



Gloucestershire
Carers

Hub



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.

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

We are reviewing the programme ahead of Winter and we want to see if it continues to meet your needs. If you would like to make any suggestions of sessions which you would like to see please email bookings@peopleplus.co.uk

We are now running a survey which you can complete here: <https://forms.office.com/e/ZaDzfDVpWZ>



Carers Active online video sessions are an opportunity for carers and the people they care for to access and enjoy a range of movement or stretching based activities.

The video sessions below are replays of live Carers Active Share and Learn sessions and can be viewed at any time.

You don't need any special equipment and you can do the sessions from the comfort of your home, at any time that suits you.

Visit: <https://www.carersuk.org/help-and-advice/your-health-and-wellbeing/carers-active-hub/carers-active-online-sessions/>

Carers UK also 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/>

Online Sessions

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

Exercise Classes

Shibashi Qigong

Every Friday - 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.

Wellbeing Sessions

Poetry Group

Tuesday 1st, 15th, 29th October - 3.30pm - 4.30pm

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

Weekend Carers Social Catch Up

Sunday 6th and 20th October - 8.00pm - 9.00pm

Join our Sunday evening social to meet other Carers online.

Carers Cosy Craft and Chat

Wednesday 16th October - 7.30pm - 8.30pm

Join other Carers for a craft and chat session.

Support Groups

Supporting an Adult with Autism Carers Group

Monday 7th October 2024 - 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.

Carers of Someone in a Care Home, or considering a Care Home Group

Wednesday 2nd October - 12.00noon - 1.00pm

Join other Carers who are supporting someone in a care home.

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.

Information Events

Free Annual Health Checks Information Session with Inclusion Gloucestershire

Thursday 3rd October - 12.30pm - 1.30pm

Wednesday 9th October - 7.00pm - 8.00pm

The 2022 Learning Disabilities Mortality Review found that the average age of death for adults with a learning disability is significantly lower than the average age of those without a learning disability. Attending an Annual Health Check could considerably reduce the risk of early death, yet statistics show that many people who are eligible to attend do not do so.

Inclusion Gloucestershire's Annual Health Check Awareness workshops aim to reduce anxiety around attending an Annual Health Check and encourage you to support the person you care for to attend their own check. The workshop will:

- Explain what an Annual Health Check is
- Explain why it is important for people to attend their Annual Health Check
- Explain how people can get an Annual Health Check
- Explain what a good Annual Health Check should look like
- Help people to understand the rights of the people they care for and the reasonable adjustments they can request
- Help to empower people to stay healthier for longer

This training has been commissioned by Gloucestershire Health and Care Trust and Gloucestershire County Council and has been designed and is delivered by our 'experts with lived experience' of a learning disability. We do hope you will join us.

Session Feedback - Come and give us your views

Monday 7th October - 6.00pm - 7.00pm

Tuesday 8th October - 11.30am - 12.30pm

Come along and share with us what sessions you would like to see in the coming months. This is an opportunity for you to provide your feedback and experiences of our Be Connected programme of sessions and events for Carers.

A Carers Introduction to End of Life Care and dying - Delivered by Sue Ryder Hospice

Wednesday 9th October - 2.00pm - 3.30pm

This session will cover what hospices do and preparations you should make for end of life.

Online Sessions

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

Information Events

Carer's Response Group

Thursday 10th October - 11.00am - 12.00noon

Would you be willing to share your experiences of being an unpaid Carer with others, working together to improve the support for Carers locally?

Gloucestershire's Carers Response Group is a friendly, welcoming group who meet online every 2 months to discuss the challenges faced by Carers and explore solutions, feeding back to the Carers Partnership Board.

Aging and Brain health

Wednesday 23rd October - 6.30pm - 7.30pm

This session will look at normal aging, signs to look out for and brain health.

NHS - Introduction to Rebecca Fell - Patient and Carer Experience Improvement Manager - Gloucestershire Hospitals NHS Foundation Trust

Date and time to be confirmed

Rebecca is newly appointed to the above role, and is currently undertaking a review of the support that is offered to Carers by the Trust. The Gloucestershire Carers Hub and myself are working in partnership to ensure we deliver exceptional support. There is a lot of work to be carried out within the Trust, and your feedback will be instrumental in helping shape the support that is offered in the near future. Rebecca's email address is rebecca.fell2@nhs.net should you not be able to attend the meeting and wish to provide her with any information.

Rebecca is currently running a survey to ensure that Carers voices are heard. Kindly click on the below link if you can spare the time.

<https://app.onlinesurveys.jisc.ac.uk/s/glos-nhs/carers-support-at-ghnhsftcarerssurvey>



Save the Date - Carers Rights Day is coming

**We will be hosting an event on Thursday 21st November 2024
at Shurdington Community Centre**

Like or follow our page to stay up to date

Carers Rights Day
Thursday 21 November 2024

Recognising your rights

The CarersUK logo, featuring a stylized figure of two people holding hands and the text "carersUK" in a lowercase sans-serif font.

