

What's On October 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.

Face to Face sessions and Carer Cafes now appear on a separate calendar on the first page of the programme.

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

Gloucestershire Parent Carer Forum are running 'Listen to me' events in October. These are open to all Parent Carers and are included in our schedule. For more information about these events contact info@glosparentcarerforum.org.uk

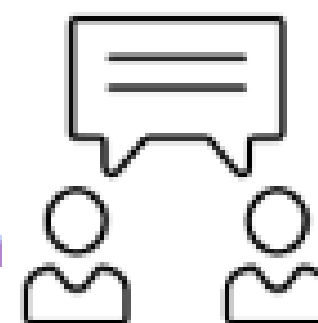


To book any of the sessions, click the link of the session you would like to attend, call 0300 111 9000 or email bookings@peopleplus.co.uk

Invitation to join us



Carers Rights Day Event
Thursday 24th November 2022
Churchdown Community Association
10.30am - 1.30pm



Come along and meet local services and professionals.
For more information email bookings@peopleplus.co.uk or
call 0300 111 9000

Face To Face - October 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3rd 9.15am - 11.30am Parent Carer Forum Listen to Me - Dobbies Garden Centre, Quedgeley</p> <p>10.00am - 12.00pm Be Empowered - Technology & Services available to you as a Carer P3 Moreton in Marsh</p> <p>10.00am - 12.00pm Carer Cafe, Phoenix Centre, Matson</p>	<p>4th 10.30am - 11.30am Cheltenham Foodbank Carer Cafe</p> <p>10.00am - 11.30am Parent Carer Forum Listen to Me - Touching Tearooms, Tewkesbury</p>	<p>5th 11.00am - 12.00pm FVAF Carer Cafe, Dockham Road, Cinderford</p>	<p>6th</p>	<p>7th 9.30am - 11.30am Parent Carer Forum Listen to Me - Gloucester Chamwell Centre, Milestone School</p>
<p>10th 10.00am - 12.00pm Be Empowered - Dealing with Carer guilt & compassion fatigue Kingsway Surgery, Gloucester</p>	<p>11th 10.30am - 11.30am Gloucester Cathedral Carer Cafe</p>	<p>12th 9.30am - 11.30am Parent Carer Forum Traumatized Children and ACEs Focussed - Chamwell Centre, Milestone School</p> <p>10.00am - 11.00am Biccy's Coleford Carer Cafe</p> <p>10.00am - 12.00pm GL11 Carer Cafe</p>	<p>13th 5.00pm - 7.00pm Stroud Long Table Carer Cafe</p>	<p>14th 9.30am - 11.30am - Parent Carer Forum Listen to Me - Redgrove Harvester, Cheltenham</p> <p>10.00am - 2.30pm Meet Steve at Churchdown Library</p>
<p>17th 9.15am - 11.30am Parent Carer Forum Listen to Me - Dobbies Garden Centre, Quedgeley</p> <p>10.00am - 12.00pm Be Empowered - Communication with Services - planning conversations P3 Cirencester</p> <p>10.00am - 12.00pm Carer Cafe, Phoenix Centre, Matson</p>	<p>18th</p>	<p>19th 12.00pm - 2.00pm Parent Carer Forum Listen to Me - Coffee 43, Hucclecote Road</p>	<p>20th 9.30am - 11.00am Scarlet House Carer Cafe, Stroud</p> <p>11.45am - 12.45am Parent Carer Forum Listen To Me - Cotswold Tearoom, Morton In Marsh</p> <p>12.30pm - 1.30pm Carer Cafe GL3</p>	<p>21st 9.30am - 11.30am - Parent Carer Forum Listen to Me - Cirencester, Dobbies</p>
<p>24th 10.00am - 12.00pm Be Empowered - Communication with services - how to negotiate and compromise P3 Moreton In Marsh</p> <p>2.00pm - 3.00pm Quedgeley Library Carer Cafe</p>	<p>25th 10.30am - 12.00pm Robinswood Hill Carer Cafe</p> <p>1.30pm - 3.00pm Crickley Hill Carer Cafe</p>	<p>26th 10.00am - 12.00pm GL11 Carer Cafe</p>	<p>27th</p>	<p>28th</p>
<p>31st 9.15am - 11.30am Parent Carer Forum Listen to Me - Woodruffs Organic Cafe, Stroud</p> <p>10.00am - 12.00pm Be Empowered - Building Resilience, How to bounce back and keep on caring Kingsway Surgery, Gloucester</p> <p>10.00am - 12.00pm Carer Cafe, Phoenix Centre, Matson</p>				

Face to Face October 2022

Be Empowered



P3, Moreton In Marsh



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.

