

# What's On September 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.

**Our calendar is interactive, if you would like to book, please click on the session and you will be able to book from there.**

**In person events are marked in Green.**

### Why not join us at one of our Carer Cafes in the community?

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

**Thursday 1st September - 1pm - 3pm - Bourton Carer Café, George Moore Centre, Bourton on the Water**

**Monday 5th September - 10.00am - 12.00pm Phoenix Carer Café, The Phoenix Centre, Matson**

**Monday 5th September 10.30am - 11.30am Cornerstones Carer Café, The Cornerstones Centre, Cheltenham**

**Tuesday 6th September - 2.30pm - 3.30pm - Cheltenham Foodbank, Elim Church, St Georges Rd, Cheltenham**

**Tuesday 13th September - 10.30am - 11.30am Cathedral Carer Café – Monks Kitchen Café, Gloucester Cathedral**

**Wednesday 14th September - 10.00am - 12.00pm - GL11 Carers Café, GL11 Dursley**

**Wednesday 14th September - 10.00am - 11.00am - Coleford Carer Café – Bickys, Coleford**

**Monday 19th September - 10.00am - 12.00pm - Phoenix Carer Café**

**Monday 26th September - 2.00pm - 3.00pm – Quedgeley Library Carer Café, Quedgeley**

**Tuesday 27th September - 10.30am - 12.00pm – Gloucestershire Wildlife Trust Robinswood Hill Carer Café**

**Tuesday 27th September – 1.30pm - 3.00pm - Gloucestershire Wildlife Trust, Crickley Hill Carer Café**

**Wednesday 28th September - 10.00am - 12.00pm - GL11 Carers Café, GL11 Dursley**



**To book, click the link of the session you would like to attend,  
call 0300 111 9000 or email [bookings@peopleplus.co.uk](mailto:bookings@peopleplus.co.uk)**

