

Free Carer Skills, Training and Development

October 2020



Throughout October our courses and coffee mornings remain online through Microsoft Teams and Zoom. We also have some alternative sessions which can be dialled in to and therefore you do not need a computer to access them.

A full explanation of all sessions is outlined on pages 2, 3 and 4.

To book on to any of the sessions please call **0300 111 9000** or email **carers@peopleplus.co.uk**

We want to put on sessions that are most relevant to you, so if you would like to see us set up a training course, social event or run a session on another topic, please let us know.

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|---|--|
| | | | <p>1 1pm – 2pm YouCan Feedback Session</p> <p>2pm – 3pm Yoga Nidra</p> | <p>2 2pm – 3.30pm Make do and Mend Part 1</p> |
| <p>5 10am -12.00pm Mindful Morning</p> <p>7pm - 9pm Self-Harm Workshop</p> | <p>6 10am – 11am Dementia Coffee Morning</p> <p>11am – 12pm Cuppa with Carrie</p> | <p>7 11am – 12pm Quiz</p> <p>2pm – 3pm Distance Reiki</p> <p>6pm – 7.15pm Sessional Yoga</p> | <p>8 10.30 – 11.30 General Advice and Introduction to Dementia</p> <p>11am – 12.00pm Practical Planning when Caring</p> <p>2pm – 3pm Yoga Nidra</p> | <p>9 10am – 11am Mental Health Coffee Morning</p> <p>2pm- 3pm Benefits Advice</p> |

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|---|--|
| <p>12 10.30 – 12.30 Mindsong</p> | <p>13 10am - 11am Dementia Coffee Morning</p> <p>10am – 12pm Parent Carer Coffee Morning</p> <p>10.30am – 12.30pm Self-Calming Techniques</p> <p>11.00am – 12.00pm What is a Carer's Assessment?</p> <p>12pm – 1pm What is the Gloucestershire Carers Hub and how can it help you</p> | <p>14 11am – 12pm Quiz</p> <p>6pm – 7.15pm Sessional Yoga</p> <p>8pm – 9pm Working? Wind Down</p> | <p>15 10am – 12pm Manual Handling and Falls</p> <p>10.30 – 11.30 Dementia Friends Session</p> <p>2pm – 3pm Yoga Nidra</p> <p>7pm – 8pm Cuppa with Carrie</p> | <p>16 10am – 11am Support for Carers with Disabilities Coffee Morning</p> <p>2pm – 3.30pm Make do and Mend Part 2</p> |
| <p>19 11am – 1pm Parkinson's Awareness</p> <p>8pm – 9pm Working? Wind Down</p> | <p>20 10am – 11am Dementia Coffee Morning</p> <p>11am - 12pm Cuppa with Denise</p> | <p>21 11am - 12.30pm SENDIASS for Parent Carers</p> <p>11am – 12pm Quiz</p> <p>6pm – 7.15pm Sessional Yoga</p> | <p>22 10.30am – 11.30am What is Dementia?</p> <p>2pm – 3pm Yoga Nidra</p> <p>7pm – 8pm Practical Planning when Caring – Plan for emergencies</p> | <p>23 10am – 1pm ASD and Puberty, relationships, and sexuality (Recorded)</p> <p>10am – 11am Mental Health Coffee Morning</p> |
| <p>26 10am – 12.00am Mindful Morning</p> | <p>27 10am – 11am Dementia Coffee Morning</p> <p>10am – 12pm Parent Carer Coffee Morning</p> <p>7pm – 8pm Dementia Carers Group with Managing Memory</p> | <p>28 11am – 12pm Quiz</p> <p>2pm – 3pm Distance Reiki</p> <p>6pm – 7.15pm Sessional Yoga</p> | <p>29 10.30am – 11.30am Delirium what is it and how is it treated?</p> <p>2pm – 3pm Yoga Nidra</p> | <p>30 10am – 12pm Carer Craft Session</p> |

SENDIASS
An overview for Parent Carers on the impartial advice and support offered by the SENDIASS team across the county when dealing with schools and colleges.

Practical Planning when Caring
Looking at practical aspects you need to know when caring for someone.

Practical Planning when Caring – Planning for emergencies
Looking at planning for emergencies.

Working? Wind Down
Take an hour to relax and unwind with Carrie and have a chance to chat after your busy day of working and caring

What is the Gloucestershire Carers Hub and how can it help you

Join us for an overview of the Gloucestershire Carers Hub and how we can support you in your caring role.

