

What's On

January 2021



Free Carer Skills, Training and Development



All of our sessions remain virtual on the Zoom platform. They are free to access for all Carers.

To book your place please email carers@peopleplus.co.uk or call **0300 111 9000**

All of the training require you to use 'Zoom' which is a free platform (<https://zoom.us/>) and can be downloaded on a tablet or smartphone from your app store (no account required) or used on a laptop. Just enter the meeting code to access. We will send you the code for the session the day before the session starts. You can also dial in via telephone.

If you need support with accessing Zoom we are happy to help you with this. Call 0300 111 9000 or email carers@peopleplus.co.uk for more information.

If you have any suggestions regarding courses you would like to see, please get in contact by calling 0300 111 9000 or emailing carers@peopleplus.co.uk

We would like to thank Carers who have given feedback about the What's On and have adapted it with the aim of making it easier to read.

We have also colour coded the sessions to make specific types of sessions more easily identifiable.

SESSION THEMES:

Coffee Mornings and How are You? Sessions

Physical Activity and Complementary Therapy Sessions

Reminiscence Sessions

Wellbeing Sessions

Dementia Specific

Parent Carers

Condition Specific and General Training

Craft Sessions

Monday	Tuesday	Wednesday	Thursday	Friday
January 2021				
4 10.30am – 11.30am Shibashi Qigong 8.00pm – 9.00pm Working? Wind Down	5 10.00am – 11.00am Dementia Coffee Morning 1.00pm – 2.00pm Seated Samba	6 11.00am – 12.30pm The Isbourne – Getting a good night sleep 11.00am – 12.00pm Quiz 2.00pm – 3.00pm Distance Reiki 6.30pm – 7.45pm Seasonal Yoga	7 10.00am – 12.00noon Girl with the Curly Hair Autism and adulthood including University and becoming a parent. 2.00pm – 3.00pm Yoga Nidra	8 10.00am – 11.00am Mental Health Coffee Morning 10.00am – 11.00am Carer Craft
11 10.30am – 11.30am Shibashi Qigong 1.00pm – 2.30pm Mindful Monday – Finding peace in a frantic world	12 10.00am – 11.00am Dementia Coffee Morning 10.30am – 11.30am Multiple sclerosis information session 1.00pm – 2.00pm Seated Samba 3.00pm – 4.00pm Diet and healthy recipes	13 10.30am – 11.30am Mindsong 11.00am – 12.30pm The Isbourne – Getting a good night sleep 11.00am – 12.00pm Quiz 2.00pm – 3.00pm Distance Reiki 6.30pm – 7.45pm Seasonal Yoga	14 11.00am – 1.00pm YouCan Adult Carers 11.00am – 12.00noon Carer Catch up With Jackie 1.00pm – 2.00pm The Great Outdoors 2.00pm – 3.00pm Yoga Nidra	15 10.00am – 11.00am Mental Health Coffee Morning 2.00pm – 3.00pm Reminiscence Session 'Monday is washday'
Monday	Tuesday	Wednesday	Thursday	Friday

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January 2021				
18 10.30am – 11.30am Shibashi Qigong 1.00pm – 2.30pm Mindful Monday – Finding peace in a frantic world 7.00pm – 8.00pm Carer Catch Up with Carrie	19 10.00am – 11.00am Dementia Coffee Morning 11.00 – 12.00noon Parent Carer Coffee Morning 1.00pm – 2.00pm Seated Samba 3.00pm – 4.00pm Confidence and Self Esteem 7.30pm – 9.30pm Girl with the Curly Hair Females with Autism 7.00pm – 9.00pm Young Onset Dementia Carers Group	20 11.00am – 12.30pm The Isbourne – Getting a good night sleep 11.00am – 12.00pm Quiz 2.00pm – 3.00pm Distance Reiki 6.30pm – 7.30pm Portrait Painting Taster Session 6.30pm – 7.45pm Seasonal Yoga	21 11.00am – 1.00pm YouCan Adult Carers 1.00pm – 2.00pm The Great Outdoors 2.00pm – 3.00pm Yoga Nidra	22 10.00am – 11.00am Mental Health Coffee Morning 10.00am – 11.00am Carers Craft
25 10.30am – 11.30am Shibashi Qigong 11.30am – 12.30pm TIC+ - Caring for a teenager with poor mental health – Part One 1.00pm – 2.30pm Mindful Monday – Finding peace in a frantic world	26 10.00am – 11.00am Dementia Coffee Morning 10.30am – 12.30pm Self-Calming Techniques - EFT Tapping 1.00pm – 2.00pm Seated Samba 3.00pm – 4.00pm Relaxation and Pampering 7.00pm – 8.00pm Managing Memory Dementia Carers Drop In	27 11.00am – 12.30pm The Isbourne – Getting a good night sleep 11.00am – 12.00pm Quiz 2.00pm – 3.00pm Scam Awareness 6.30pm – 7.45pm Seasonal Yoga	28 10.00am – 11.00am Benefits Advice 10.00am – 11.30am Continence 11.00am – 1.00pm YouCan Adult Carers 1.00pm – 2.00pm The Great Outdoors 2.00pm – 3.00pm Yoga Nidra	29 10.00am – 11.00am Mental Health Coffee Morning 2.00pm – 3.00pm Reminiscence – Sweet Memories 7.30pm – 8.30pm TIC+ - Caring for a teenager with poor mental health – Part Two
Monday	Tuesday	Wednesday	Thursday	Friday

