauls Medical Centre How to Negotiate & Compromise	22nd November 10.30am - 12.00noon Robinswood Hill Carer Cafe 1.30pm - 3.00pm Crickley Hill Carer Cafe	23rd November 10.00am - 12.00noon GL11 Carer Cafe	24th November 10.30am - 1.30pm Carers Rights Day event live at Churchdown Community Centre	25th November
28th November 10.00am - 12.00noon Be Empowered - Cheltenham St Pauls Medical Centre Looking after your health & wellbeing as a Carer 10.00am - 12.00noon Phoenix Centre, Matson Carer Cafe 2.00pm - 3.00pm Quedgeley Library Carer Cafe	29th November	30th November 9.30am - 12.30pm Meet Steve at Cirencester Library		

"This is just to say thank you for the sessions. I really enjoyed them and am finding the advice and suggestions really helpful and empowering too."



"Sessions like yours and others from the Hub help a lot."





Face to Face November 2022

Be Empowered - In the Community



St Pauls Medical Centre, Cheltenham



Know your rights as a Carer

To provide information to help you access support and advice based on the Laws and Policies that can enable you as a Carer. Session looks at what The Care Act means to you.

Communication with Services / Talking to the professionals

Planning Conversations and how to make yourself heard (What is Effective Communication)

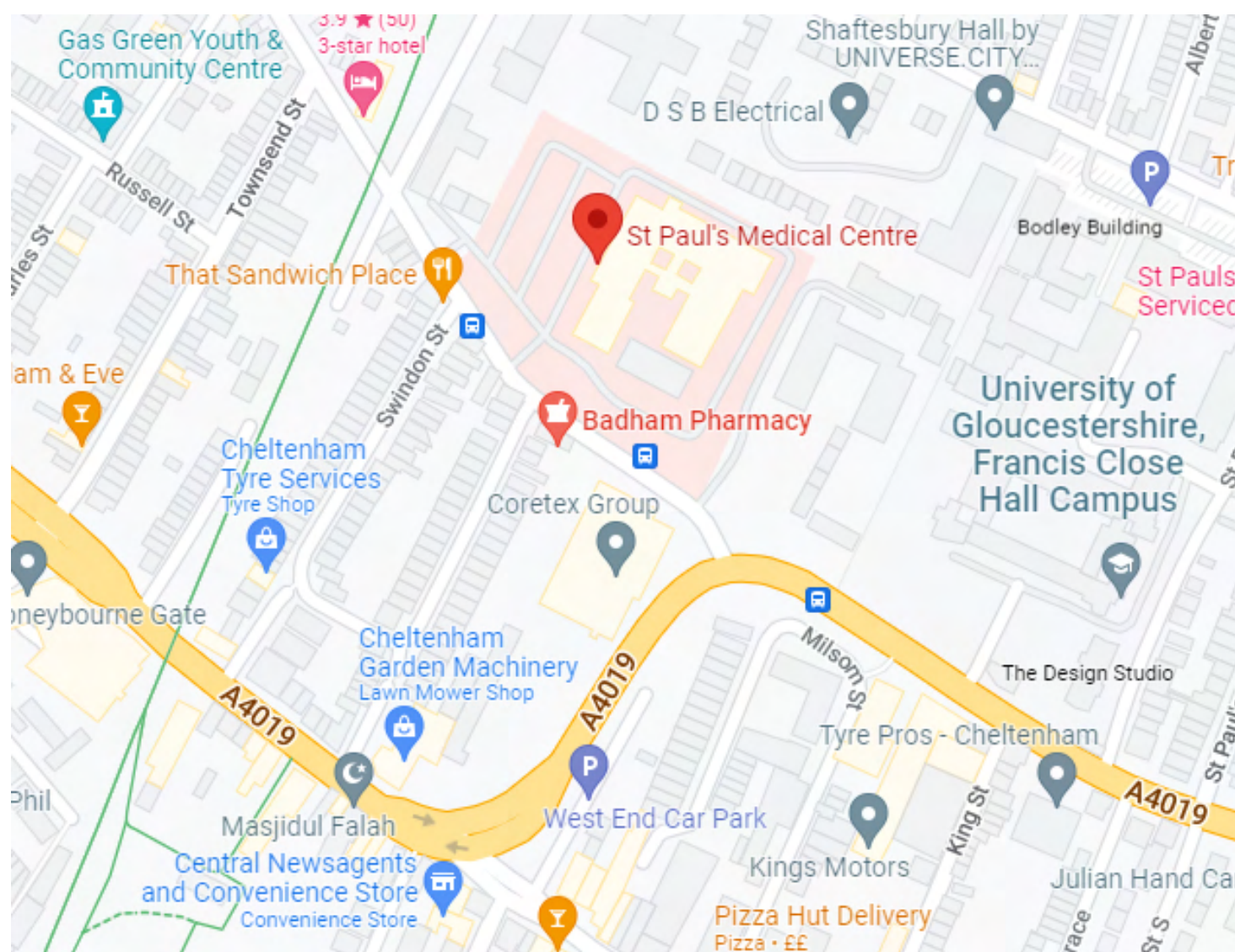
Looking at types of communication that you can use and how to successfully put it into practice. We explore your boundaries when talking to professionals and how to overcome them, including hints and tips to communicate confidently with services.

