

# Free Virtual Coffee Mornings and Training Opportunities for our Carers throughout May 2020

## Free Virtual Coffee Mornings and Training Programme May 2020

- During Covid-19 we have teamed up with our Stoke and Staffs Carers Hub to bring you a wider variety of virtual training. Our sessions are open to all Gloucestershire, Stoke on Trent and Staffordshire Carers
- Gloucestershire Carers Hub - To book please email [carers@peopleplus.co.uk](mailto:carers@peopleplus.co.uk) or call 0300 111 9000
- We have a timetable of various sessions happening over **May 2020**
  - The coffee mornings and majority of the training require you to use 'Zoom' (<https://zoom.us/>) which can be downloaded on a tablet or smartphone from your app store (no account required) or used on a laptop, you just enter the meeting code to access. If you need any help with this please get in contact with us.
  - We will send you the code for the session upon booking

**4<sup>th</sup> May 2020 - Mindfulness**  
 Delivered by Gloucestershire Mindfulness  
**Zoom Webinar**  
 10am

Learn and develop mindfulness techniques to use at home  
 Participate with others within the session in learning the art of mindfulness

**5<sup>th</sup> May 2020 – Seasonal Flow Yoga with Jo**  
 Delivered by Yoga Teacher  
**Zoom Webinar**  
 11am – 12.15pm

Virtual Yoga taught via zoom for you to complete at home

**5<sup>th</sup> May 2020 – Virtual Coffee Morning**  
 Delivered by Gloucestershire Carers Hub  
**Zoom Coffee Morning**  
 11am – 12pm

Meet online with other carers for a chat with each other and one of our team

**6<sup>th</sup> May 2020 – Virtual Coffee Afternoon**  
 Delivered by Stoke & Staffordshire Carers Hub  
**Zoom Coffee Morning**  
 2pm – 3pm

Meet online with other carers for a chat with each other and one of our team

**8<sup>th</sup> May 2020 – Virtual Coffee Morning**  
Delivered by Stoke & Staffordshire Carers Hub  
**Zoom Coffee Morning**  
11am – 12pm

Meet online with other carers for a chat with each other and one of our team

**11<sup>th</sup> May 2020 - Mindfulness**  
Delivered by Gloucestershire Mindfulness  
**Zoom Webinar**  
10am

Learn and develop mindfulness techniques to use at home  
Participate with others within the session in learning the art of mindfulness

**12<sup>th</sup> May 2020 - Benefit Advice**  
Delivered by Stoke on Trent & Staffordshire Benefit Advisor  
**Zoom Webinar**  
2pm-3pm

Send us your pre questions before the 10<sup>th</sup> May and join us to hear the advice from our Benefit Advisor

**12<sup>th</sup> May 2020 – Seasonal Flow Yoga with Jo**  
Delivered by Yoga Teacher  
**Zoom Webinar**  
11am – 12.15pm

Virtual Yoga taught via zoom for you to complete at home

**12<sup>th</sup> May 2020 – Virtual Parent Carer Coffee Morning**  
Delivered by Gloucestershire Carers Hub  
**Zoom Coffee Morning**  
11am – 12pm

Meet online with other parent carers for a chat with each other and one of our team

**13<sup>th</sup> May 2020 – Virtual Coffee Morning**  
Delivered by Gloucestershire Carers Hub  
**Zoom Coffee Morning**  
11am – 12pm

Meet online with other carers for a chat with each other and one of our team

**14<sup>th</sup> May 2020 – 5 Ways to Wellbeing**  
Delivered by Wellbeing Specialist  
**Zoom Webinar**  
2pm – 4pm

Explore the 5 ways to wellbeing in an interactive online live session

**15<sup>th</sup> May 2020 – Fire Safety in the Home**  
Delivered by Staffordshire Fire & Rescue  
**Zoom Webinar**  
10.am – 10.45am

Staffordshire Fire & Rescue believe that the best way to keep Carers & their Cared for safe from fire is to help them understand common risks and reduce them in your home.