Coffee Mornings and How are You? Sessions

Dementia Coffee Morning

Join other Carers who are caring for someone with Dementia for a cuppa and chat.

Carer Catch Up

Join us for a virtual cuppa with other carers who understand the ups and downs of caring.

Virtual Quiz

Join other Carers and us for a fun filled Quiz. Meet online with other carers and join us for a bit giggle and our quiz. There will be a bathroom and cuppa break halfway through.

Mental Health Coffee Morning

Are you caring for someone with poor mental health meet other like minded Carers for a cuppa and a chat.

Parent Carer Coffee Morning

Join us for a cuppa with other parent carers.

Working? Wind Down

Join us for a virtual late night sessions for a catch up and a wind down from your day working and caring.

Managing Memory Young Onset Dementia Carers Group

A group for individuals caring for someone with young onset dementia together with Managing Memory.

Managing Memory Dementia Carers Drop In

A group for individuals caring for someone with dementia together with Managing Memory.

Physical Activity and Complementary Therapy Sessions

Shibashi Qigong

Shibashi simply means 18 form, which indicates that there are 18 movements to the initial set and one that can be taught over a short period of time. There is certainly weight to this practice with over 8 million people said to be participating in it. Many of the movements are designed to start hitting the alpha brainwave state lifting your mood, reducing depression and easing anxiety. Popular in rehabilitation, with body therapists and those suffering burnout and fatigue, it will carry those who practice it regularly in good stead in a demanding, frenetic world. Its gentle movements are accessible to

everyone and its health benefits are certainly as appealing as its energetic benefits.

This exercise is said to delay the ageing process and its age-related diseases, strengthens the heart, lungs and kidneys and their related functions.

It increases weight loss, aids digestion, strengthens ligaments and tendons. Additional benefits include improved circulation, a reduction in anxiety levels, lowering blood pressure and calming the mind.

The series of gentle rocking movements that make up the form, offer the organs a massage while really optimizing our bodies vascular systems. As it only takes a short amount of daily practice to reap the health benefits, it is little wonder that so many are turning to Shibashi Qigong.

Shibashi has proven itself to be restorative post trauma and physical ailments and is a nourishing, accessible and beautiful form. It cultivates and replenishes energy and importantly boosts the immune system.

Seasonal Flow Yoga with Jo

Virtual Yoga taught via zoom for you to complete at home. A gentle class mixing chair based and standing yoga to improve flexibility, strength and concentration, ending with a lovely relaxing meditation to calm the mind.

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 and mental health. Yoga Nidra is typically practiced lying down on your back. But you can do it in any position that allows you to relax! You could lie on a mat or in bed, or you could sit in a comfy chair. Whatever your chosen position, feel free to support and make yourself comfortable with props, if you like. The use of blankets is encouraged! Once the class begins you are not seen by others

Distance Reiki

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. And, if you're the picture of perfect health, Reiki can help to ensure

that your energy fields are functioning at their highest levels. Reiki is completely safe for everyone and always works for your highest good. This form of healing gently balances and calms the emotions, restores self-worth and gives back a sense of purpose. It has been found to be especially beneficial for stress, grief, worry and anxiety. Often, painful conditions are relieved by Reiki as it promotes deep peace and relaxation within, so easing tension. It also promotes a calmer response to life's challenges. All you need to do during the hour session is to make yourself comfortable - either seated or lying down. We will start with a guided relaxation followed by the Reiki session. Reiki Master/Teacher Jo Fellows has worked with traditional Japanese Reiki for almost 20 years and is CNHC registered.

