



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 Autumn/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

Those held online, will have links issued for them, in the fortnightly communication.



Carers Active's 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/>

Exercise Classes Online Via Zoom

Shibashi Qigong

Friday 16th, 23rd and 30th August - 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.

Accessible Yoga 30 or 60 Minute Class. Including Strength and Balance exercise

Every Monday and Thursday - 10.00am - 11.00am

The format of the class is as follows: The first 30 mins of the class are suitable for everyone and can be done seated or standing. You can leave the class at this stage if you wish or just leave the class running (grab a cup of tea) and join in again for the last 10 minutes for the restorative relaxation at the end of the session. The class always ends with a lovely Relaxation to restore us.

Relaxation class through guided movement & breathing using Yoga techniques

Every Monday - 7.00pm - 8.00pm

Gentle stretching (seated or standing) breathing techniques and a lovely relaxation at the end of the class. Gentle stretching for body & mind to increase your wellbeing, reduce stress and help you feel recharged

Wellbeing Sessions Online Via Zoom

Poetry Group

Tuesday 6th and 20th August - 3.30pm - 4.30pm

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

Weekend Carers Social Catch Up

Sunday 4th and 18th August - 8.00pm - 9.00pm

Join our Sunday evening social to meet other Carers online.

Carers Cosy Craft and Chat

Wednesday 21st August - 7.30pm - 8.30pm

Join other Carers for a craft and chat session.

Support Groups Online Via Zoom

Supporting an Adult with Autism Carers Group

Monday 5th August - 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.

Dementia Peer Support Group with Managing Memory

Tuesday 27th August - 7.00pm - 8.30pm

The Dementia Carers group is open to anyone who supports someone with Dementia. It is an opportunity to talk to other people.

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

Wednesday 7th August - 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.

Join us in the community

Friday 2nd August - 11.00am - 4.00pm
Pitville Park Party In the Park

Wednesday 14th August - 10.00am - 2.00pm
Springbank Community Fun Day

Thursday 15th August - 10.00am - 2.00pm
NHS Bus - Dursley

Thursday 22nd August
NHS Bus Gloucester Cross

Wednesday 28th August - 9.00am - 3.30pm
NHS Bus Cheltenham

Thursday 29th August
NHS Bus Nailsworth Bus Station

Friday 30th August
NHS Bus Cirencester

Information Sessions In the Community

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

What is normal ageing, brain health
Wednesday 14th August - 10.30am - 11.30am
Aspen Centre, Gloucester

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

Be Empowered - Communicating with Services and planning your visits in a Care Home

Edwardstow Care Home, Edwardstow Court, Fosse Way, Stow-on-the-Wold, OSJCT GL54 1FG
Wednesday 21st August - 2.00pm - 3.00pm

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

Be Empowered - Developing Healthy Boundaries
Mythe Medical Practice, First Floor, The Devereux Centre, Barton Road, Tewkesbury, Gloucestershire GL20 5GJ

Thursday 15th August - 10.00am - 12.00noon

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. The session looks at ways to improve the clarity of roles establishing and maintaining health boundaries to give everyone a sense of safety and control.

Information and Feedback Events Online

Gloucestershire Connect and Offload Introduction Session

Wednesday 14th August - 12.00noon - 1.00pm

Find out more about the Connect and Offload service helpline, the session will cover: About the Helpline, How we can help, How to access the help

Be Empowered - Carer Guilt and Compassion Fatigue

Wednesday 14th August - 1.00pm - 3.00pm

The session looks at how compassion fatigue develops and what it looks like as a Carer that you may not be aware of. We explore how you can feel loss and grief for the changes felt due to your caring role. The session will help you develop skills to manage those feelings and ways to reduce the risk of fatigue.

Carer Response Group

Thursday 15th August - 11.00am - 12.00noon - Via Teams

The role of the Carers Response Group is to ensure that carers and the organisations supporting them work closely together to ensure that carers are resilient and feel supported to manage their own health and wellbeing:

- Carers feel valued and included in their community
- Carers have their voice heard at an individual and strategic level
- Carers have opportunities to achieve their own goals, develop their own skills and have employment and training opportunities
- Carers individual support is personalised, accessible and timely
- To provide a healthy, pro-active forum through which adult carers can engage
- To raise awareness of matters relating to adult carers and be a collective source of expert advice and guidance
- To raise awareness of the current support available to carers in Gloucestershire, continually seeking to improve the use of resources
- To inform Gloucestershire Carers Partnership Board of key developments and/or concerns and work closely with the Board regarding these

Carer Cafes In the Community

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 5th August - 10.30am - 11.30am
The Conerstones Centre, 1 Severn Rd, Whaddon,
Cheltenham GL52 5QA

Forest of Dean

Monday 5th August - 11.00am - 2.30pm
Cinderford - CANDI, 31A Market Street, Cinderford,
GL14 2RT

Wednesday 14th August - 10.00am - 11.00am
Coleford - Bicky's, Pyart Court, Coleford, GL16 8RG

Tuesday 27th August - 1.00pm - 2.00pm
Newent Community Centre, Ross Road, Newent, GL18
1BD

Cotswolds

Friday 9th August - 10.00am - 12.00noon
Bourton Cricket Club, Rissington Road, GL54 2AY

Friday 23rd August - 10.00am - 12.00noon
Stow on the Wold Carers Group
Beechwood Park, Fosse Way, Stow GL54 1FP

Tewkesbury

Wednesday 7th August - 2.30pm - 4.00pm
Veterans Carer Cafe - The Bell, Shurdington Rd,
Shurdington, Cheltenham GL51 4XQ

Thursday 15th August - 12.30pm - 1.30pm
The Brookfield Carer Cafe, Churchdown Community
Centre, Parton Road, Gloucester, Gloucestershire, GL3
2JH

**Tuesday 13th August - Bishops Cleeve Carers Group -
2.00pm - 3.30pm**
St Michaels Hall, School Road, Bishops Cleeve, GL52
8BA

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**

Stroud

Thursday 1st August - 10.00am - 12.00noon
Culverhay Surgeries, St Mary's Church, Church Lane,
Berkeley, GL13 9BN

Thursday 8th August - 5.00pm - 7.00pm
Longtable, Stroud, GL5 2QN

Wednesday 21st August - 2.30pm - 4.30pm
Scarlett House, 123 Westward Road, Ebley, Stroud,
GL5 4TS

Call to book 01453 808689

Tuesday 6th and 20th August - 10.30am - 12.30pm
The Keepers, Wotton Under Edge, GL12 7BD

Friday 2nd August - 2.00pm - 3.30pm
Nailsworth Carers Group, Nailsworth Garden Centre ,
Avening Road, Town Centre, Stroud Hill, England, GL6
0BS

Wednesday 28th August - 2.00pm - 4.00pm
Longfield Hospice, Minchinhampton

Gloucester

Every Monday 10.00am - 12.00noon
The Phoenix Centre, Matson, GL4 6DX

Every Monday - 10.00am - 12.00noon
Elmbridge Together, Lonsdale Methodist Church, GL2
0TA

Tuesday 13th August - 10.30am - 12.00noon
Tuesday 27th August - 10.30am - 12.00noon
Robinswood Hill, Gloucester, GL4 6SX

Friday 16th August 10.30am - 11.30am
Hucclecote Methodist Church Hall, Hucclecote, GL3
3QP

Tuesday 27th August - 10.30am - 12.00noon
Gloucestershire Health Access Centre, Quayside
House, Gloucester, GL1 2TZ



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**