Communication with Services / Talking to the professionals - How to negotiate & compromise

We look at communication barriers and how to talk to professionals to achieve realistic goals. The session also explores how to raise concerns effectively.

Looking after your Health and Wellbeing as a Carer

The session explores how you can look after yourself in your caring role, focusing on Carer wellbeing and practical ways to achieve it.



To book for the Be Empowered sessions,
email bookings@peopleplus.co.uk or
call 0300 111 9000

Virtual Sessions - November 2022

Monday	Tuesday	Wednesday	Thursday	Friday
	1st November 10.00am - 11.00am Dementia Coffee Morning 11.00am - 12.00noon Seated Dance 3.0pm - 4.30pm Poetry Workshop for all abilities 6.00pm - 7.00pm Mental Health Carers Group 7.00pm - 8.00pm Supporting someone during menopause and menstrual cycle - Male Carers only 7.00pm - 7.45pm Zumba	2nd November 12.00noon - 1.00pm Caring for someone in a care home - Peer support group 2.00pm - 3.00pm Distance Reiki 7.00pm - 9.00pm YouCan Be Well 7.00pm - 8.30pm Young Onset Dementia Carer Support Group - with Managing Memory	3rd November 10.00am - 10.45am Zumba 11.00am - 12.30pm <i>Be Empowered - Technology & Services available to support you as a Carer</i> 1.00pm - 1.45pm Managing inheritance tax, protecting your nest egg and powers of attorney 7.00pm - 8.00pm Yoga Nidra	4th November 10.00am - 11.00am Mental Health Coffee Morning 11.00am - 12.00noon Gentle exercise to improve physical and mental wellbeing 12.00noon - 1.00pm Caring for an adult with Autism
7th November 10.30am - 11.30am Shibashi Qigong 1.00pm - 2.30pm Mindfulness 4.00pm - 5.00pm Seated Exercise	8th November 10.00am - 11.00am Dementia Coffee Morning 11.00am - 12.00noon Seated Dance 7.00pm - 7.45pm Zumba	9th November 2.00pm - 3.00pm Distance Reiki 7.00pm - 9.00pm YouCan Be Well 7.00pm - 8.00pm Supporting a teenager or young adult with anxiety	10th November 10.00am - 10.45am Zumba 11.00am - 12.30pm <i>Be Empowered - How to say no and set your boundaries</i> 2.00pm - 3.00pm Supporting a vulnerable person? What if they go missing? 7.00pm - 8.00pm Yoga Nidra	11th November 10.00am - 11.00am Mental Health Coffee Morning 11.00am - 12.00noon Gentle exercise to improve physical and mental wellbeing
14th November 1.00pm - 2.30pm Mindfulness 4.00pm - 5.00pm Seated Exercise	15th November 10.00am - 11.00am Dementia Coffee Morning 11.00am - 12.00noon Seated Dance 3.30pm - 4.30pm Poetry Workshop for all abilities 6.00pm - 7.00pm Online tour of the Palace of Westminster 7.00pm - 7.45pm Zumba	16th November 10.00am - 1.00pm Supporting someone with mobility and managing continence 2.00pm - 3.00pm Distance Reiki 2.00pm - 3.00pm Supporting a teenager or young adult with anxiety 7.00pm - 9.00pm YouCan Be Well 7.00pm - 8.30pm Carer Craft - Nature Collages	17th November 10.00am - 10.45am Zumba 11.00am - 12.30pm <i>Be Empowered - How to bounce back and keep on caring</i> 7.00pm - 8.00pm Yoga Nidra	18th November 10.00am - 11.00am Mental Health Coffee Morning 11.00am - 12.00noon Gentle exercise to improve physical and mental wellbeing

"I have attended all the Be Empowered sessions and have found them very good and very helpful."

