



# What's On August 2022

## Free to access information and activity sessions for Carers

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

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

Join us for our **FREE** sessions available to all of our registered Carers, you're also more than welcome to bring along the person you support to any of the sessions.

**Our calendar is now 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 red.**

**1st August - 10.30am - 11.30am - Cornerstones, Cheltenham**

**2nd August - 10.30am - 11.30am - Cheltenham Foodbank, 115 St Georges Road, Cheltenham GL51 7SZ**

**8th August - 10.00am - 12.00pm - Phoenix Centre, Matson**

**9th August - 10.30am - 11.30am - The Monks Kitchen, Gloucester Cathedral**

**10th August - 10.00am - 11.00am - Bickys Café, Coleford**

**17th August - 10.00am - 12.00pm - GL11 Community Centre, Dursley**

**18th August - 12.30pm - 1.30pm - GL3, Churchdown**

**22nd August - 10.00am - 12.00pm - Phoenix Centre, Matson**

**23rd August 10.30am - 11.30am - Robinswood Hill Café, Gloucester**


**23rd August - 1.30pm - 3.00pm - Crickley Hill Café, Cheltenham**

**31st August - 10.00am - 12.00pm - GL11 Community Centre, Dursley**



**August sees the launch of Be Empowered  
Please see Page 4 for more details**

# August 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1st</b> <u>10.30am - 11.30am</u> <b>Shibashi Qigong</b>  <u>1.00pm - 2.30pm</u> <b>Mindfulness</b>  <u>4.00pm - 5.00pm</u> <b>Seated Exercise with GFitness</b>	<b>2nd</b> <u>10.00am - 10.45am</u> <b>Dementia Coffee Morning</b>	<b>3rd</b> <u>7.00pm - 8.30pm</u> <b>Young Onset Dementia Carers Group</b>	<b>4th</b> <u>11.00am - 12.30pm</u> <b>Be Empowered - Know your rights as a Carer</b>  <u>7.00pm - 8.00pm</u> <b>Yoga Nidra</b>	<b>5th</b> <u>10.00am - 11.00am</u> <b>Mental Health Coffee Morning</b>  <u>12.00pm - 1.00pm</u> <b>What is Autism?</b>  <u>2.00pm - 3.00pm</u> <b>Gentle exercise to improve stress and wellbeing</b>
<b>8th</b> <u>10.30am - 11.30am</u> <b>Shibashi Qigong</b>  <u>1.00pm - 2.30pm</u> <b>Mindfulness</b>  <u>4.00pm - 5.00pm</u> <b>Seated Exercise with GFitness</b>	<b>9th</b> <u>10.00am - 10.45am</u> <b>Dementia Coffee Morning</b>  <u>3.30pm - 4.30pm</u> <b>Poetry Group</b>  <u>7.00pm - 8.30pm</u> <b>How to improve your negative thinking patterns for better wellbeing</b>	<b>10th</b> <u>2.00pm - 3.00pm</u> <b>Distance Reiki</b>	<b>11th</b> <u>11.00am - 12.30pm</u> <b>Be Empowered - Talking to professionals - planning positive &amp; effective conversations</b>  <u>7.00pm - 8.00pm</u> <b>Yoga Nidra</b>	<b>12th</b> <u>10.00am - 11.00am</u> <b>Mental Health Coffee Morning</b>  <u>10.00am - 11.00am</u> <b>Shibashi Qigong</b>  <u>2.00pm - 3.00pm</u> <b>Gentle exercise to improve stress and wellbeing</b>  <u>2.00pm - 4.00pm</u> <b>Tewkesbury Abbey Tour</b>
<b>15th</b> <u>10.00am - 11.00am</u> <b>What is Telecare? Equipment to support the person you care for at home</b>  <u>1.00pm - 2.30pm</u> <b>Mindfulness</b>  <u>4.00pm - 5.00pm</u> <b>Seated Exercise with GFitness</b>	<b>16th</b> <u>10.00am - 10.45am</u> <b>Dementia Coffee Morning</b>   <u>12.00pm - 2.00pm</u> <b>Carer Picnic - Churchdown Community Association</b>   <u>7.00pm - 8.30pm</u> <b>Carer Craft - No Sew T-shirt Pillow cover</b>	<b>17th</b> <u>2.00pm - 3.00pm</u> <b>Distance Reiki</b>	<b>18th</b> <u>11.00am - 12.30pm</u> <b>Be Empowered - Talking to Professionals - how to negotiate &amp; compromise</b>  <u>1.00pm - 2.30pm</u> <b>Supporting someone with anxiety</b>  <u>6.00pm - 8.00pm</u> <b>Supporting your child with anxiety or worry.</b>  <u>7.00pm - 8.00pm</u> <b>Yoga Nidra</b>	<b>19th</b> <u>10.00am - 11.00am</u> <b>Mental Health Coffee Morning</b>  <u>2.00pm - 3.00pm</u> <b>Gentle exercise to improve stress and wellbeing</b>
<b>22nd</b> <u>1.00pm - 2.30pm</u> <b>Mindfulness</b>  <u>4.00pm - 5.00pm</u> <b>Seated Exercise with GFitness</b>  <u>7.00pm - 8.30pm</u> <b>Be Empowered - Know your rights as a Carer</b>	<b>23rd</b> <u>10.00am - 10.45am</u> <b>Dementia Coffee Morning</b>  <u>1.00pm - 2.30pm</u> <b>Carer Craft - No Sew T-shirt pillow cover</b>  <u>3.30pm - 4.30pm</u> <b>Poetry Group</b>  <u>7.00pm - 8.30pm</u> <b>Evening Dementia Carers Group</b>  <u>7.00pm - 8.00pm</u> <b>Looking at ways to journal thoughts &amp; feelings to improve resilience</b>	<b>24th</b> <u>2.00pm - 3.00pm</u> <b>Distance Reiki</b>	<b>25th</b> <u>11.00am - 12.30pm</u> <b>Be Empowered - Looking after your own health &amp; wellbeing as a carer</b>  <u>7.00pm - 8.00pm</u> <b>Yoga Nidra</b>	<b>26th</b> <u>10.00am - 11.00am</u> <b>Mental Health Coffee Morning</b>  <u>2.00pm - 3.00pm</u> <b>Gentle exercise to improve stress and wellbeing</b>
<b>29th</b> <u>10.30am - 11.30am</u> <b>Shibashi Qigong</b>  <u>4.00pm - 5.00pm</u> <b>Seated Exercise with GFitness</b>	<b>30th</b> <u>10.00am - 10.45am</u> <b>Dementia Coffee Morning</b>	<b>31st</b> <u>2.00pm - 3.00pm</u> <b>Distance Reiki</b>		