# September 2022

Monday	Tuesday	Wednesday	Thursday	Friday
			1st <u>11.00am - 12.30pm</u> <u>Be Empowered - Technology &amp; Services to support you as a Carer</u>	2nd <u>10.00am - 11.00am</u> <u>Mental Health Coffee Morning</u>
			<u>7.00pm - 8.00pm</u> <u>Yoga Nidra</u>	<u>12.00pm - 1.00pm</u> <u>Caring for adults with Autism group</u>
				<u>2.00pm - 3.00pm</u> <u>Gentle exercises to improve stress and wellbeing</u>
5th <u>10.30am - 11.30am</u> <u>Shibashi Qigong</u>	6th <u>10.00am - 10.45am</u> <u>Dementia Coffee Morning</u>	7th <u>1.00pm - 3.00pm</u> <u>YouCan Be Well Session One</u>	8th <u>10.00am - 10.45am</u> <u>Zumba</u> <u>Please book in advance</u>	9th <u>10.00am - 11.00am</u> <u>Mental Health Coffee Morning</u>
<u>1.00pm - 2.30pm</u> <u>Mindfulness</u>	<u>11.00am - 12.00pm</u> <u>Seated Boogie</u>	<u>12.00pm - 1.00pm</u> <u>Caring for someone in a Care Home - Peer support group</u>	<u>11.00am - 12.30pm</u> <u>Be Empowered - How to bounce back and keep on caring</u>	<u>2.00pm - 3.00pm</u> <u>Gentle exercises to improve stress and wellbeing</u>
<u>4.00pm - 5.00pm</u> <u>Seated Exercise with GFitness</u>	<u>3.30pm - 4.30pm</u> <u>Poetry Group</u>	<u>7.00pm - 8.30pm</u> <u>Young Onset Dementia Carer Support Group with MM2G</u>	<u>7.00pm - 8.00pm</u> <u>Yoga Nidra</u>	
	<u>6.30pm - 8.00pm</u> <u>Supporting someone with Dementia and identifying Delirium</u>			
	<u>7.00pm - 7.45pm</u> <u>Zumba</u> <u>Please book in advance</u>			
	<u>7.00pm - 8.30pm</u> <u>Supporting your child with additional needs through education</u>			
12th <u>10.00am - 11.00am</u> <u>Be Empowered - Looking after your health &amp; wellbeing as a Carer. GL11</u> <u>Please book in advance.</u>	13th <u>10.00am - 11.00am</u> <u>Dementia Coffee Morning with Dementia Carers Count</u>	14th <u>10.30am - 11.30am</u> <u>How the fire service can help you stay safe at home</u>	15th <u>10.00am - 10.45am</u> <u>Zumba</u> <u>Please book in advance</u>	16th <u>10.00am - 11.00am</u> <u>Mental Health Coffee Morning</u>
<u>10.30am - 11.30am</u> <u>Shibashi Qigong</u>	<u>11.00am - 12.00pm</u> <u>Seated Boogie</u>	<u>2.00pm - 3.00pm</u> <u>Supporting Someone who self harms with ReThink</u> <u>Please book in advance</u>	<u>11.00am - 12.30pm</u> <u>Be Empowered - How to say no, setting your boundaries</u>	<u>2.00pm - 3.00pm</u> <u>Gentle exercises to improve stress and wellbeing</u>
<u>10.30am - 11.30am</u> <u>Parent Carer Coffee Morning</u> <u>Alderman Knight School</u> <u>Please book in advance.</u>	<u>1.00pm - 3.00pm</u> <u>Hosted by Royal Collection - Windsor Castle.</u> <u>Early life of The Queen and a reflection of jubilee celebrations</u>	<u>2.00pm - 3.00pm</u> <u>Distance Reiki</u>	<u>2.00pm - 3.00pm</u> <u>Supporting a vulnerable person - what if they go missing?</u>	
<u>1.00pm - 2.30pm</u> <u>Mindfulness</u>	<u>7.00pm - 7.45pm</u> <u>Zumba</u> <u>Please book in advance</u>	<u>7.00pm - 8.00pm</u> <u>Supporting Someone who self harms with ReThink</u> <u>Please book in advance</u>	<u>7.00pm - 8.00pm</u> <u>Yoga Nidra</u>	
<u>4.00pm - 5.00pm</u> <u>Seated Exercise with GFitness</u>				

**There are some spaces available on the Willow Trust Boat trip on 4th October 2022, these boats are for those who are fully vaccinated against Covid-19.**