"Thank you for your support"

"I will certainly reach out again if I feel I need support, and am so grateful to you for being there."

Virtual Sessions - November 2022

Monday

Tuesday

Wednesday

Thursday

Friday



Carers Rights Week



21st November

22nd November

23rd November

24th November

25th November

10.00am - 11.00am
Parent Carer Forum

10.00am - 11.00am
Dementia Coffee Morning

10.00am - 11.00am
The Care Act reforms in practice - The Care Advice Line

10.00am - 10.45am
Zumba

10.00am - 11.00am
Mental Health Coffee Morning

10.30am - 11.30am
Shibashi Qigong

10.00am - 11.00am
Mental Health Handbook

11.00am - 12.30pm
Be Empowered - Dealing with Carer guilt & compassion fatigue

11.30am - 12.30pm
The role of the Patient Participation Group and how Carers can become involved

10.30am - 11.00am
Carer Aware Discount Card

11.00am - 12.00noon
Mental Capacity Act

11.00am - 12.00noon
Seated Dance

12.00pm - 1.00pm
SENDIASS

11.00am - 12.00noon
Carers within Gloucestershire Health & Care NHS Trust and Gloucestershire Hospitals NHS Foundation Trust

12.00noon - 1.00pm
POhWER

7.00pm - 8.00pm
Yoga Nidra

11.00am - 12.00noon
Patient Advice and Liaison Service - Acute Hospitals

1.00pm - 2.30pm
Mindfulness

12.00noon - 1.00pm
Common Sense Confidentiality

1.00pm - 2.00pm
Be Empowered - Monthly Catch Up

11.00am - 12.00noon
Ways to prevent and protect your from scams

1.30pm - 2.00pm
Who are Gloucestershire Carers Hub and how can we help

2.00pm - 3.00pm
Adult Social Care

1.00pm - 2.00pm
Cost of living event - What could I be entitled to as a Carer?

2.00pm - 3.00pm
Safeguarding

11.00am - 12.00noon
Gentle exercise to improve physical and mental wellbeing

3.00pm - 4.00pm
You're Welcome

2.00pm - 3.00pm
The role of a Social Prescriber

2.00pm - 3.00pm
Distance Reiki

1.00pm - 2.00pm
Keeping well in winter

4.00pm - 5.00pm
Seated Exercise

3.00pm - 4.00pm
ReSPECT

6.30pm - 7.30pm
How Dementia affects sleep and ways to help

2.00pm - 3.00pm
Orange Folder - What Matters to me

7.00pm - 7.45pm
Zumba

7.00pm - 9.00pm
YouCan Be Well

3.00pm - 4.00pm
Tech Users Forum

7.00pm - 8.30pm
Evening Dementia Carers Group with Managing Memory

28th November

29th November

30th November

10.30am - 11.30am
Shibashi Qigong

10.00am - 11.00am
Dementia Coffee Morning

10.30am - 11.30am
Ways to improve your sleep

1.00pm - 2.30pm
Mindfulness

11.00am - 12.00noon
Seated Dance

2.00pm - 3.00pm
Distance Reiki

4.00pm - 5.00pm
Seated Exercise

3.30pm - 4.30pm
Poetry Workshop for all abilities

7.30pm - 8.30pm
Supporting a child with additional needs over the festive period

7.00pm - 8.30pm
Be Empowered - Looking after your health and wellbeing as a Carer

7.00pm - 7.45pm
Zumba



November 2022

Focus on you Fitness

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 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.

Gentle stretching to improve stress and wellbeing

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

Seated Dance with Mika - Art Brasil

Easy-to-follow dances to help improve your strength, balance and mobility. Can be followed seated or standing if preferred. The exercise helps build strength in your legs and back and core.

Zumba with Wanda

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

Supporting an adult with Autism

Supporting an adult with Autism Group

The Autism family, friend and Carers group runs the first Friday of the month at 12pm . The group is led by Independence Trust with the support of Gloucestershire Carers Hub to give advice and peer to peer support on caring for an adult with Autism. The group support each other with some of the challenges they may have faced supporting an adult with Autism.

Focus on your Wellbeing

Mindfulness

Join Lynsey from Gloucestershire Mindfulness to develop mindfulness skills to use everyday. Lynsey will visit various topics over the course of these sessions and help you to explore the art of Mindfulness.

Poetry Workshop for all abilities

Come along for a fun and interactive poetry workshop. Join other poets, you can be just starting out or be a practiced poet. All are welcome.

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.

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. Seek emotional support and information. Guest, professional speakers will join on planned dates to share information to aid your caring role.