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.

Kingsway Surgery, Gloucester

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.

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.

P3, Cirencester

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.



**To book for the Be Empowered sessions,
 email bookings@peopleplus.co.uk or
 call 0300 111 9000**

Virtual Sessions - October 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3rd</p> <p><u>10.30am - 11.30am</u> <u>Shibashi Qigong</u></p> <p><u>11.00am - 12.00am</u> <u>Looking after yourself and others during menopause</u> <u>Q and A event</u></p> <p><u>1.00pm - 2.30pm</u> <u>Mindfulness</u></p> <p><u>4.00pm - 5.00pm</u> <u>Seated Exercise with G</u> <u>Fitness</u></p> <p><u>6.00pm - 7.00pm</u> <u>Evening Mental Health</u> <u>Carers Group</u></p>	<p>4th</p> <p><u>10.00am - 11.00am</u> <u>Dementia Carers Coffee</u> <u>Morning</u></p> <p><u>11.00am - 12.00pm</u> <u>Seated Boogie with Mika</u></p> <p><u>3.30pm - 4.30pm</u> <u>Poetry Group</u></p> <p><u>7.00pm - 7.45pm</u> <u>Zumba - Must book to</u> <u>receive link</u></p>	<p>5th</p> <p><u>12.00pm - 1.00pm</u> <u>Caring for someone in a</u> <u>care home - peer support</u> <u>group</u></p> <p><u>1.00pm - 3.00pm</u> <u>YouCan Be Well - you must</u> <u>book to attend this session</u></p> <p><u>2.00pm - 3.00pm</u> <u>Distance Reiki</u></p> <p><u>7.00pm - 8.30pm</u> <u>Young Onset Dementia</u> <u>Carer Support Group with</u> <u>Managing Memory</u></p>	<p>6th</p> <p><u>10.00am - 10.45am</u> <u>Zumba - Must book to</u> <u>receive link</u></p> <p><u>11.00am - 12.30pm</u> <u>Be Empowered - Know your</u> <u>rights as a Carer</u></p> <p><u>2.00pm - 3.30pm</u> <u>National Poetry Day -</u> <u>Poetry workshop for all</u></p> <p><u>7.00pm - 8.00pm</u> <u>Yoga Nidra</u></p>	<p>7th</p> <p><u>10.00am - 10.30am</u> <u>Mental Health Carers</u> <u>Coffee Morning</u></p> <p><u>12.00pm - 1.00pm</u> <u>Caring for an adult with</u> <u>autism group</u></p> <p><u>2.00pm - 3.00pm</u> <u>Gentle exercise to boost</u> <u>energy and physical</u> <u>wellbeing</u></p>
<p>10th</p> <p><u>10.30am - 11.30am</u> <u>Shibashi Qigong</u></p> <p><u>1.00pm - 2.30pm</u> <u>Mindfulness</u></p> <p><u>4.00pm - 5.00pm</u> <u>Seated Exercise with G</u> <u>Fitness</u></p>	<p>11th</p> <p><u>10.00am - 11.00am</u> <u>Dementia Carers Coffee</u> <u>Morning - What support</u> <u>Managing Memory Together</u> <u>IES team can provide</u></p> <p><u>11.00am - 12.00pm</u> <u>Seated Boogie with Mika</u></p> <p><u>11.30am - 12.30pm</u> <u>Do you identify yourself as a</u> <u>male Carer? How can we</u> <u>support you?</u></p> <p><u>1.00pm - 2.00pm</u> <u>Cost of living Information</u> <u>event - Hints and tips to</u> <u>keep costs down</u></p> <p><u>6.00pm - 7.30pm</u> <u>How the colder weather can</u> <u>affect someone with</u> <u>Dementia</u></p> <p><u>7.00pm - 7.45pm</u> <u>Zumba - Must book to</u> <u>receive link</u></p>	<p>12th</p> <p><u>10.00am - 10.45am</u> <u>Services for people with</u> <u>visual impairment and</u> <u>staying independent with a</u> <u>hearing impairment</u></p> <p><u>11.00am - 12.00pm</u> <u>Do you identify yourself as a</u> <u>female Carer? How can we</u> <u>support you?</u></p> <p><u>1.00pm - 2.30pm</u> <u>Be Empowered - Talking to</u> <u>professionals - planning</u> <u>effective and positive</u> <u>communication</u></p> <p><u>2.00pm - 3.00pm</u> <u>Distance Reiki</u></p>	<p>13th</p> <p><u>10.00am - 10.45am</u> <u>Zumba - Must book to</u> <u>receive link</u></p> <p><u>7.00pm - 8.00pm</u> <u>Yoga Nidra</u></p>	<p>14th</p> <p><u>10.00am - 10.30am</u> <u>Mental Health Carers</u> <u>Coffee Morning</u></p> <p><u>11.00am - 12.00pm</u> <u>Gentle exercise to boost</u> <u>energy and physical</u> <u>wellbeing</u></p>