**19<sup>th</sup> May 2020 – Seasonal Flow Yoga with Jo**  
Delivered by Yoga Teacher  
**Zoom Webinar**  
11am – 12.15pm

Virtual Yoga taught via zoom for you to complete at home

**20<sup>th</sup> May 2020 – Virtual Coffee Morning**  
Delivered by Stoke & Staffordshire Carers Hub  
**Zoom Coffee Morning**  
11am – 12pm

Meet online with other carers for a chat with each other and one of our team

**21<sup>st</sup> May 2020 – Compassion Fatigue**  
Delivered by Wellbeing Specialist  
**Zoom Webinar**  
2pm – 4pm

Looking at compassion fatigue and its impacts and implementing a plan to help you overcome difficulties which you may be experiencing

**22<sup>nd</sup> May 2020 – Transition to Adulthood with ASD**  
Delivered by Girl with the Curly Hair  
**Webinar**  
10am – 1pm

Exploring the transition to adulthood

**26<sup>th</sup> May 2020 – Seasonal Flow Yoga with Jo**  
Delivered by Yoga Teacher  
**Zoom Webinar**  
11am – 12.15pm

Virtual Yoga taught via zoom for you to complete at home

**26<sup>th</sup> May 2020 - Mindfulness**  
Delivered by Gloucestershire Mindfulness  
**Zoom Webinar**  
10am

Learn and develop mindfulness techniques to use at home  
Participate with others within the session in learning the art of mindfulness

**26<sup>th</sup> May 2020 – Introduction to Calming Techniques**  
Delivered by Wendy Beresford  
**Introduction to Calming Techniques via Zoom**  
10.00am

Find out how Positive Tapping (EFT) and other simple Emotional Wellness tools, help you to be able to calm your emotions or thoughts

**27<sup>th</sup> May 2020 – Introduction to Parkinsons**  
Delivered by Crossroads Gloucestershire  
**Zoom**  
10.00am

Delivery of information on Parkinsons, practical support and information

**28<sup>th</sup> May 2020 - First Aid for Carers**  
Delivered by Passion First Aid  
**Zoom Webinar**  
10am

First aid for carers, information and advice on first aid  
Answering specific questions raised by carers

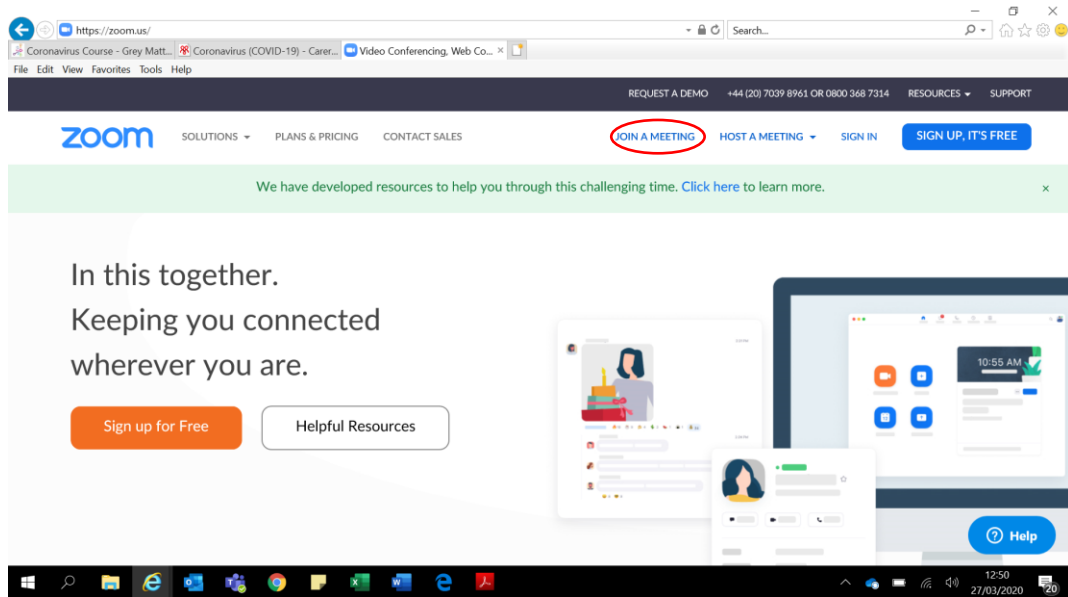
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## To Join a Zoom Meeting

Visit [www.zoom.us](https://www.zoom.us) or download from the Appstore or Play Store on your phone

Click Join a Meeting (circled in Red)



Insert meeting ID (Issued on sign up)