Weekend Quiz

Join in on our Sunday evening quiz for some fun and relaxation to start a new week.

Sunday 6th and 20th November 2022 - 8.00pm - 9.00pm





November 2022

Be Empowered



Technology & Services available to support you as a Carer

Explores the different types of services and technology available in the county to enable you to look after yourself and your cared for. This includes how to access these services.

How to say no – setting your boundaries.

The session looks at ways to improve the clarity of roles and establishing and maintaining health boundaries to give everyone a sense of safety and control.

Building Resilience – How to bounce back and keep on caring

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's Carers face.

Dealing with Carer guilt & compassion fatigue

The session looks at how compassion fatigue develops and what it looks like as a Carer that you may not be aware of. We provide ways to reduce the risk and what to do if you need further help.

Looking after your Health and Wellbeing as a Carer

The session explores how you can look after yourself in your caring role, focusing on Carer wellbeing and practical ways to achieve it.

Be Empowered Monthly Catch Up

Following the Be Empowered sessions, join for peer support and to seek further advice and information as and when you need it.

Focus on gaining Information

Ways to improve sleep

Poor sleep can contribute to many health problems, reducing quality of life in adults aged 50+. Join an information session to look at simple ways to improve the sleep you have and the person you care for



Focus on gaining Information

Supporting someone with mobility and managing continence

Information event looking at what affects mobility. How can we improve mobility? What things can help mobility? What problems have the Carers had regarding dealing with incontinence? What can help to prevent accidents on days out? What equipment is available that may help

Supporting someone during menopause and menstrual cycle - Male Carers Only

Information session looking at how the menopause and menstrual cycle effects hormones, emotions and physical changes seen. Closed session for male Carers to ask questions to a local GP and seek advice. This is a Q&A event, so come along with questions about this topic.

Managing inheritance tax, protecting your nest egg and powers of attorney

Practical help and advice on how to protect as much of your wealth as possible for future generations, including understanding inheritance tax and protecting savings
The information event will look at Lasting Powers of Attorney - Advice about planning what will happen if they or you become unable to make decisions themselves through illness.

Cost of living Information event - What could I be entitled to as a Carer?

Find out what discounts and support you may be entitled to as a Carer.

Tech Users Forum

Come along with your technology related queries for support.

Keeping Well In Winter

Information event to find out how you can look after yourself and others as the weather changes. Gain advice as to how to plan for the winter and ways to stay well

Supporting a child with additional needs over the festive period

Information event with professional host from Inclusive Change. Discussing and sharing advice as to how to manage over the festive period with the challenges experienced.

This includes:

- Supporting someone with Sensory overload
- Anxiety
- Lack of routine
- Travelling during this period, visiting family



November 2022

Mental Health Support

Evening Mental Health Carers Group

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.

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 a teenager or young person with anxiety

Find out:

What the Limbic system is and how this relates to anxiety

How anxiety can manifest in day to day life

Find out ways to help support your teenager or young adult

Carers Rights Week

Carers Rights Week Programme

For a full insight into Carers Rights week and the virtual sessions available please visit:

Carers Rights Day - Gloucestershire Carers Hub

Something for Fun

Carer Craft - Nature Collages

Friendly Carer craft event each month. Join other Carers as we create items for your home and to share using low cost or recycled items. For all abilities and can be a shared activity with your cared for.

Online Tour of the Palace of Westminster

Online virtual tour of the Houses of Parliament. You will have a detailed look inside several rooms including the Commons Chamber, Lords Chamber and Central Lobby.

Supporting someone with Dementia

Young Onset Dementia Carer Support Group with Managing Memory

A session for individuals and the person they support hosted with Managing Memory.

Dementia Carers Evening Group with Managing Memory

Peer led support group with Managing Memory and GCH. 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.

Dementia Coffee Morning

Come along and meet other Carers who are supporting someone with Dementia for a cuppa and chat.

Supporting a vulnerable person - what if they go missing?

Look at what is the Herbert Protocol – designed by the police and used nationally if someone vulnerable goes missing. Information about other preventative planning that can be considered and where to access help.

How Dementia affects sleep and ways to help

Information session with one of the county NHS Consultants to find out how as Dementia progresses, sleep can be affected. Gain knowledge and seek advice as to how to manage in these situations



The YouCan programme supports people to build confidence, self-esteem, reduces isolation and encourages the development of peer support. Whilst also providing relevant up to date information and advice.



Missing Something?

If you would like to see something on our What's On which isn't already available we would love to hear your suggestions.

Please email them to bookings@peopleplus.co.uk