



# What's On March 2022

## Free Carer Skills, Training and Development Programme

Join us for our **FREE** sessions available for all of our registered Carers, please also bring along the person you support.

All of our sessions are online via Zoom. **The Carers walks are held on location and are operating with a limited capacity and are marked in red on the What's On.**

**If you aren't already registered, registration is easy please email [carers@peopleplus.co.uk](mailto:carers@peopleplus.co.uk) or call 0300 111 9000**

To book onto any of the sessions please email:

[bookings@peopleplus.co.uk](mailto:bookings@peopleplus.co.uk)

or visit our website

<https://gloucestershirecarershub.co.uk/our-groups/monthly-events/>

Sessions are run by professionals with specialist knowledge of the topic being delivered.

The online training requires you to use 'Zoom' which is a free platform (<https://zoom.us/>) and can be downloaded on a tablet or smartphone from your app store or used on a laptop. If you need any support in accessing Zoom please call 0300 111 9000 or email [bookings@peopleplus.co.uk](mailto:bookings@peopleplus.co.uk)

All links will be sent out the week before the event takes place. Just click on the link to access.

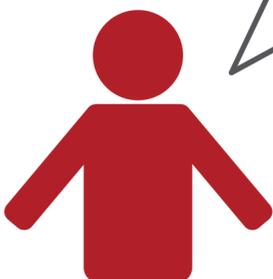
You can also dial in via telephone.

"Thank you so much, I really enjoyed that, I love to dance, but having fibromyalgia it's been difficult. This really cheered me up my mood has been so low, this will definitely be a regular for me."

**Chair Based Boogie**

"Matt's fitness sessions are so helpful, they are fun interactive and I can really feel like my fitness and balance is improving as a result of attending these sessions."

**Seated Exercise with Matt - G Fitness**





# March 2022

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1st</b> 10.00am - 10.45am Dementia Coffee Morning  11.00am - 12.00noon Chair Based Boogie Mika Art Brasil	<b>2nd</b> 6.15pm - 7.45pm Seasonal Yoga	<b>3rd</b> 1.00pm - 2.00pm Great Outdoors Walk Horse Lawn, Forest of Dean  7.00pm - 8.00pm Yoga Nidra	<b>4th</b> 10.00am - 11.00am Mental Health Coffee Morning  2.00pm - 3.00pm Tai Chi
<b>7th</b> 10.30am - 11.30am Shibashi Qigong  1.00pm - 2.30pm Mindfulness  4.00pm - 5.00pm Seated Exercise with Matt from G Fitness	<b>8th</b> 10.00am - 10.45am Dementia Coffee Morning  11.00am - 12.00noon Chair Based Boogie Mika Art Brasil  3.30pm - 4.30pm Poetry Group	<b>9th</b> 11.00am - 12noon Our skills and development offer, what we do and how to access  2.00pm - 3.00pm Distance Reiki  6.15pm - 7.45pm Seasonal Yoga	<b>10th</b> 7.00pm - 8.00pm Yoga Nidra	<b>11th</b> 10.00am - 11.00am Mental Health Coffee Morning  12.00pm - 1.00pm NHS - The Orange Folder  2.00pm - 3.00pm Tai Chi
<b>14th</b> 10.30am - 11.30am Shibashi Qigong  1.00pm - 2.30pm Mindfulness  4.00pm - 5.00pm Seated Exercise with Matt from G Fitness	<b>15th</b> 10.00am - 10.45am Dementia Coffee Morning  11.00am - 12.00noon Chair Based Boogie Mika Art Brasil  12noon - 1.00pm Carer Focus Group  7.00pm - 9.00pm Carer Craft at Home - Button Art  7.00pm - 8.30pm Young Onset Dementia Carers Group	<b>16th</b> 11.30am - 12.30pm Fire Service Safe and Well Home Visits  2.00pm - 3.00pm Distance Reiki  6.15pm - 7.45pm Seasonal Yoga	<b>17th</b> 1.00pm - 2.00pm Tewkesbury Nature Reserve  1.00pm - 2.00pm Great Outdoors Walk Cyril Hart Arboretum  7.00pm - 8.00pm Yoga Nidra	<b>18th</b> 10.00am - 11.00am Mental Health Coffee Morning  2.00pm - 3.00pm Tai Chi
<b>21st</b> 10.30am - 11.30am Shibashi Qigong  1.00pm - 2.30pm Mindfulness  4.00pm - 5.00pm Seated Exercise with Matt from G Fitness	<b>22nd</b> 10.00am - 10.45am Dementia Coffee Morning  11.00am - 12.00noon Chair Based Boogie Mika Art Brasil  7.00pm - 8.30pm Dementia Carers  7.30pm - 9.00pm Autism & Anxiety	<b>23rd</b> 2.00pm - 3.00pm Distance Reiki  6.15pm - 7.45pm Seasonal Yoga	<b>24th</b> 7.00pm - 8.00pm Yoga Nidra	<b>25th</b> 10.00am - 11.00am Mental Health Coffee Morning  2.00pm - 3.00pm Tai Chi  2.00pm - 3.30pm Tech Hour
<b>28th</b> 10.30am - 11.30am Shibashi Qigong  1.00pm - 2.30pm Mindfulness  4.00pm - 5.00pm Seated Exercise with Matt from G Fitness	<b>29th</b> 10.00am - 10.45am Dementia Coffee Morning  11.00am - 12.00noon Chair Based Boogie Mika Art Brasil	<b>30th</b> 2.00pm - 3.00pm Distance Reiki  6.15pm - 7.45pm Seasonal Yoga	<b>31st</b> 1.00pm - 2.00pm Great Outdoors Walk Soudley Ponds  7.00pm - 8.00pm Yoga Nidra	



# March 2022

## Keeping you fit and well

### Seasonal Flow Yoga with Jo

Virtual seated Yoga taught via zoom for you to complete at home. A gentle class mixing chair based and standing yoga to improve flexibility, strength, and concentration, ending with a lovely relaxing meditation to calm the mind.