# August 2022

## Supporting 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.

## Keeping you connected

### Mental Health Coffee Morning

Are you supporting someone with poor mental health? Come and meet other like minded Carers for a cuppa and a chat.

### Hospital Reflection Group

Join members of the NHS Trust and other Carers to discuss any concerns or feedback around the County's Hospitals. Be involved in providing feedback to support the NHS service locally.

### Sunday Night Quiz

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

**Sunday 7th and 21st August 8.00pm - 9.00pm**

### Supporting an Adult with Autism Carers Group - What is Autism?

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.

The session is currently held online via Zoom.

## Keeping you fit and well

### 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

## Improve your wellbeing

### How to improve your negative thinking patterns for better wellbeing

Join Lucy from Inclusive Change for a 60-minute workshop which will look at how our thoughts can influence our behaviour and feelings. It's totally normal to notice that sometimes we use negative self-talk when we're feeling low or stressed out. We might not be able to stop the thoughts we have, but by becoming more aware of them we can lessen the impact they have on how we feel and behave.

### Looking at ways to journal thoughts & feelings to improve resilience

Journalling - find out how documenting your thoughts and actions can help improve your mental health and gain control of your emotions



# August 2022

## Time for You

### Carer Craft - No Sew Pillow

Join a fun, relaxed group to create your own football or rugby top pillow cover to keep as a memento

## Out and About

### Tewkesbury Abbey Tour

Join us at Tewkesbury Abbey for a tour of the building and grounds.



## Summer Picnic Extravaganza

Come and join us for a bring your own picnic

**Tuesday 16th August 2022**

**Churchdown Community Association**

**12pm - 2pm**



**Book today: [bookings@peopleplus.co.uk](mailto:bookings@peopleplus.co.uk)**

## Gain Information

### Supporting Someone with Anxiety

What is anxiety in adults, what it looks like for ourselves as Carers and the people we support. Find out how to support someone and ways to access help.

### Supporting a child aged 5 - 11 with anxiety and worry

A session aimed at parents or Carers around managing anxiety and worry. This interactive session will provide information and hints and tips.

### What is Telecare?

Find out about different types of technology and equipment to keep the person you support safe at home. Learn where to access support and explore how telecare could keep someone safe and independent

## Supporting someone with Dementia

### Dementia Coffee Morning

Come along and meet other Carers who are supporting someone with Dementia for a cuppa and chat.

### Managing Memory Young Onset Dementia Online Group

A group for individuals caring for someone with young onset dementia together with Managing Memory.

### Managing Memory Dementia Carers Drop In

A group for individuals caring for someone with dementia together with Managing Memory.

## Be Empowered



### Know your rights as a Carer

Aim is 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)

Session looks 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.

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

We look at communication barriers and how to talk to professionals to achieve realistic goals. The session also explores how to raise concerns effectively.

### Looking after yourself 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.