



Gloucestershire
Carers

Hub



Gloucestershire Carers Hub provides FREE sessions for unpaid Carers who are registered with us.

They are open to you as a Carer and you are more than welcome to bring along the person you support to join in.

If you would like to attend in a professional capacity please email:
bookings@peopleplus.co.uk before attending.

Our sessions are run in the community or online via Zoom.

If you need support with accessing Zoom please contact us on 0300 111 9000 or by emailing
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



Carers Active's online video sessions are an opportunity for carers and the people they care for to access and enjoy a range of movement or stretching based activities.

The video sessions below are replays of live Carers Active Share and Learn sessions and can be viewed at any time.

You don't need any special equipment and you can do the sessions from the comfort of your home, at any time that suits you.

Visit: <https://www.carersuk.org/help-and-advice/your-health-and-wellbeing/carers-active-hub/carers-active-online-sessions/>

Exercise Classes Online Via Zoom

Shibashi Qigong

Every Friday - 10.30am - 11.30am

Join our expert instructor as he teaches you the exercises of Shibashi. Shibashi has been recognised by the NHS to improve balance and reduce falls risk, increase flexibility, improve cardiovascular fitness, increase muscle strength, pain reduction, stress reduction, relaxation, enhanced emotional wellbeing and positive mental state, increase energy levels, improve immune function and improve quality of life.

Accessible Yoga 30 or 60 Minute Class. Including Strength and Balance exercise

Every Monday and Thursday - 10.00am - 11.00am

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.

Relaxation class through guided movement & breathing using Yoga techniques

Every Monday - 7.00pm - 8.00pm

(Not being held 15th April)

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

Stroll and Chat Group In the Community

Stroll and Chat - Pitville Park, Cheltenham

Wednesday, 8th May - 10.30am - 11.30am

Join us for a gentle stroll around Pitville Park, Meeting by the steps at Pitville Park and taking a stroll around and then returning for a cuppa and a chat.

Carer Socials Online Via Zoom

Buddy Up Monthly Carers Group

Thursday 30th May - 7.00pm - 8.00pm

Come along to meet other Carers and find out more about Buddy Up and how it could support you as a Carer.

Weekend Carers Social Catch Up

Sunday 5th and 19th May - 8.00pm - 9.00pm

Join our Sunday evening social to meet other Carers online.

Cosy Craft & Chat

Wednesday 15th May - 7.30pm - 8.30pm

Come along to meet other Carers and take part in some crafting activities.

Information Sessions In the Community

Positive Behaviour Support for Parent Carers with the Affinity Trust

Wednesday 8th May - 9.30am - 2.30pm

Gloucester North Fire Station - Cheltenham Rd E, Innsworth, Gloucester GL3 1AF

Positive Behaviour Support awareness and training for Parent/ Carers of children with a Learning disability (or other neurodevelopmental disorder) who display behaviours that may challenge. Hosted by the Affinity Trust.

This event will develop your understanding of Positive Behaviour Support and how it is used to support people who display behaviours of concern. You will learn why behaviours are happening and develop understanding around the proactive ways to manage this. You will also have time to meet with other parent/carers in the area.

This is a friendly training session about learning and sharing together and hopefully use new understanding to develop an approach of support that will enhance the quality of life for the person you support and yourself.

Be Empowered

Stroud Five Valleys Medical Centre

Monday 13th May - 12.45pm - 2.15pm

Contingency Planning - Booking Only

Explore what to put in place to help reduce panic and ensure the right information is shared at the right time.

Information Events Online via Zoom

Managing Wills, Estates and Probate

Wednesday 1st May - 1.00pm - 2.00pm

Join the Care Advice Line to learn about Wills, Estates and what happens when probate occurs.

Dying Matters

Tuesday 7th May - 6.30pm - 7.30pm

This session will cover planning for care towards the end of life including RESPECT and Advanced Care Planning.

Maggies and caring for someone with cancer

Wednesday 22nd May - 2.30pm - 3.30pm

Join Nicola from Maggies to hear about the support and services which are available through the Maggies centre.

Wellbeing Sessions Online Via Zoom

Yoga Nidra (guided meditation)

Every Thursday - 7.00pm - 8.00pm

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

Tuesday 14th and 28th May - 3.30pm - 4.30pm

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

Support Groups Online Via Zoom

Supporting an Adult with Autism Carers Group

Monday 13th May - 12.00noon - 1.00pm

Join other Carers of adults with Autism to gain support and advice.

Support Group for Carers and those who have been Carers

Every Tuesday - 10.00 am - 11.00am

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.

Dementia Peer Support Group Group with Managing Memory

Tuesday 28th May - 7.00pm - 8.30pm

The Dementia Carers group is open to anyone who supports someone with Dementia. It is an opportunity to talk to other people.

Carers of Someone in a Care Home, or considering a Care Home Group

Wednesday 1st May - 12.00noon - 1.00pm

Join other Carers who are supporting someone in a care home. This month provides the opportunity to talk with other Carers to seek advice and support from each other.

Mental Health Carers Connect Coffee Morning

Every Friday - 10.00am - 11.00am

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.



Active Hub

Carers UK offer FREE online activities for Carers.

To access the sessions, you need to book a space for each individual event you wish to go along to. Events are via Zoom. Click [here](#) to find out more.

Once you have registered by clicking the "Book here" option of the session you wish to attend, you will be sent a confirmation email with a Zoom "join meeting" link. Please note you may not receive your link straight away.