Seated Samba: Chair Based Brazilian Dance Classes

Explore dances from all over Brazil in an easy to follow, low impact seated dance class. Suitable for anyone who enjoys moving to music and would like to access some structured gentle chair based exercise.

What you need to take part

- Use a comfortable but sturdy chair with enough space around you to move your arms freely. A firm dining chair without arms is the best, rather than a soft arm-chair or sofa.

- I'd recommend plugging in a speaker if you have one to get more volume and help it feel more like an in-person class.

- Set up your device at head height if possible so you can see the screen without having to look down. It's ok if your camera only shows your upper body, it's more important that you have your device as close as possible.

- All participants must complete our Health & Safety Questionnaire before taking part.

Zumba – Please book these sessions as you will need to fill in a disclaimer – See flyer for session dates

Zumba is a type of dance fitness that's been around since the 1990s and is the backbone of the dance fitness craze. It incorporates a variety of Latin-inspired dance moves and music to promote a healthy heart. Zumba combines a healthy dose of aerobic activity with a fun, exciting way to build and tone muscle, improve cardio and promote health.

Reminiscence Sessions

Reminiscence – Monday Is Washday

Dollytubs, mangled and flat irons... and a few soap suds too. Memories of grandma's washday!

Reminiscence – Sweet Memories

A trip to the virtual sweetie shop to recall our favourite sweet treats. Golden cup was one of mine, what was yours?

Wellbeing Sessions

Mindfulness Monday – Finding Peace in a Frantic World - Delivered by Gloucestershire Mindfulness

An 8 session course developed to discover simple practices to dissolve anxiety, stress, exhaustion and unhappiness.

Calming Techniques – Self Calming through EFT tapping

Explore Positive Tapping (EFT) and other simple Emotional Wellness tools, which can help you to calm your emotions or thoughts.

The Great Outdoors

If you enjoy gardens, the countryside and wildlife and have an interest in helping to make better use of our green spaces, come and join our

“Great Outdoors” group as the new year begins. We will initially share our own experiences and favourite outdoors spaces before moving on to consider if there are ways we can encourage other people to get active outdoors. We may also be able to work with partners like the Wildlife Trust to help with local ecology and conservation or get involved in creating some sensory and edible gardens in our areas.

The Isbourne – Ways to a good night's sleep

– 4 session course (must be able to complete all sessions) The basics of how and why we sleep, what is happening to our bodies when we sleep and why it is important. The effect of worry and anxiety on sleep.

How can we manage anxiety and get to sleep? Managed pain and sleep. The pros and cons of sleeping in the day. The final session is left open for general discussion and/or to focus on an aspect of sleep requested by the group.

Diet and Healthy Recipes

Learn about diet and healthy recipes which you can enjoy at home.

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Relaxation and Pampering

How to make homemade pampering products. Relaxation techniques – how to meditate. Tips for restful sleep.

Confidence and Self Esteem

Tips on building your self-confidence and self-esteem.

Scam Awareness with Kim Mowday –

Gloucestershire Constabulary Raising awareness of scams and cyber crime and what to do.

Dementia Specific

Mindsong

Music therapy for those caring for someone with dementia. This virtual session with a music therapist from Mindsong will combine music and song with practical hints and tips about what you can do with music at home. You are welcome to bring along the person you care for to the online session, if they would like to join in.

Parent Carers

Girl with Curly Hair - Autism and Adulthood

This session will explore becoming an adult with autism including University and becoming a parent.

Girl with Curly Hair – Females and Autism

Why ASD is more commonly seen in males, why diagnosing females might be difficult, differences between males and females,

TIC+ Caring for a Teenager with Poor Mental Health Part One and Two

A two part course to support parents caring for a teenager or young person with poor mental health.

Condition Specific and General Training

Benefits Advice

Find out about benefits which you may be entitled to as an advisor.

Contenance – Passion First Aid

Supporting you as a Carer to deal with any continence problems which may arise in your caring role.

Multiple sclerosis information session

Discussion on what to expect in general terms, process to diagnosis, developments in treatment and where to access support. Opportunity to ask questions and speak to fellow Carers.

YouCan Adult Carers

Please see the flyer within the whats on for more information.

Craft Sessions

Carers Craft – 8th January

Spring flowers, snowdrops & primroses - You will need paper, pencils, crayons, felt tips, rubber, watercolour paints if you have any.

Carers Craft – 22nd January

Still Life - choose an object that you would like to draw such as item of fruit, onion, vase etc from within the home. You will need pencils, pens, felt pens, paper & rubber.