### Chair Based 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.

### 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.

### Shibashi Qigong with Acacia Therapies

Shibashi simply means 18 form, which means there are 18 movements to the initial set, one that can be taught over a short period of time and there is certainly weight to this practice with over 8 million people said to be participating in it. Many of the movements are designed to start hitting the alpha brainwave state lifting your mood, reducing depression, and easing anxiety. It will carry those who practice it regularly in good stead in a demanding, frenetic world. Its gentle movements are accessible to everyone and its health benefits are certainly as appealing as its energetic benefits. Said to delay the ageing process and its age-related diseases, strengthening the heart, lungs and kidneys and their related functions.

### Tai Chi with Liz

This gentle form of exercise can help maintain and even improve health, flexibility, and balance. Tai Chi is suitable for everyone and can be practiced standing or sitting on a chair. It works on connecting body and mind, increasing energy, releasing tension, and boosting internal and external health. This class will also include breathwork and end with a lovely relaxation.

## Supporting someone with Dementia

### Dementia Coffee Morning

Come along and meet other Carers who are supporting someone with Dementia for a cuppa and chat.

### Managing Memory Young Onset Dementia Carers Group

A group for individuals caring for someone with young onset dementia together with Managing Memory.

### Managing Memory Dementia Carers Drop In

A group for individuals caring for someone with dementia together with Managing Memory.



## Managing Memory Together

A programme of information sessions is available to support people with dementia and their carers to understand the diagnosis and look at living as well as possible with dementia. Sessions look at dementia symptoms, causes and treatments, including exploring coping with changes for the person with dementia and their families/carers.

To find out more  
call 0800 694 8800 or  
email [managingmemory@ghc.nhs.uk](mailto:managingmemory@ghc.nhs.uk)

## Supporting your wellbeing

### Mindfulness Monday

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.

### 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.



## BUDDY UP

### Increase your support network

- Increase confidence
- Increase self esteem
- Companionship
- Share experience

For more information email:  
[carers@peopleplus.co.uk](mailto:carers@peopleplus.co.uk)



## Keeping you connected

### Mental Health Coffee Morning

Are you supporting someone with poor mental health? Come and meet other like minded Carers for a cuppa and a chat.

### Sunday Night Quiz

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

**6th and 20th March 8.00pm - 9.00pm**

### Carer Focus Group

Come along and provide feedback on the training we offer and also let us know what you would like to see.



# March 2022

## Providing you with Information

### Our skills and development offer, what we do and how to access

Come along to an overview session of the sessions which we offer and how you can access them via Zoom.

### Tech Hour

Join in and enjoy an interactive hour gaining technology advice and support.

### Fire Service Safe and Well Home Visits

Join Gloucestershire Fire and Rescue for an interactive session on what safe and well visits can do to support you. They will also explain fire safety for anyone supporting someone with Dementia.

### NHS - The Orange Folder

The One Gloucestershire Personalised Care Programme is working in collaboration with system partners and people of Gloucestershire to coproduce services that empowers people to have greater choice and control of their health and wellbeing care, through two-way personalised conversations with their health and care professional, this will enable them to identify their needs and wishes and record this information into a personalised care and support plan.

The What Matters to Me (orange) folder has been codesigned as a universal recognised approach to host personalised care and support plans (paper copies) held by people of Gloucestershire living with a long term condition and/or palliative, end of life diagnosis. There are a number of Personalised Care & Support plans being trialled including 'All About Me'; 'Me at My Best' and 'ReSPECT'.

Come along to the session to find out more.

## Girl with The Curly Hair

### Understanding Autism & Anxiety with The Curly Hair Project

We all experience anxiety, sometimes it's a good thing because it can protect us from danger. If you are autistic, it is likely that you will experience anxiety to a greater degree. Responses to our anxiety are complex and can mean that it can stop us doing things we need or want to do.

Understanding anxiety can be incredibly empowering. In this session we will learn how to talk about anxiety and develop strategies to help in everyday life, that really work.

### Be Creative

### Carer Craft at Home

Join us for an evening of crafting with some button art, join like minded Carers for some creative fun.

### Get Outdoors

### Carer Walks

We have a number of Carer walks organised for March in various locations, please see the timetable for walk locations.

### Tewkesbury Nature Reserve

Join Robyn who is the Learning & Outreach Officer at Tewkesbury Nature Reserve, working on setting up and delivering educational activities and events at the reserve as part of the Green Lung Project. This involves developing opportunities for school visits, a Forest school, art and photography events and citizen science with the aim of increasing nature connectedness, wellbeing and eco-stewardship within the community.



## CARER CAFES

Our Carer Cafes are back

Please take relevant precautions to keep you and others safe.

Take time out to meet and talk with other Carers.

Gloucestershire  
**Carers Hub**

Wednesday 2nd March - 10.00am  
The Golden Lion, Cinderford

Wednesday 9th March - 10.00am  
Biccy's Cafe, Coleford

Friday 18th March - 2.00pm  
Roots Cafe, Gloucester



## The Art of Shinrin-Yoku

Join us and Wild Earth Journeys for some Forest Bathing, which is a mood boosting, health boosting nature based mindfulness activity.

To book email:  
[bookings@peopleplus.co.uk](mailto:bookings@peopleplus.co.uk)

3rd March 2022 - 1.00pm  
Horse Lawn, Forest of Dean

Gloucestershire  
**Carers Hub**