Wednesday 1st May

2.00pm - 3.00pm

Employability Skills and getting back to work

Tuesday 7th May

3.00pm - 4.00pm

Wisdom to Empower (session 4)

Wednesday 8th May

2.30pm - 3.30pm

Managing stress with Kindness

Thursday 16th May

4.00pm - 5.00pm

Let's Dance Again - Film screening and discussion for Dementia Action Week

Tuesday 21st May

3.00pm - 4.00pm

Wisdom to Empower (session 5)

Care for a Cuppa with Carers UK

Tuesday 7th May

11.00am - 12.00noon - [Book here](#)

Monday 13th May

3.00pm - 4.00pm - [Book here](#)

Thursday 16th May

7.30pm - 8.30pm - [Book here](#)

Monday 20th May

3.00pm - 4.00pm - [Book here](#)

Tuesday 28th May

3.00pm - 4.00pm - [Book here](#)

Carer Cafes In the Community

The Carer Cafes are listed by District/Borough, some of the Cafes are run by external organisations and therefore there may not be someone from the Gloucestershire Carers Hub in attendance.

Cheltenham

Saturday 4th May - 2.00pm - 4.00pm
Cheltenham Mental Health Carers Group
Contact us for full details

Friday 17th May - 1.00pm - 2.00pm
The Pavilion Cafe, Hatherley Lane, Cheltenham, GL51 6PN

Forest of Dean

Wednesday 8th May - 10.00am - 11.00am
Coleford - Bicky's, Pyart Court, Coleford, GL16 8RG

Thursday 23rd May - 1.00pm - 3.00pm
Forest of Dean Mental Health Carers Group
Contact us for full details

Tuesday 28th May - 1.00pm - 2.00pm
Newent Community Centre, Ross Road, Newent, GL18 1BD

Cotswolds

Friday 10th May - 10.00am - 12.00noon
Kate's Home Nursing Carer Cafe and walk
Bourton on the Water Cricket Club, Rissington Rd,
Bourton-on-the-Water, Cheltenham GL54 2AY

Tuesday 14th May- 1.00pm - 3.00pm
Cirencester Mental Health Carer Support Group
Contact us for full details

Wednesday 15th May - 2.30pm - 4.00pm
Big Yellow Bus Carer Cafe
Cirencester, GL7 2PR

Friday 24th May - 10.00am - 12.00noon
Stow on the Wold Carers Group
Beechwood Park, Fosse Way, Stow GL54 1FP

Tewkesbury

Tuesday 7th May - 10.30am - 11.30am
Marina Court Carer Cafe, Trafalgar Road, Tewkesbury
GL20 5AY

Thursday 16th May - 10.00am - 12.00noon
Tewkesbury Carers Group, The Dunlop Room,
Deveraux Centre, Tewkesbury, GL20 5GJ

Thursday 16th May - 12.30pm - 1.30pm
GL3 Community Hub, Churchdown, GL3 1HX

Stroud

Thursday 2nd May - 10.00am - 12.00noon
Culverhay Surgeries, St Mary's Church, Church Lane,
Berkeley, GL13 9BN

Tuesday 7th May - 2.00pm - 4.00pm
Stroud Mental Health Carers Group
Contact us for more information

Thursday 9th May - 5.00pm - 7.00pm
Longtable, Stroud, GL5 2QN

Wednesday 15th May - 2.30pm - 4.30pm
Scarlett House, 123 Westward Road, Ebley, Stroud,
GL5 4TS
Call to book 01453 808689

Tuesday 7th and 21st May - 10.30am - 12.00noon
The Keepers, Wotton Under Edge, GL12 7BD

Wednesday 28th May - 2.30pm - 4.30pm
Longfield Bereavement Cafe, Longfield Community
Hospice, Minchinhampton, Gloucestershire, GL5 2PQ

Wednesday 29th May - 2.00pm - 4.00pm
Longfield Carer Cafe, Longfield Community Hospice,
Minchinhampton, Gloucestershire, GL5 2PQ

Friday 3rd May - 2.00pm - 3.00pm
Nailsworth Carers Group,

Gloucester

Every Monday 10.00am - 12.00noon
The Phoenix Centre, Matson, GL4 6DX

Every Monday - 10.00am - 12.00noon
Elmbridge Together, Lonsdale Methodist Church, GL2
OTA

Tuesday 14th May - 10.30am - 11.30am
Monk's Kitchen at Gloucester Cathedral, Gloucester
City Centre, GL1 2BN

Tuesday 14th May - 10.30am - 12.00noon
Tuesday 28th May - 10.30am - 12.00noon
Robinswood Hill, Gloucester, GL4 6SX

Friday 17th May - 10.30am - 11.30am
Hucclecote Methodist Church Hall, Hucclecote, GL3
3QP

Tuesday 28th May - 10.30am - 12.00noon
Gloucestershire Health Access Centre, Quayside
House, Gloucester, GL1 2TZ



Big Health Day 2024

Do you support someone with physical or emotional needs?

This could be due to a disability, ill health, frailty, mental health or due to an addiction.

The Big Health Day focusses on supporting people to stay active and healthy.



This year for Carers Week 2024, there will be a number of stands available with unpaid Carers in mind.

Come along and visit us

Date: Friday 14th June 2024

Time: 9.30am to 2.30pm

**Place: Oxstalls Sports Park, Plock Court, Tewkesbury Road,
Gloucester, GL2 9DW**