**To book a place please email [bookings@peopleplus.co.uk](mailto:bookings@peopleplus.co.uk)**



# September 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>19th</b></p> <p><u>10.00am - 11.00am</u> <b>Be Empowered - How to say no. Setting your boundaries as a carer. GL11.</b> <b>Please book in advance.</b></p> <p><u>10.30am - 11.30am</u> <b>Shibashi Qigong</b></p> <p><u>1.00pm - 2.30pm</u> <b>Mindfulness</b></p> <p><u>4.00pm - 5.00pm</u> <b>Seated Exercise with GFitness</b></p>	<p><b>20th</b></p> <p><u>10.00am - 10.45am</u> <b>Dementia Coffee Morning</b></p> <p><u>11.00am - 12.00pm</u> <b>Seated Boogie</b></p> <p><u>11.00am - 12.00pm</u> <b>Supporting someone with low mood or depression</b></p> <p><u>2.00pm - 3.00pm</u> <b>Supporting someone with substance misuse</b></p> <p><u>3.30pm - 4.30pm</u> <b>Poetry Group</b></p> <p><u>7.00pm - 7.45pm</u> <b>Zumba</b> <b>Please book in advance</b></p> <p><u>7.00pm - 8.30pm</u> <b>Carer Craft session</b></p>	<p><b>21st</b></p> <p><u>1.00pm - 3.00pm</u> <b>YouCan Be Well Session Two</b></p> <p><u>6.30pm - 8.00pm</u> <b>Types of Medication used in Dementia &amp; how they work</b></p>	<p><b>22nd</b></p> <p><u>10.00am - 10.45am</u> <b>Zumba</b> <b>Please book in advance</b></p> <p><u>11.00am - 12.30pm</u> <b>Be Empowered - Dealing with Carer guilt &amp; compassion fatigue</b></p> <p><u>7.00pm - 8.00pm</u> <b>Yoga Nidra</b></p>	<p><b>23rd</b></p> <p><u>10.00am - 11.00am</u> <b>Mental Health Coffee Morning</b></p> <p><u>10.00am - 12.00pm</u> <b>Supporting your child with anxiety or worry</b> <b>Currently full - waiting list available.</b></p> <p><u>2.00pm - 3.00pm</u> <b>Gentle exercises to improve stress and wellbeing</b></p>
<p><b>26th</b></p> <p><u>10.00am - 11.00am</u> <b>Be Empowered - Know your rights as a carer. P3 Cirencester.</b> <b>Please book in advance.</b></p> <p><u>10.30am - 11.30am</u> <b>Shibashi Qigong</b></p> <p><u>1.00pm - 2.30pm</u> <b>Mindfulness</b></p> <p><u>4.00pm - 5.00pm</u> <b>Seated Exercise with GFitness</b></p>	<p><b>27th</b></p> <p><u>10.00am - 10.45am</u> <b>Dementia Coffee Morning</b></p> <p><u>11.00am - 12.00pm</u> <b>Seated Boogie</b></p> <p><u>7.00pm - 8.00pm</u> <b>Coping strategies to manage stress</b></p> <p><u>7.00pm - 7.45pm</u> <b>Zumba</b> <b>Please book in advance</b></p> <p><u>7.00pm - 8.30pm</u> <b>Dementia Carers Evening Group</b></p>	<p><b>28th</b></p> <p><u>1.00pm - 3.00pm</u> <b>YouCan Be Well Session Three</b></p> <p><u>2.00pm - 3.00pm</u> <b>Distance Reiki</b></p> <p><u>7.00pm - 8.30pm</u> <b>Be Empowered - Talking to professionals - planning effective and positive communication</b></p>	<p><b>29th</b></p> <p><u>10.00am - 1.00pm</u> <b>Safe Manual Handling and what to do if someone falls</b></p> <p><u>10.00am - 10.45am</u> <b>Zumba</b> <b>Please book in advance</b></p> <p><u>1.00pm - 2.00pm</u> <b>Be Empowered Monthly. Catch Up</b></p> <p><u>7.00pm - 8.00pm</u> <b>Yoga Nidra</b></p>	<p><b>30th</b></p> <p><u>10.00am - 11.00am</u> <b>Mental Health Coffee Morning</b></p> <p><u>2.00pm - 3.00pm</u> <b>Gentle exercises to improve stress and wellbeing</b></p>

## 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.

The sessions will help you prepare for conversations, know where to ask for help and provide you will some of the tools to keep you well and supported in your caring role.

There are upcoming sessions in the following areas of the county:

**Kingsway, Gloucester**  
**Moreton in Marsh**  
**Cirencester**  
**Dursley**  
**Cheltenham**  
**Lydney**

To find out more email [bookings@peopleplus.co.uk](mailto:bookings@peopleplus.co.uk)



# September 2022



## Focus on you Fitness

### Shibashi Qigong with Acacia Therapies

Shibashi simply means 18 form, which means there are 18 movements to the initial set, one that can be taught over a short period of time and 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. 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. Said to delay the ageing process and its age-related diseases, strengthening the heart, lungs and kidneys and their related functions.

### 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 Boogie with Mika - Art Brasil

Join Mika for fun and energising seated dances to popular music from all eras, including rock and roll, Motown, disco, pop and more! This is a low impact exercise class to improve your heart and lung health, strength, balance & mobility.

### Zumba with Wanda

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

## Connect with other Carers

### Weekend Quiz

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

**Sunday 4th and 18th September 8.00pm - 9.00pm**

## 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 Group

Join other Carers to explore poetry, share your work and discuss your favourite poems.

