



What's On January 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.

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

So why not come along and join us in 2023 for our wide variety of sessions and activities.



You're Welcome Gloucestershire

You're Welcome is an inclusive online directory and forum. It's the place to find social events, clubs, groups or places to visit.

You can also get ideas on how to find support to access the things you want to do.

All listings for events or things to do include accessibility and inclusive practice information and contact details. Membership is free and includes personalised newsletters and access to our friendly forum.

To find out more visit:

www.yourewelcome.org

Face to Face sessions and Carer Cafes in the community

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2nd January</p> <p>Bank Holiday</p>	<p>3rd January</p>	<p>4th January</p> <p>10.00am - 1.00pm Cinderford Carer Cafe, The Wesley</p>	<p>5th January</p>	<p>6th January</p> <p>10.30am - 11.30am Alderman Knight School Carer Cafe</p>
<p>9th January</p> <p>10.00am - 12.00pm Be Empowered - St Paul's Medical Centre - How to say No, setting your boundaries</p>	<p>10th January</p> <p>10.30am - 11.30am Gloucester Cathedral Carer Cafe</p> <p>10.30am - 12.00pm Be Empowered - Lydney Community Centre - Know Your Rights as a Carer</p>	<p>11th January</p> <p>10.00am - 11.00am Bicky's, Coleford Carer Cafe</p> <p>10.00am - 12.00pm GL11 Carer Cafe</p>	<p>12th January</p> <p>5.00pm - 7.00pm Longtable, Stroud Carer Cafe</p>	<p>13th January</p>
<p>16th January</p> <p>10.00am - 12.00pm Be Empowered - St Paul's Medical Centre - Dealing with Carer guilt and Compassion Fatigue</p>	<p>17th January</p> <p>10.00am - 12.00pm Be Empowered - Lydney Community Centre - How to communicate with Professionals (What is Effective Communicaton)</p>	<p>18th January</p> <p>2.30pm - 4.00pm Scarlet House, Stroud Carer Cafe</p>	<p>19th January</p> <p>12.30pm - 2.00pm Winchcombe Carer Cafe</p> <p>12.30pm - 1.30pm GL3 Carer Cafe</p>	<p>20th January</p> <p>10.30am - 11.30am Hucclecote Carer Cafe</p>
<p>23rd January</p> <p>10.00am - 12.00pm Be Empowered - St Paul's Medical Centre - Planning hospital care and discharge</p>	<p>24th January</p> <p>10.00am - 12.00pm Be Empowered - Lydney Community Centre - How to communicate with Professionals (How to negotiate and Compromise)</p> <p>10.30am - 11.30am Robinswood Hill Carer Cafe</p> <p>1.30pm - 2.30pm Crickley Hill Carer Cafe</p>	<p>25th January</p> <p>10.00am - 12.00pm GL11 Carer Cafe</p>	<p>26th January</p>	<p>27th January</p>

Face to Face sessions and Carer Cafes in the community

Monday	Tuesday	Wednesday	Thursday	Friday
30th January	31st January			
11.30am - 1.00pm Be Empowered - Gloucester Royal Hospital, Redwood Building - Know Your Rights as a Carer	10.00am - 12.00pm Be Empowered - Lydney Community Centre - Looking after yourself as a Carer			



Be Empowered - In the community and via Zoom

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.

Sessions are running throughout January at the below locations:

- Lydney Community Centre - Free Parking
- Redwood Building, Gloucestershire Royal Hospital
- St Pauls Medical Centre - Free Parking

They are also being run online via Zoom and the dates are available on the online calendar

Sessions being delivered include:

Know your rights as a Carer

- Laws and Policies that can enable you as a Carer
- What The Care Act means to you

How to say no - setting your boundaries.