What is a Carers Assessment?

Join one of our Key Workers to find out more about what a Carers Assessment is, how it could support you and your rights as a Carer to a statutory Carers assessment.

Mindful Morning– Delivered by Gloucestershire Mindfulness

If you have already completed the taster session, then this is for you a session for individuals to have more understanding of different Mindfulness techniques.

Girl with The Curly Hair – ASD – Puberty, relationships, and sexuality

This session looks at changes during puberty, relationships, and sexuality for children and young adults with ASD.

Manual Handling and Falls – Delivered by Passion First Aid

Delivered by Passion First Aid. An overview of manual handling and protecting your back when having to move someone. This session also covers falls and what you should do if the person you care for falls.

Dementia Coffee Morning

Join other Carers who are caring for someone with dementia for a cuppa and chat.

Self-Harm Workshop – Delivered by Rethink

Delivered by Rethink this workshop will offer support and information when caring for someone who self-harms.

Approach – What is Dementia?

What are the different types of dementia, the signs & symptoms of dementia and managing care of someone with dementia.

Approach – Delirium what is this and how to treat.

Learn about delirium with dementia and different ways to treat it.

Benefit Advice

The Carers Hub are working in partnership with the Disability Awareness Consultancy and Training and will offer advice and support for Benefits. There will also be a Q & A session.

Quiz

Join us for a fun, friendly quiz of general knowledge questions.

Carers Craft Session

Join us for a crafty break from your caring role.

YouCan Feedback Session

We are inviting attendees of the YouCan programme to this session to provide feedback regarding the course content and delivery. We would also like to include anyone who has previously completed the Positive Caring Programme to gain valuable feedback.

Parent Carer Coffee Morning

Join us and the Parent Carers Forum for a cuppa and chat and meet other Parent Carers.

Yoga Nidra (guided meditation)

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.

Yoga Nidra is typically practiced lying down on your back. But you can do it in any position that allows you to relax! You could lie on a mat or in bed, or you could sit in a comfy chair. Whatever your chosen position, feel free to support and make yourself comfortable with props, if you like. The use of blankets is encouraged! Once the class begins you are not seen by others.



Cuppa with..... Sessions

Join us for a coffee break with a member of the Carers Hub team. Grab a cuppa and meet up with other Carers on a coffee morning Zoom call. There is an option to dial in using a telephone if you would prefer.

Make do and mend

Part 1 – Food

Looking back at rations and how people managed to make a small amount of food go a long way. We will also recall some of the things people used to eat but we would turn our noses up at nowadays! This is an interactive session

Make do and mend

Part 2 – Clothes & home

Reduce, reuse and recycle! Wardrobes really were a make do and mend affair - hand-me-downs, old clothes cut up to make new clothes and some excellent handicraft skills. The home would also have been a combination of old, new, and recycled. This is an interactive session

Parkinson's Awareness

A session designed to raise your awareness of Parkinson's and support which can be offered for the person your care for.

Dementia general advice & introduction

Approach will deliver a general advice and introduction to dementia

Sessional Yoga with Jo

Virtual Yoga taught via zoom for you to complete at home

Mindsong

Music therapy for those caring for someone with dementia. A virtual music therapy session combining music and song. You are welcome to bring along the person you care for to the online virtual session, if they would like to join in. The session will give you practical hints and tips to be able to complete music therapy from home.

Distance Reiki

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 is completely safe for everyone and always works for your highest good. 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. Often, painful conditions are relieved by Reiki, as it promotes deep peace and relaxation within, so easing tension. Reiki promotes a calmer response to life's challenges.

All you need to do during the hour session is to make yourself comfortable - either seated or lying down. We will start with a guided relaxation followed by the Reiki session. Reiki Master/Teacher Jo Fellows has worked with traditional Japanese Reiki for almost 20 years and is CNHC registered.

Mental Health Coffee Morning

Are you caring for someone with poor mental health? Join us for a coffee and a chat and access support

Dementia Friends session

Become a Dementia Friend within this session to raise awareness of dementia in the community.

Support for carers with disabilities coffee morning

Do you have a disability? Join us for a cuppa and a chat and gain support.

Dementia carers group with Managing Memory

If you have attended Managing Memory before you are more than welcome to join this carers group to access support.