### 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.

### Coping Strategies to manage stress - with Inclusive Change

Join Lucy from Inclusive Change for a 60-minute workshop to look at the pressures we all experience in life. Learn some extra techniques to stay calm and add to your 'tool kit' of things that help you when you feel life is getting tough.

## Dedicated sessions for Parent Carers

### Supporting your child with additional needs through education

Information event looking at transition at different stages through school, supporting their emotions and your own. Managing relationships with professionals and teachers, and what are reasonable adjustments.

### Alderman Knight School Carer Cafe

Join us along with the Parent Carer Forum for a Parent Carer Coffee Morning at Alderman Knight School. Booking is essential.

**Supporting your child with anxiety or worry  
Currently full - waiting list available.**



# September 2022

## Be Empowered



### 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.

### 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.

### 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.

#### 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.

#### 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

### How the fire service can help you stay safe at home

This information session will explain how the fire service offer safety checks and support for you at home to promote you and the person you care for to live safely. Information about what support is available if vulnerable or have a diagnosis of dementia.

### Safe Manual Handling and what to do if someone falls

Information event for carers to learn reasons why people fall, how to protect yourself from injury when helping someone move around your home and outside and what to do if someone falls.

### Supporting someone with substance misuse

The session will cover; Myth busting and challenging drug misinformation, Recognising problems associated with drug use Concerns about overdosing and safe management of drug use and where you as a Carer can ask for help, get accurate advice.

## Mental Health Support

### 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 Someone who self harms with ReThink Please book in advance

Gloucestershire Self Harm Helpline warmly invite you to attend a webinar which will focus on providing information and support around helping others affected by self harm.

The webinar will last an hour and there will be a short presentation, that will hopefully stimulate conversation and questions. The webinar will be hosted by the service manager Janice Laverick.

### Supporting someone with low mood or depression

Join Dr Mike Gladstone to explore how low mood and depression can affect you, what it can look like and ideas on how to self care and support someone experiencing this.

## Be Empowered Feedback

'I am finding these sessions so useful and timely. I have lost my confidence and felt like i'm hitting my head against a brick wall. The session have helped me think about me, and given me the confidence to be heard'





# September 2022

## YouCan



YouCan is delivered over four sessions and provides information, advice and skills to improve your wellbeing. The programme allows everyone the opportunity to talk, share strategies and develop peer support networks with those in similar situations; reducing isolation and improving knowledge.

**YouCan Be You** - explores emotions and coping strategies for a caring role and day to day life.

**YouCan Bounce Back** - looks to improve resilience, confidence, self esteems and tackles burn out.

**YouCan Be Healthy** - introduces small changes that make big differences through sleep, exercise and healthier lifestyles.

**YouCan Do It** - encourages positive thinking, mindfulness techniques, being thankful and creating a practical plan for the future.

## Something for Fun

### Carer Craft - Autumn Wreaths

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. September is autumn wreaths.

### Hosted by Royal Collection - Windsor Castle. Early life of The Queen and a reflection of jubilee celebrations

Join The Royal Collection from Windsor Castle on a live talk on early life of The Queen and a reflection of jubilee celebrations.

## 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.

### 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](mailto:bookings@peopleplus.co.uk)

## Supporting someone with Dementia

### Supporting someone with Dementia and identifying Delirium

Information session with Consultant Nurse in Dementia. Providing carers with the tools to recognise when the person they care for may become unwell and how to act quickly to reduce risk of further deterioration. Opportunity to look at ways to reduce the risk of delirium occurring and how to access support.

### Dementia Coffee Morning with Dementia Carers Count

Dementia Carers Count will join our regular coffee morning to provide information on the free courses that they offer for Carers.

### Types of Medication used in Dementia & how they work

Join Clinical Specialist Dr Katie Kelly, to find out what medication is used to help someone with dementia and how they work. Opportunity to ask questions about your cared for's current treatment and where to access further advice.

### Young Onset Dementia Carer Support Group with MM2G

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

### Dementia Carers Evening Group with MM2G

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?

Looking 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.

## Supporting an adult with Autism

### Caring for adults 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.