



Gloucestershire
Carers



Our Activities and Sessions in August

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 too.

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

****If you have any suggestions of sessions which you would like to see please email bookings@peopleplus.co.uk****

Sessions



YouCan Be You - Session Two **Tuesday 5th August** **10.00am - 12.00noon**

Join us for YouCan Be You - A session which explores your emotions and allows you to talk to other carers about your experiences. Please book in advance by emailing bookings@peopleplus.co.uk

Healthwatch Gloucestershire - Older Adults Experiences and Quality of Life Survey Results **Wednesday 27th August - 10.30am - 11.30am**

Your chance to discuss the Older Adults Experiences and Quality of Life in Gloucestershire Report' results with Healthwatch Gloucestershire

Carers Cosy Craft and Chat

Wednesday 20th August - 7.30pm - 8.30pm

Come along and join other Carers for an enjoyable evening of craft and chat.



Our YouCan sessions are now available in the community, please see the posters below for further information of the sessions which will be available in Tewkesbury and Cirencester starting this August.

Online Support Groups

Supporting an Adult with Autism Carers Group **Monday 4th August - 12.00noon - 1.00pm**

Join other Carers of adults with Autism to gain support and advice.

Carers Chat Time

Every Tuesday - 10.00 am - 11.00am

Come along and join our friendly and supportive group of Carers. Chat through challenges, everyday life and gain advice from others.

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.

Adult Parent Carer Support Group

Wednesday 19th August - 11.00am - 12.00pm

This support group will give you a space to talk to other parents who are supporting adult children.

Dementia Carers Online Monthly Support Group **Tuesday 26th August - 7.00pm - 8.30pm**

Join other Dementia Carers for an online support group with Managing Memory and Gloucestershire Carers Hub.

Weekend Carers Social Catch Up

Sunday 3rd and 17th August - 8.00pm - 9.00pm

Join our Sunday evening social to meet other Carers online.

Online Wellbeing Sessions

Poetry Group

Tuesday 5th and 19th August - 3.30pm - 4.30pm

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

Yoga Nidra with Jo Fellows

Thursday 14th August - 8.15pm - 9.15pm

Join Jo Fellows for a relaxing Yoga Nidra session. Get a blanket and lie comfortably to have a guided meditation session in the comfort of your own home.

Distance Reiki with Jo Fellows

Friday 8th and 22nd August - 1.00pm - 2.00pm

Join Jo Fellows for a distance reiki session, follow Jo's instructions as you relax and unwind.

Join Us for



YouCan is a series of four sessions with the aim of developing skills for building and maintaining positive wellbeing.



Session 1

YouCan Be You

Exploring emotions and feelings and looking at strategies to cope with them. Focus on how someone feels right now and sharing experiences.



Session 2

YouCan Bounce Back

How to improve resilience and deal with what life throws at you.



Session 3

YouCan Be Healthy

How making a small changes that can make a difference covering diet, sleep, and exercise.



Session 4

YouCan Do It

Thinking positive, being thankful and planning for future. Mindful techniques and coping strategies giving a tool kit to use in everyday life.

These sessions are available on Zoom on the following dates:

Session 1 - YouCan Be You

Monday 4th August - 2.00pm - 3.45pm

Session 2 - YouCan Bounce Back

Monday 18th August - 2.00pm - 3.45pm

Session 3 - YouCan Be Healthy

Monday 1st September - 2.00pm - 3.45pm

Session 4 - YouCan Do It

Monday 20th October- 2.00pm - 3.45pm

**Being held at: Ashcroft Church, 21 Ashcroft Road,
Cirencester, GL7 1RA**

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Session 3

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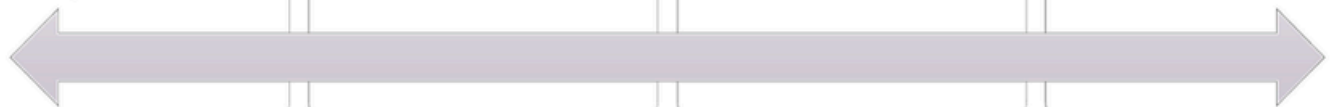
How making a small changes that can make a difference covering diet, sleep, and exercise.



Session 4

YouCan Do It

Thinking positive, being thankful and planning for future. Mindful techniques and coping strategies giving a tool kit to use in everyday life.



These sessions are available on Zoom on the following dates:

Session 1 - YouCan Be You

Thursday 21st August 2025 - 10.00am - 12.00noon

Session 2 - YouCan Bounce Back

Thursday 16th October 2025 - 10.00am - 12.00noon

Session 3 - YouCan Be Healthy

and

Session 4 - YouCan Do It

Thursday 18th December 2025 - 10.00am - 12.00noon

Being held at: Tewkesbury Carers Group, The Hutchison Room (ground Floor) at The Devereux Centre, Barton Road, Tewkesbury, GL20 5GJ.

In the Community

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 4th August - Monday 10.30am - 11.30am
The Cornerstone Centre, Cheltenham

Friday 22nd August - 1.00pm - 2.00pm
Hester's Way Carer Cafe, Hesters Way Resource Centre, Cheltenham

Forest of Dean

Monday 4th August - 11.00am - 2.30pm
CANDI, Cinderford

Every Monday - 2.00pm - 4.00pm
Great Oaks Hospice

Wednesday 13th August - 10.00am - 11.00am
Coleford - Bicky's, Pyart Court, Coleford

Tuesday 26th August - 1.00pm - 3.00pm
Newent Connect, Community Pavilion, Newent

Cotswolds

Monday 18th August - 2.00pm - 3.30pm
The Churn Carers Group, Ashcroft Church, Cirencester

Friday 22nd August - 10.30am - 12.30pm
Beechwood Park, Fosse Way, Stow GL54 1FP
Stow Share and Chat Cafe for carers of people with a diagnosis of dementia living in the North Cotswolds

Tewkesbury

Tuesday 12th August - Bishops Cleeve Carers Group - 2.00pm - 3.30pm
St Michaels Hall, School Road, Bishops Cleeve,

Thursday 21st August - 10.00am - 12.00noon
Tewkesbury Carers Group, The Dunlop Room, The Deveraux Centre, Tewkesbury

Thursday 21st August 12.30pm - 1.30pm
Parent Carer's of Adult Children Support Group
Brookfields, Churchdown Community Centre, Parton Rd, Churchdown, Gloucester

Stroud

Thursday 7th August - 10.00am - 12.00noon
St. Marys Church, Church Lane, Berkeley

Friday 1st August - 2.00pm - 3.30pm
Nailsworth Garden Centre, Avening Road, Town Centre, Stroud Hill, England

Thursday 14th August - 5.00pm - 7.00pm
Longtable, Stroud

Wednesday 20th August - 2.30pm - 4.30pm
Scarlett House, 123 Westward Road, Ebley, Stroud,
Call to book 01453 808689

Gloucester

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

Tuesday 12th and 26th August - 10.30am - 12.00noon
Robinswood Hill, Gloucester

Tuesday 12th August - 2.00pm - 4.00pm
Longlevens, The Greyhound

Monday 18th August - 10.30am - 11.30am
Hucclecote Carer Cafe, Hucclecote Methodist Church, 9 Carisbrooke Rd, Gloucester

Monday 25th August - 2.00pm - 3.30pm
Quedgeley Library Carer Cafe



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