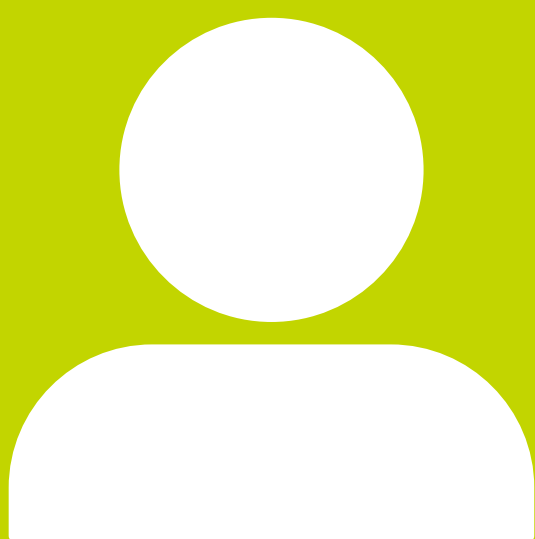
There are some spaces available on the Willow Trust Boat trip on 4th October 2022, these boats are for those who are fully vaccinated against Covid-19.

To book a place please email bookings@peopleplus.co.uk



Virtual Sessions - October 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<p>17th</p> <p><u>10.30am - 11.30am</u> <u>Shibashi Qigong</u></p> <p><u>1.00pm - 2.30pm</u> <u>Mindfulness</u></p> <p><u>4.00pm - 5.00pm</u> <u>Seated Exercise with G Fitness</u></p>	<p>18th</p> <p><u>10.00am - 11.00am</u> <u>Dementia Carers Coffee Morning</u></p> <p><u>11.00am - 12.00pm</u> <u>Seated Boogie with Mika</u></p> <p><u>11.30am - 12.30pm</u> <u>Do you identify as a non binary Carer? How can we support you?</u></p> <p><u>3.30pm - 4.30pm</u> <u>Poetry Group</u></p> <p><u>1.00pm - 2.00pm</u> <u>Managing Continence - practical guide to supporting someone</u></p> <p><u>7.00pm - 7.45pm</u> <u>Zumba - Must book to receive link</u></p>	<p>19th</p> <p><u>2.00pm - 3.00pm</u> <u>Distance Reiki</u></p> <p><u>7.00pm - 8.00pm</u> <u>Evening Carer Craft Session</u> <u>Faux stained glass windows</u></p>	<p>20th</p> <p><u>10.00am - 10.45am</u> <u>Zumba - Must book to receive link</u></p> <p><u>10.30am - 11.30am</u> <u>Promoting good oral health for people in Dementia</u></p> <p><u>11.00 - 12.30pm</u> <u>Be Empowered - Talking to professionals - how to negotiate and compromise</u></p> <p><u>7.00pm - 8.00pm</u> <u>Yoga Nidra</u></p>	<p>21st</p> <p><u>10.00am - 10.30am</u> <u>Mental Health Carers Coffee Morning</u></p> <p><u>11.00am - 12.00pm</u> <u>Gentle exercise to boost energy and physical wellbeing</u></p>
<p>24th</p> <p><u>1.00pm - 2.30pm</u> <u>Mindfulness</u></p> <p><u>4.00pm - 5.00pm</u> <u>Seated Exercise with G Fitness</u></p>	<p>25th</p> <p><u>10.00am - 11.00am</u> <u>Dementia Carers Coffee Morning</u></p> <p><u>7.00pm - 8.30pm</u> <u>Evening Dementia Carers Group with Managing Memory</u></p> <p><u>7.00pm - 7.45pm</u> <u>Zumba - Must book to receive link</u></p>	<p>26th</p> <p><u>2.00pm - 3.00pm</u> <u>Distance Reiki</u></p> <p><u>7.00pm - 8.30pm</u> <u>Be Empowered - Talking to professionals - how to negotiate and compromise</u></p>	<p>27th</p> <p><u>10.00am - 10.45am</u> <u>Zumba - Must book to receive link</u></p> <p><u>11.00 - 12.30pm</u> <u>Be Empowered - Looking after your health and wellbeing as a Carer</u></p> <p><u>1.00pm - 2.00pm</u> <u>Be Empowered Monthly Catch Up</u></p> <p><u>7.00pm - 8.00pm</u> <u>Yoga Nidra</u></p>	<p>28th</p> <p><u>10.00am - 10.30am</u> <u>Mental Health Carers Coffee Morning</u></p> <p><u>11.00am - 12.00pm</u> <u>Gentle exercise to boost energy and physical wellbeing</u></p> <p><u>3.00pm - 4.00pm</u> <u>Tech Users Forum</u></p>
<p>31st</p> <p><u>10.30am - 11.30am</u> <u>Shibashi Qigong</u></p> <p><u>1.00pm - 2.30pm</u> <u>Mindfulness</u></p> <p><u>4.00pm - 5.00pm</u> <u>Seated Exercise with G Fitness</u></p>				



