



Gloucestershire
Carers

Hub



 PeoplePlus

Our free activities and sessions Programme for unpaid Carers

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 too.

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

Online Sessions

The links for these sessions will be sent out in the fortnightly communications, those held regularly have the same links.

Your Circle - An Introduction

**Tuesday 4th February
11.00am - 12.00noon**

Join Your Circle for an introduction on how to use the online directory to find things which could support you. Ask questions and learn about the ways in which this platform could support you.

Direct Payments - What they are and how they work

**Wednesday 5th February
1.00pm - 2.00pm**

Join PeoplePlus to hear about Independent Living Services and the Direct Payments offer which may be available to you for managing your care needs.

Relaxation for Wellbeing

**Thursday 6th February and 20th February
1.30pm - 2.30pm**

Unleash Your Inner Peace

Are you craving a moment of calm? This workshop offers a unique blend of mindfulness and gentle movement to help you relax, recharge, and rediscover your inner peace. Through guided visualizations, mindful movement, and creative activities, you'll learn to connect with your inner self, reduce stress, and cultivate a deeper sense of wellbeing.

*Please have paper, pencils or a pen available for the workshop.

Support offered at Gloucestershire Hospitals

**Friday 7th February - 3.00pm - 4.00pm
Monday 10th February - 7.00pm - 8.00pm**

Join us to speak to a representative from Gloucestershire Hospitals to hear about the support offered to Carers within the main hospitals. This is also an opportunity for you to feedback on experiences you may have had.

ReSPECT - Introduction

**Monday 10th February
10.00am - 11.00am**

This session will cover what the ReSPECT plan is, it's benefits, what should be included and where it should be stored.

Urgent NHS Care at Home - Focus Group

**Tuesday 11th February
1.00pm - 2.00pm**

Join Esther Mitchell to provide feedback. If you are supporting someone who is over 65 and have had recent experiences of the person you support visiting accident and emergency or having a recent hospital admission, please join in with this session. The focus group aims to find out about people's experiences and also gain ideas of what additional support would be needed at home to ensure someone could avoid hospital admission.

An Introduction to the Autism Liaison Officer at Gloucestershire Hospitals

**Tuesday 11th February
7.00pm - 8.00pm
Thursday 20th February
11.00am - 12.00noon**

Do you support someone with autism? Join this session to meet with and find out more about the Autism Liaison Officer within the Gloucestershire Hospitals and how they can support you.

Carers Cosy Craft and Chat

**Wednesday 19th February
7.30pm - 8.30pm**

Join other Carers to chat whilst doing a craft of your choice. This friendly and welcoming group meet monthly to catch up and craft together.

The Care Advice Line - Paying for Care

**Wednesday 26th February
12.30pm - 1.30pm**

An overview session on our current system for social care funding.



YouCan Be You

**Tuesday 25th February
1.00pm - 3.00pm**

Join us for YouCan to explore emotions and feelings, coping strategies, positive wellbeing and the five ways of wellbeing. This session will give you an insight into taking time for you and how to support your overall wellbeing.

Regular Online Sessions

The links for these sessions will be sent out in the fortnightly communications, those held regularly have the same links.

Exercise Classes

Shibashi Qigong

Friday 7th February - 10.30am - 11.30am

Join our expert instructor as he teaches you the exercises of Shibashi. Shibashi has been recognised by the NHS to improved 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.



The Rainbow Cuppas are lovely and gentle public social spaces for folk to meet up and chat. They run monthly in Cheltenham, Gloucester, and Wotton Under Edge.

All LGBTQ+ folk and allies are welcome and there is always a range of information about LGBTQ+ groups and support across Gloucestershire and beyond.

All three locations are in wheelchair accessible venues.

You can find out more about each specific event by searching @lgbtchelt on facebook, instagram, threads, and twitter/X



Carers UK run Share and Learn sessions to find out more visit: <https://www.carersuk.org/help-and-advice/your-health-and-wellbeing/online-meetups/share-and-learn/>

Support Groups

Supporting an Adult with Autism Carers Group

Monday 3rd February - 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.

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.

Adult Parent Carer Support Group

Wednesday 12th February - 1.00pm - 2.00pm

This support group will give you a space to talk to other parents who are supporting adult children.

Dementia Carers Online Monthly Support Group

Tuesday 25th February - 7.00pm - 8.30pm

Join other Dementia Carers for an online support group with Managing Memory and Gloucestershire Carers Hub.

Weekend Carers Social Catch Up

Sunday 2nd and 16th February - 8.00pm - 9.00pm

Join our Sunday evening social to meet other Carers online.

Poetry Group

Tuesday 4th and 18th February - 3.30pm - 4.30pm

Join other Carers who have a common interest in poetry. Write poems or come along just to listen to other poems that Carers in the group have written.

In the Community

Carer Cafes

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

Monday 3rd February - 10.30am - 11.30am
The Conerstones Centre, 1 Severn Rd, Whaddon,
Cheltenham GL52 5QA

Forest of Dean

Monday 3rd February - 11.00am - 2.30pm
Cinderford - CANDI, 31A Market Street, Cinderford,
GL14 2RT

Wednesday 12th February - 10.00am - 11.00am
Coleford - Bicky's, Pyart Court, Coleford, GL16 8RG

Tuesday 25th February - 1.00pm - 2.00pm
Newent Community Centre, Ross Road, Newent GL18
1BD

Cotswolds

Monday 17th February - 2.00pm - 3.30pm
The Churn Carers Group, Ashcroft Church, Cirencester

Friday 28th February - 10.30am - 12.30pm
Beechwood Park, Fosse Way, Stow GL54 1FP
Stow Share and Chat Cafe for carers of people with a
diagnosis of dementia living in the North Cotswolds

Tewkesbury

Tuesday 11th February - Bishops Cleeve Carers Group -
2.00pm - 3.30pm
St Michaels Hall, School Road, Bishops Cleeve, GL52
8BA

Thursday 20th February - 10.00am - 12.00noon
Tewkesbury Carers Group, The Dunlop Room, The
Deveraux Centre, Tewkesbury

Thursday 20th February - 12.30pm - 1.30pm
Brookfields, Churchdown Community Centre, Parton
Rd, Churchdown, Gloucester GL3 2JH

Stroud

Thursday 6th February - 10.00am - 12.00noon
St. Marys Church, Church Lane, Berkeley

Friday 7th February - 2.00pm - 3.30pm
Nailsworth Garden Centre, Avening Road, Town
Centre, Stroud Hill, England, GL6 OBS

Thursday 13th February - 5.00pm - 7.00pm
Longtable, Stroud, GL5 2QN

Wednesday 19th February - 2.30pm - 4.30pm
Scarlett House, 123 Westward Road, Ebley, Stroud,
GL5 4TS
Call to book 01453 808689

Gloucester

Monday 3rd February - 11.00am - 12.00noon
The Phoenix Centre, Matson, GL4 6DX

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

Tuesday 11th and 25th February - 10.30am - 12.00noon
Robinswood Hill, Gloucester, GL4 6SX

Monday 17th February - 10.30am - 11.30am
Hucclecote Methodist Church Hall, Hucclecote, GL3
3QP

Monday 24th February - 2.00pm - 3.30pm
Quedgeley Library, Bristol Road, Quedgeley



To find further support groups in your area why not visit
Your Circle.

<https://www.yourcircle.org.uk/>