



Gloucestershire
Carers

Hub

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.

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 on 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



January's Zoom Session's

Carer Socials Via Zoom

Evening Cosy Craft & Chat Carers Group Keepsake card bunting

Wednesday 17th January - 7.00pm - 8.00pm

Join other Carers and GCH staff for an hour each month to create a craft/art activity and have a social catch up. You can create your own piece of craft or we can provide ideas each month to follow. This month we are creating bunting out of festive cards.

Mindfulness Photography

Tuesday 30th January

1.00pm - 2.00pm

Mindful photography helps us to slow down, to see things in a different way, and to express experiences creatively, increasing wellbeing and calming body and mind.

Information Events via Zoom

Ways to Improve your sleep

Wednesday 24th January - 1.00pm - 2.00pm

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

Gas and Electric Advice and Information

Tuesday 30th January

6.00pm - 6.45pm

With energy prices set to increase in January 2023. Join National Energy Action to find out how you may be able to reduce your bills, get information about debt management and learn how to understand your bills.

In the community

Stroll and Chat Group

Stroll and Chat - Plock Court, Gloucester

Wednesday, 10th January

10.30am - 11.30pm

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

Face - To - Face Sessions

Scam Awareness Information Event

Morrisons, Metz Wat, Gloucester

Wednesday 17th January - 11.00am - 12.00noon

This workshop will look at different types of scams that are currently putting people at risk. Host has worked for many years with Vodafone and BT providing cyber security to corporate organisations. Talk will look at how you can protect yourself and others and what to do if you are scammed.

First Aid Training for Carers

Wednesday 31st January

10.30am - 12.30pm

Join Gloucestershire Carers Hub and Adult Education for our 2 hour First Aid Workshop for Carers covering Primary Survey, managing an unconscious casualty, Choking - Adults, CPR, Automatic External Defibrillation. Booking Only as spaces limited

Carer Cafes

These are listed by District/Borough .

Cheltenham

Cornerstone Cafe

The Oakley Centre, Cheltenham

First Monday of the month at 10.30 am - 11.30 am

The Pavilion Cafe

Hatherley Lane, Cheltenham

Third Friday of the month at 1.00 pm - 2.00 pm

Forest of Dean

Cinderford - CANDI

31A Market Street, Cinderford

Every first Monday of the month at 11.00 am - 2.30 pm

Coleford - Bicky's

Pyart Court, Coleford

Every second Wednesday of the month at 10.00 am - 12.00 noon

Newent Carer Cafe

Newent Community Centre

4th Tuesday of every month between 1.00 pm and 2.00 pm

Carer Cafes

Cotswolds

Kate's Home Nursing

George Moore Centre, Bourton on the Water

Every first Thursday of the month at 1.00 pm

Tewkesbury

GL3 Community Hub

Churchdown

Every third Thursday of the month at 12.30 pm - 1.30 pm

Marina Court

Tewkesbury

Tuesday 9th January at 10.30 am - 11.30 am

Stroud

Scarlett House

123 Westward Road, Ebley, Stroud

Third Wednesday of the month at 2.30 pm - 4.00 pm - Call to book 01453 808689

Longfield

Minchinhampton

Third Wednesday of the month at 1.30 pm - 2.30 pm

Longfield Bereavement Café

Minchinhampton

Last Tuesday of the month at 2.30 pm - 4.30 pm

Longtable

Stroud

Every Second Thursday of the month at 5.00 pm - 7.00 pm

The Keepers

Wotton Under Edge

Every first and third Tuesday at 10.30 am - 12.00 noon

Gloucester

Monk's Kitchen at Gloucester Cathedral

Gloucester City Centre

Every second Tuesday of the month at 10.30 am - 11.30 am

The Phoenix Centre

Matson

Every Monday at 10.00 am - 12.30 pm

Robinswood Hill

Gloucester

Every second and fourth Tuesday of the month at 10.30 am - 12.00 noon

Quedgeley Library

Quedgeley

Every fourth Monday of the month at 2.00 pm

Hucclecote Methodist Church Hall

Hucclecote

Every third Friday of the month at 10.30 am - 11.30 am



Be Empowered Sessions



Be Empowered is a series of awareness and information sessions to provide you, as a Carer the opportunity to develop your skills and confidence to recognise your own strengths and abilities.