“Thankyou for all you do. It has helped being involved in the online classes and it is good to know there is someone to talk to.”



October 2022

Focus on you Fitness

Shibashi Qigong with Acacia Therapies

Join our expert instructor as he teaches you the exercises of Shibashi.

Shibashi movements are designed to start to help lift mood, reduce depression, and ease anxiety, improve agility and flexibility.

These are gentle exercise movements and are accessible to everyone.

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.

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.

National Poetry Day, Poetry Workshop

Come along for a fun and interactive poetry workshop. Join other poets, you can be just starting out or be a practiced poet. All are welcome.

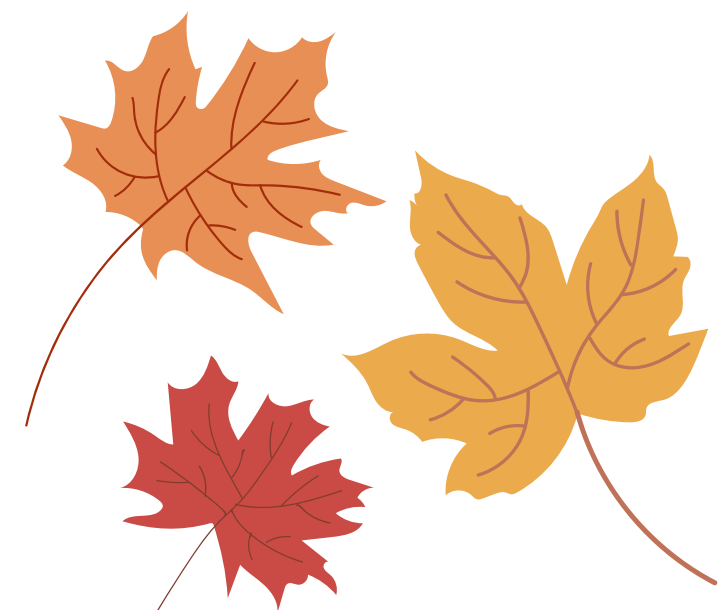
Yoga Nidra (guided meditation) with Maxine

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.



Weekend Quiz

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

Sunday 2nd and 16th October 2022 - 8.00pm - 9.00pm





October 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.

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 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.

Mental Health Support

Evening Mental Health Carers Group

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.

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.

Focus on gaining Information

Looking after yourself and others during menopause *Question & Answer event*

Information session looking at what is peri-menopause, what is menopause and typical symptoms, how to look after themselves, when to seek medical support and where to get further information. This is a Q&A event, so come along with questions about this topic.

Services to support someone with a visual impairment and staying independent

Find out how the Sensory Services Team provide advice and support for people and their Carers with hearing or visual impairments to live as independently as possible.

Managing Continence - practical guide to supporting someone

Join the continence nurse from Disabled Living to look at practical ways to manage continence, from getting out and about, coping at home and what aids may be out there to help you and the person you care for.

Cost of living Information event - Hints and tips to keep costs down

Find out ways to reduce spending and how to save money and where you can access further help.

Tech Users Forum

Come along with your technology related queries for support.

Something for Fun

Carer Craft - Faux stained glass windows

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. October is Faux stained glass windows.



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'





October 2022

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.

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.



Supporting someone with Dementia

Dementia Coffee Morning - What support Managing Memory information, education and support team can provide

Find out who is the Managing Memory Together Information, Education and Support Team are. What advice they can provide and how to access their service.

Young Onset Dementia Carer Support Group with Managing Memory

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

Dementia Carers Evening Group with Managing Memory

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.

How the colder weather can affect someone with Dementia

Come along to find out how the colder weather can affect someone with Dementia, how to improve their wellbeing and reduce the risk of them becoming unwell.

Promoting good oral health for people in Dementia

Session is hosted by the specialist dental team supporting people with dementia. Find out how you can help the person you are supporting look after their teeth, reduce the risk of poor mouth and gum health and find out about tools to help you.



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