Portrait Painting

An introduction to learning about the art of making a portrait. We will look at examples from the art world and enjoy some fun together with relaxing sketch techniques to get you started on creating a portrait of your own! No special materials needed, just grab a biro or a pencil and some paper.

“I would not have coped without the Zoom sessions and activities that have been provided by the Hub”.

Gloucestershire Carers Hub

YouCan

YouCan Adult Carers

Join YouCan our four session programme for Carers and Parent Carers to gain knowledge and skills to support them in their caring role.

The next programme will run on the below dates;
14th, 21st, 28th January 2021 and 4th February 2021
11am - 1pm

Session 1 - YouCan Know Your Rights

What being a Carer means, discover your rights and see what the Gloucestershire Carers Hub has to Offer

Session 2 - YouCan Be Positive

Explore local services which can offer you support as a Carer, steps to protect your wellbeing and how to remain positive

Session 3- YouCan Overcome

Learn steps on how to communicate with professionals effectively, overcoming difficult situations and communication

Session 4 - YouCan Do It

Plan for the future, explore peer support, what can you do next

You will need to be able to attend all 4 sessions

To book your place on the YouCan Programme call 0300 111 9000 or email carers@peopleplus.co.uk

“I am learning new skills in the sessions to help in the caring role, some practical and to keep focused and resilient”.



Gloucestershire Carers Hub ZUMBA with Jane Carers Hub

JOIN US FOR ZUMBA

Classes for Zoom-ba are held online at the below times:
7pm - Mon, Tues & Wed
10am - Tues, Wed & Thurs

You can attend as many sessions a week as you like

TO REGISTER YOUR INTEREST PLEASE CALL 0300 111 9000 OR EMAIL CARERS@PEOPLEPLUS.CO.UK

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LEARNING ABOUT DEMENTIA TOGETHER

Online

For family members/friends who are caring for someone with dementia



There are three sessions in the **Learning about Dementia Together** programme for Carers: **About dementia, Dealing with changes and Positive Communication.**

The sessions explore what dementia is and how it affects people, as well as discussing ideas for coping with the changes in the person with dementia. The sessions also provide information on local services and support in Gloucestershire.

You can choose to join us for three morning sessions, three evenings, or a mixture of both.

About Dementia	Wednesday 6 th January 2021	6.30pm – 8pm
Dealing with changes	Wednesday 13 th January 2021	6.30pm-8.15pm
Positive Communication	Thursday 21 st January 2021	6.30pm-8pm

About Dementia	Monday 18 th January 2021	10.30am-12.00pm
Dealing with Changes	Wednesday 27 th January 2021	10.30am-12.15pm
Positive Communication	Wednesday 3 rd February 2021	10.30am-12.00pm

About Dementia	Thursday 28 th January 2021	6.30pm – 8pm
Dealing with changes	Thursday 4 th February 2021	6.30pm-8.15pm
Positive Communication	Thursday 11 February 2021	6.30pm-8pm

About Dementia	Wednesday 17 th February 2021	10.30am-12.00pm
Dealing with changes	Wednesday 24 th February 2021	10.30am-12.15pm
Positive Communication	Wednesday 3 rd March 2021	10.30am-12.00pm

working together | always improving | respectful and kind | making a difference

Main office: Edward Jenner Court, Pioneer Avenue, Gloucester Business Park, Brockworth, Gloucester, GL3 4WY

We support clinical research. Our 'Count Me In' programme gives all service users the opportunity to be involved in research unless you tell us otherwise. For other information, please visit our patient information page: www.ghc.nhs.uk/patientinfo



About Dementia	Thursday 18 th March 2021	6.30pm – 8pm
Dealing with changes	Wednesday 24 th March 2021	6.30pm-8.15pm
Positive Communication	Wednesday 31 st March 2021	6.30pm-8pm

Healthcare professionals working in the **MANAGING MEMORY TOGETHER** service are involved in delivering the sessions.

The sessions are provided via **Microsoft Teams** and offer a mixture of information via presentation as well as opportunities to join in and ask questions (if you want to).

Although the sessions are online, you can turn off your camera if you are not comfortable with being seen. You can also turn your microphone off if you do not wish to speak. The important thing for us is providing you with the opportunity to find out more about dementia and how to understand and cope with some of the changes in the person you care for.

To book a place or for more details contact **MANAGING MEMORY TOGETHER** **0800 694 8800** or email managingmemory@ghc.nhs.uk

Detailed joining instructions will be sent on confirmation of booking.

We look forward to hearing from you!

