



What's On October 2023

Come and join us in the Community

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.

The sessions and Cafes which are in this programme are being run Face to Face at various locations. Those in **bold** are training sessions.

If you would like to make any suggestions of sessions which you would like to see please email bookings@peopleplus.co.uk

Community Carer Cafes



The community Carer Cafes listed, are available for both registered and unregistered unpaid Carers to go along to.

Some of the Cafes which appear on our calendar are run by external organisations who have asked us to promote the cafes which they run within the community.

If you would like to volunteer to run or support at one of our Carer Cafes please email: gloscarershubvolunteering@peopleplus.co.uk

There is no need to book to attend the Cafes just go along and meet other Carers.

If you attend a Carer Cafe and would like to provide feedback of your experience please contact us by emailing careraware@peopleplus.co.uk



Face to Face sessions and Carer Cafes in the community

Monday	Tuesday	Wednesday	Thursday	Friday
2nd October	3rd October	4th October	5th October	6th October
<p>10.00am - 12.00noon Phoenix Centre, Matson Carer Cafe GL4 6DX</p> <p>10.30am - 11.30am Cornerstones Carer Cafe</p> <p>11.00am - 2.30pm Candi Carer Cafe, 31A Market Street, Cinderford, GL14 2RT</p>	<p>10.30am - 11.30am Marina Court Carer Cafe, Tewkesbury GL20 5AY</p> <p>10.30am - 12.30pm The Keepers Carer Cafe, Wotton Under Edge GL12 7AD</p>	<p>10.00am - 12.00noon GL11 Carer Cafe GL11 5JS</p>	<p>10.30am - 12.00noon Be Empowered - Dilke Hospital. Planning hospital care & discharge including services to support you at home.</p> <p>10.30am - 11.30am Winchcombe Carers Support Group, Winchcombe Day Centre, GL54 5QN</p> <p>12.30pm - 2.00pm Winchcombe Carer Cafe, (Building next door to Encounter Church) Gretton Road GL54 5LJ</p> <p>1.00pm - 3.30pm The George Moore Centre, Bourton Carer Cafe, GL54 2AZ</p>	

Face to Face sessions and Carer Cafes in the community

Monday	Tuesday	Wednesday	Thursday	Friday
9th October	10th October	11th October	12th October	13th October
10.00am - 12.00noon Phoenix Centre, Matson Carer Cafe GL4 6DX	10.00am - 12.00noon End of Life awareness - Introduction to EoL Care - Booking Only Cheltenham 10.30am - 11.30am Gloucester Cathedral Carer Cafe, GL1 2LX 10.30am - 12.00pm Robinswood Hill Carer Cafe, GL4 6SX 12.30pm - 2.00pm End of Life awareness - Planning for the future in EoL Care - Booking Only - Cheltenham	10.00am - 11.00am Bicky's, Coleford, Carer Cafe GL16 8RG 10.00am - 12.00noon End of Life awareness - Introduction to EoL Care - Booking Only - Stonehouse/ Stroud 10.30am - 11.30am Carers Stroll & Chat. Plock Court, Gloucester 12.30pm - 2.00pm End of Life awareness - Planning for the future in EoL Care - Booking Only - Stonehouse/Stroud	5.00pm - 7.00pm Longtable Carer Cafe, Stroud GL5 2QN	

End of Life awareness sessions

End of Life awareness - Introduction to EoL Care - Various Locations Booking Only

Supporting someone approaching end of life – an introduction. Session will look at the difference between Palliative and End of Life Care. Services involved in this stage of care. How to access support and equipment and financial advice. We will look at how Carers can be involved in conversations and ensure you are looked after.

End of Life awareness - Planning for the future in EoL Care - Various Locations Booking Only

The session will look at Advance Care Planning and how to start these conversations. How wishes are documented and ensuring that the both the person you support and yourself are heard within decisions. We will look at funeral Planning and different types of funerals available, Wills - probate and timescales.

End of Life awareness - Promoting Comfort

The session will look Caring for the person who is ill, covering practical aspects of care – i.e., mouth care, pressure area relief and what it may look like, equipment, challenges of moving and handling where to access help. What to expect in the last days of life and who will be involved, and who to contact.

End of Life awareness - Preparing for loss and change

Session will cover what is loss, exploring your feelings and emotions about End-of-Life care. Looking at Ambiguous Loss, carer guilt and compassion fatigue, and where to get support.