- Ways to improve the clarity of roles
- Establish and maintain healthy boundaries

Dealing with Carer guilt & compassion fatigue

- How compassion fatigue develops & what it is

Planning Hospital Care and Discharge

- Planning hospital and healthcare
- Provides guidance on discharge and what you could consider

Communication with Services / Talking to the professionals - Planning Conversations and how to make yourself heard

- What is Effective Communication
- Types of communication that you can use a
- Hints and tips to communicate confidently

Communication with Services / Talking to the professionals- how to negotiate & compromise

- Communication barriers
- How to talk to professionals to achieve realistic goals
- How to raise concerns effectively

Looking after yourself as a Carer

- How you can look after yourself in your caring role Wellbeing and practical ways to achieve it

If you would like to attend any of the Be Empowered sessions please call 0300 111 9000 or email bookings@peopleplus.co.uk to confirm your space.

Adult Education in Gloucestershire, a service within Gloucestershire County Council, provides learning for individuals, employers and communities, and works in partnership with external organisations and other services across the Council.

There are a range of courses available to access across the county, we have outlined some key sessions below. For full course information visit: Gloucestershire Adult Learning Course List (gloglobal.net) or call 01452 583800

Wednesday 25th January 2023 - Money Management 10:00 - 12:30pm - Adult Education, 4-6 Commercial Road, Gloucester, GL1 2EA

Transform your attitude to finances by learning how to stretch your money using a money planner and becoming an effective budgeter to improve your quality of life. Learn how to budget; Look at incoming and outgoings and what is left; How to save money; Wants vs. Needs; Benefits and disadvantages of borrowing money; Where to get help if in debt. **Contact:** Nusrath.khan@gloucestershire.gov.uk

24th January - 14th February 2023 - Love Your Cathedral! - 11:00 - 1:00pm - Gloucester Cathedral, 12 College Green, Gloucester, GL1 2LX

A 4-week craft course for adults, learn a new skill, make something with a Cathedral theme! **Contact:** Lesley.andrew@gloucestershire.gov.uk

31st January - 21st March 2023 - Photography With Your Phone Or Tablet - 10:30am - 12:30pm - The Octagon, Paganhill Community Centre, Farmhill Lane, Stroud, GL5 4BX

This is workshop which has the potential for a longer follow up course. This session will look at strategies around photography using your phone or tablet. **Contact:** tianna.chant@gloucestershire.gov.uk

31st January - 21st February 2023 - Nature Photography - 1:00pm - 3:00pm - The Octagon, Paganhill Community Centre, Farmhill Lane, Stroud, GL5 4BX

This is a 4 week course. 4 weeks of looking at trees, plants and flowers and how to photograph these whether that be in situ, as still life and when using a tablet as a light table to create backlit photographs. **Contact:** tianna.chant@gloucestershire.gov.uk

Courses are free for anyone:

- Over the age of 19
- UK Citizen or have settled/pre settled status/relevant residency permit of living here in the last 3 years?

One of the following:

- Unemployed/earning below £18,525
- Mental health challenges
- Learning difficulty or disability
- Qualified below a level 2

Wednesday 11th January - 8th February 2023 - IY For All - 10:00am - 12:00pm - Springfields Court, Cam, Dursley, GL11 6PG

Tuesday 10th January - 7th February 2023 - DIY For All - 1:00pm - 3:00pm - Concord, Newmarket Road, Nailsworth, Stroud, Gloucestershire, GL6 0DQ

Wednesday 11th January - 8th February 2023 - DIY For All - 1:00pm - 3:00pm - Sherborne House, Stonehouse, Gloucestershire, GL10 2HP

Tuesday 10th January - 7th February 2023 - DIY For All - 10:00am - 12:00pm - George Pearce House, Minchinhampton, Stroud, Gloucestershire, GL6 9LA

Learn basic DIY for the home including doing simple home repairs, knowing your electrics, where is the fuse box water pipes, stopcock and wiring, what we can do when the box trips, reading a meter, appliance fuses and changing a plug, how to reduce water usage, how to change a tap washer, wall fixtures and more!

Contact: Nusrath.khan@gloucestershire.gov.uk

Tuesday 10th January - 14th February 2023 - What is Mindfulness - 12.30pm - 2.30pm - Redwell Centre, Redwell Road, Matson, Gloucester, GL4 6JG

Monday's between 9th January 2023 - 13th February 2023 - Introduction to Laptops - 1.30pm - 3.30pm - The Keepers Hub, Symn Lane, Wotton-Under-Edge, GL12 7BD

More IT courses available call 01452 583800