In the Community

Information Sessions

Please email to book onto these sessions please email bookings@peopleplus.co.uk

Be Empowered - Managing on your own, when you are no longer caring

Edwardstow Care Home, Edwardstow Court, Fosse Way, Stow-on-the-Wold, OSJCT GL54 1FG

Wednesday 16th October - 2.00pm - 3.30pm

We will explore managing on your own when your caring role changes or comes to an end.

Be Empowered - Communication with professionals, building confidence & knowing your rights.

Mythe Medical Practice, First Floor, The Devereux Centre, Barton Road, Tewkesbury, Gloucestershire GL20 5GJ

Thursday 17th October - 10.00am - 12.00noon

This 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. The session covers some of your Rights as a Carer and how this can help develop positive relationships with professionals.

Join us

NHS Bus Dates around the County

- 2nd October - Bishop's Cleeve Library
- 11th October - Lydney Tesco
- 15th October - Tetbury Tesco
- 21st October - Dursley Town Centre, outside Bank Cafe

Pitville Park Walk with Park Ranger and Friends of Pitville

Wednesday 23rd October - 10.30am - 11.30am

Meeting by the Pitville Pump Rooms, join us on a tour of Pitville Park and find out more about the trees and Friends of Pitville.

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 7th October - 10.30am - 11.30am

The Conerstones Centre, 1 Severn Rd, Whaddon, Cheltenham GL52 5QA

Forest of Dean

Monday 7th October - 11.00am - 2.30pm

Cinderford - CANDI, 31A Market Street, Cinderford, GL14 2RT

Wednesday 9th October - 10.00am - 11.00am

Coleford - Bicky's, Pyart Court, Coleford, GL16 8RG

Tuesday 22nd October - 1.00pm - 2.00pm

Newent Community Centre, Ross Road, Newent, GL18 1BD

Cotswolds

Monday 21st October - 2.00pm - 3.30pm

The Churn Carers Group, Ashcroft Church, Cirencester

Tewkesbury

Thursday 17th October - 12.30pm - 1.30pm

The Brookfield Carer Cafe, Churchdown Community Centre, Parton Road, Gloucester, Gloucestershire, GL3 2JH

Tuesday 8th October - Bishops Cleeve Carers Group - 2.00pm - 3.30pm

St Michaels Hall, School Road, Bishops Cleeve, GL52 8BA

Friday 4th October - 11.00am - 12.00noon

Alderman Knight School, Tewkesbury

Carer Cafes Continued

Stroud

Thursday 3rd October - 10.00am - 12.00noon
Culverhay Surgeries, St Mary's Church, Church Lane,
Berkeley, GL13 9BN

Thursday 10th October - 5.00pm - 7.00pm
Longtable, Stroud, GL5 2QN

Wednesday 16th October - 2.30pm - 4.30pm
Scarlett House, 123 Westward Road, Ebley, Stroud,
GL5 4TS
Call to book 01453 808689

Friday 4th October - 2.00pm - 3.30pm
Nailsworth Carers Group, Nailsworth Garden Centre ,
Avening Road, Town Centre, Stroud Hill, England, GL6
OBS

Wednesday 30th October - 2.00pm - 4.00pm
Longfield , Burleigh Ln, Stroud GL5 2PQ

Gloucester

Tuesday 1st October - 2.00pm - 4.00pm
The Greyhound Pub, Longlevens

Every Monday 11.00am - 12.00noon
The Phoenix Centre, Matson, GL4 6DX

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

Tuesday 8th October - 10.30am - 12.00noon
Tuesday 22nd October - 10.30am - 12.00noon
Robinswood Hill, Gloucester, GL4 6SX

Friday 18th October - 10.30am - 11.30am
Hucclecote Methodist Church Hall, Hucclecote, GL3
3QP

Tuesday 29th October - 10.30am - 12.00noon
Gloucestershire Health Access Centre, Quayside
House, Gloucester, GL1 2TZ

Monday 28th October - 2.00pm - 3.00pm
Quedgeley Library, Quedgeley



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

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

Mental Health Carers Support Groups

There are Mental Health Carers Support Groups
which run in Forest of Dean, Stroud, Cheltenham and
Cirencester.

If you would like further information email
bookings@peopleplus.co.uk or look at
<https://www.yourcircle.org.uk/>



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

Dates for your diary

Carers Rights Day

Thursday 21st November - 1.30pm - 6.30pm
Shurdington Community Centre, Bishop Road,
Shurdington, Cheltenham, GL51 4TB

Come along and gain information from a variety of
organisations including talks to be confirmed.

NHS Bus Dates around the County

6th November - Fairford Market
15th November - Tewkesbury Morrison's
25th November - Hester's Way Shopping Parade,
Cheltenham
26th November - Northleach, Westwoods Centre
27th November - Cirencester Market Place
28th November - Moreton in the Marsh, outside
Tesco Express