Face to Face sessions and Carer Cafes in the community

Monday	Tuesday	Wednesday	Thursday	Friday
16th October	17th October	18th October	19th October	20th October
<p>10.00am - 12.00noon Phoenix Centre, Matson Carer Cafe GL4 6DX</p> <p>2.00pm - 3.30pm Be Empowered - Cirencester Dealing with Carer Guilt, Compassion Fatigue & feelings of loss</p>	<p>10.00am - 12.00noon End of Life awareness - Promoting Comfort - booking only - Cheltenham</p> <p>10.30am - 12.30pm The Keepers Carer Cafe, Wotton Under Edge GL12 7AD</p> <p>12.30pm - 2.30pm End of Life awareness - Preparing for loss and change - booking only - Cheltenham</p>	<p>10.00am - 12.00noon GL11 Carer Cafe GL11 5JS</p> <p>10.00am - 12.00noon End of Life awareness - Introduction to EoL Care - Booking Only - Gloucester</p> <p>12.30pm - 2.00pm End of Life awareness - Planning for the future in EoL Care - Booking Only - Gloucester</p> <p>1.30pm - 2.30pm Longfield, Stroud Carer Cafe GL5 2PQ</p> <p>2.30pm - 4.00pm Scarlet House, Stroud Carer Cafe GL5 4TS</p>	<p>12.30pm - 2.00pm Winchcombe Carer Cafe, (Building next door to Encounter Church) Gretton Road GL54 5LJ</p> <p>12.30pm - 1.30pm GL3 Carer Cafe, Churchdown, GL3 1HX</p>	<p>10.30am - 11.30am Hucclecote Methodist Church Carer Cafe, GL3 3QP</p> <p>1.00pm - 2.00pm Pavilion, Cheltenham Carer Cafe, GL51 6PN</p>

Face to Face sessions and Carer Cafes in the community

Monday	Tuesday	Wednesday	Thursday	Friday
23rd October	24th October	25th October	26th October	27th October
<p>10.00am - 12.00noon Phoenix Centre, Matson Carer Cafe GL4 6DX</p> <p>2.00pm - 3.00pm Quedgeley Library Carer Cafe GL2 4PE</p>	<p>10.00am - 12.00noon End of Life awareness - Promoting Comfort - booking only - Stroud</p> <p>10.30am - 12.00pm Robinswood Hill Carer Cafe, GL4 6SX</p> <p>12.30pm - 2.30pm End of Life awareness - Preparing for loss and change - booking only - Stroud</p> <p>1.00pm - 2.00pm Newent Carer Cafe, Holt Health Centre, GL18 1BA</p>	<p>10.00am - 12.00noon End of Life awareness - Promoting Comfort - booking only - Gloucester</p> <p>12.30pm - 2.30pm End of Life awareness - Preparing for loss and change - booking only - Gloucester</p>		
30th October	31st October			
<p>10.00am - 12.00noon Phoenix Centre, Matson Carer Cafe GL4 6DX</p> <p>11.30am - 1.00pm Be Empowered - Gloucester Royal Hospital. Contingency Planning for you as a Carer and your Cared for.</p>	<p>9.30am - 3.00pm Carers Rights NHS Bus Tour - Sedbury</p>			



Be Empowered In the community

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.

We have sessions running in a range of locations this month:

Gloucester Royal Hospital, Redwood Building GL1 3NN

Cirencester - Bookings Only

Planning hospital care and discharge including technology & services to support at home.

Looks at planning hospital and healthcare to promote you, as a Carer being involved as either a patient or a visitor to the person you support. Provides guidance as to who may be involved in discharge and what you could consider as options to discuss with the hospital team caring for you or the person you care for. We look at what equipment and technology may be able to support you or the person you care for at home.

Contingency Planning

Explore what to put in place to help reduce panic and ensure the right information is shared at the right time. Learn what information and support is available to help reassure you in a time of crisis.

If you would like to attend any of the Be Empowered sessions and would like to book in advance please call 0300 111 9000 or email bookings@peopleplus.co.uk



Carers Stroll and Chat group



Carers Stroll and Chat group - Plock Court, Gloucester

Join other Carers for a relaxed stroll around Plock Court, Gloucester. Walk at your own pace and make new connections with other Carers.