Looking after yourself as a Carer, including in a crisis

The session explores how you can look after yourself in your caring role. We explore how to look after yourself in a period of stress or crisis, and help you develop a plan as to what you should consider to help you cope in these situations.

Developing Healthy Boundaries and Building Resilience

We explore different techniques to help you cope under difficult situations. The session looks at ways to improve the clarity of roles establishing and maintaining health boundaries to give everyone a sense of safety and control.

Dealing with Carer Guilt & Compassion Fatigue & Feeling of Loss

The session looks at how compassion fatigue develops and what it looks like as a Carer that you may not be aware of. We explore how you can feel loss and grief for the changes felt due to your caring role.

Communication with professionals, building confidence & knowing your rights.

This Session looks at types of communication that you can use and how to successfully put it into practice. The session includes hints and tips to communicate confidently with services. The session covers some of your Rights as a Carer.

Contingency Planning

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

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.

'As a Carer, you are thrown into what can be an extremely difficult and stressful situation with no prior training. After Be Empowered, things felt clearer and I have more confidence not just in my caring role, but to be heard'

"All the topics in Be Empowered were new to me. With no support around me prior to going along to the sessions, I found I wasn't on my own. After attending Be Empowered, I feel more confident in my caring role, understand I do need to look after my wellbeing and feel better equipped to manage. The host listens and cares, I needed someone to be there, and you were."

Tewkesbury

All sessions are on Thursdays from 12.45 pm - 2.15 pm at Tewkesbury Hospital, Barton Road, Gloucestershire, Tewkesbury GL20 5GJ.

Sessions commence on Thursday 4th January and run weekly with the last session being on Thursday 8th February.

Gloucester

All sessions are held on Monday's from 11.30 am - 1.00 pm at Aspen Centre, Horton Road, Gloucester GL1 3PX.

Sessions commence on Monday 8th January and run weekly with the last session being on Thursday 12th February.

Winchcombe

Day Time

All sessions are held on Tuesday's between 11.30 am - 1.00 pm at Winchcombe Medical Centre, Greet Road, Cheltenham, Gloucestershire, GL54 5GZ.

Sessions commence on Tuesday 6th February and run weekly with the last session being on Tuesday 12th March.

Evenings

All sessions will be held on a monthly basis between 6.30 pm - 8.00 pm at Winchcombe Medical Centre, Greet Road, Cheltenham, Gloucestershire, GL54 5GZ.

The first session will be held on Thursday 11th January and will continue monthly until the final session on Thursday 13th June.

Monthly Regular Sessions

Exercise Classes Via Zoom

Shibashi Qigong

Friday 5th January, Monday 8th, 15th, 22nd and 29th
January 2024

10.30am - 11.30am

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 for everyone including falls prevention and balance with Matt from GFitness

Monday 8th, 15th, 22nd and 29th January 2024

4.00pm - 5.00pm

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.

Accessible Yoga

Monday 8th, 15th, 22nd, 29th

Thursday 4th, 11th, 18th, 25th

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.

Guided movement & breathing using Yoga techniques

Monday 8th, 15th, 22nd, 29th

7.00pm - 8.00pm

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

Wellbeing Sessions Via Zoom

Yoga Nidra (guided meditation)

Every Thursday from 18th January - 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 9th and 23rd January 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.

Monthly How to Journal for Wellbeing and Self Care

First Tuesday of every month

7.00pm - 7.45pm

Monthly drop-in sessions providing the tools to help you focus on areas of wellbeing important to you as a Carer.

Online Support Groups Via Zoom

Carers of an adult with Autism Support Group

First Monday of the month 12.00noon - 1.00pm

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

Caring for someone with Dementia Support Group

Every Tuesday from 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.

Young Onset Dementia Carers Group with Managing Memory

First Tuesday of every month 7.00pm - 8.30pm

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

Dementia Carers Group with Managing Memory

Fourth Tuesday of every month 7.00pm - 8.30pm

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

Caring for someone in a Care Home Peer Support Group

First Wednesday of every month 12.00noon - 1.00pm

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.

Mental Health Coffee Morning

Every Friday from 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.

Carer Socials

Fortnightly Carer Quiz

Sunday 7th and 21st January from 8.00pm - 9.00pm

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

Buddy Up Monthly Carers Group

Thursday 25th January - 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.

