

What's On

March 2021

Free Carer Skills, Training and Development



SESSION THEMES:

Coffee Mornings and How are You? Sessions

Physical Activity and Complementary Therapy Sessions

Reminiscence Sessions

Wellbeing Sessions

Dementia Specific

Parent Carers

Condition Specific and General Training

Craft Sessions

All of our sessions remain virtual on the Zoom platform. They are free to access for all Carers and your cared for can join in too!

To book your place please email info@thecarershub.co.uk or call 0330 123 1937

All of the training require 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 (no account required) or used on a laptop. Just enter the meeting code to access. We will send you the code for the session the day before the session starts. You can also dial in via telephone.

If you need support with accessing Zoom we are happy to help you with this. 0330 123 1937 or email info@thecarershub.co.uk for more information.

If you have any suggestions regarding courses you would like to see, please get in contact by calling 0330 123 1937 or email info@thecarershub.co.uk


We would like to thank Carers who have given feedback about the What's On and have adapted it with the aim of making it easier to read.


We have also colour coded the sessions to make specific types of sessions more easily identifiable.

Monday	Tuesday	Wednesday	Thursday	Friday
March 2021				
<p>1</p> <p>10am-11am Time for a cuppa</p> <p>10.30am – 11.30am Shibashi Qigong</p> <p>11.30am-12.30pm Census 2021 information session</p> <p>1.00pm – 2.30pm Mindful for life</p> <p>8pm-9pm Carers Catch Up</p>	<p>2</p> <p>10.00am – 11.00am An Introduction to Crystal Healing</p> <p>10am-11.00am Dementia Coffee Morning</p> <p>1.00pm – 2.00pm Seated Samba</p>	<p>3</p> <p>11.00am – 12.00pm Quiz</p> <p>2.00pm – 3.00pm Distance Reiki</p> <p>6.30pm – 7.45pm Seasonal Yoga</p>	<p>4</p> <p>10am-11am Music Therapy sing along</p> <p>11.00am – 1.00pm Easing emotions with Tapping</p> <p>2.00pm – 3.00pm Yoga Nidra</p>	<p>5</p> <p>10am-11am Mental Health Coffee Morning</p> <p>11am-12pm Tia Chi</p> <p>2pm-3pm Reminiscence Schooldays</p>
<p>8</p> <p>10am-11am Time for a cuppa</p> <p>10.30am – 11.30am Shibashi Qigong</p> <p>1.00pm – 2.30pm Mindful for life</p> <p>2.00pm – 3.00pm Human Rights</p>	<p>9</p> <p>10am-11.00am Dementia Coffee Morning</p> <p>1.00pm – 2.00pm Seated Samba</p> <p>2.30pm-3.30pm Carers Craft Pen & Ink Drawing</p>	<p>10</p> <p>11.00am – 12.00pm Quiz</p> <p>2pm-2.45pm Carer Catch Up</p> <p>2.00pm – 3.00pm Distance Reiki</p> <p>6.30pm – 7.45pm Seasonal Yoga</p>	<p>11</p> <p>11am-12.00pm Carer Catch Up</p> <p>11am-12pm Games and reminiscence session</p> <p>1pm-2pm The Great Outdoors Slimbridge virtual tour</p> <p>2.00pm – 3.00pm Yoga Nidra</p>	<p>12</p> <p>10am-11am Mental Health Coffee Morning</p> <p>11am-12pm Tia Chi</p> <p>2.00pm – 3.00pm Dragon Flies</p>

Monday	Tuesday	Wednesday	Thursday	Friday
March 2021				
<p>15</p> <p>10am-11am Time for a cuppa</p> <p>10.30am – 11.30am Shibashi Qigong</p> <p>1.00pm – 2.30pm Mindful for life</p> <p>7pm-8pm Carers Catch Up</p>	<p>16</p> <p>10am-11.00am Dementia Coffee Morning</p> <p>11.00am – 12.00pm Fallproof</p> <p>1.00pm – 2.00pm Seated Samba</p> <p>2.00-2.45pm Carer Catch Up</p> <p>3pm-4pm _ Concert with Holly Reynolds</p>	<p>17</p> <p>10.30am-12.00 Girl with Curly Hair – 10 ways to improve your mental health</p> <p>11.00am – 12.00pm Quiz</p> <p>2.00pm – 3.00pm Distance Reiki</p> <p>6.30pm – 7.45pm Seasonal Yoga</p>	<p>18</p> <p>11.00am – 12.00pm Aromatherapy with household items</p> <p>1.00pm – 2.00pm The Great Outdoors</p> <p>2.00pm – 3.00pm Yoga Nidra</p>	<p>19</p> <p>10am-11am Mental Health Coffee Morning</p> <p>10am-11.30am Manual Handling & Falls</p> <p>11am-12pm Tia Chi</p> <p>2pm-3pm Reminiscence Day at the Seaside</p>
<p>22</p> <p>10am-11am Time for a cuppa</p> <p>10.30am – 11.30am Shibashi Qigong</p> <p>1.00pm – 2.30pm Mindful for life</p>	<p>23</p> <p>10am-11.00am Dementia Coffee Morning</p> <p>10.30am – 11.30am Playlist for Life</p> <p>1.00pm – 2.00pm Seated Samba</p> <p>2.30pm-3.30pm Carers Craft Easter Cards</p>	<p>24</p> <p>11.00am – 12.00pm Quiz</p> <p>2.00pm – 3.00pm Distance Reiki</p> <p>6.30pm – 7.45pm Seasonal Yoga</p>	<p>25</p> <p>1.00pm – 2.00pm The Great Outdoors</p> <p>2.00pm – 3.00pm Yoga Nidra</p>	<p>26</p> <p>10am-11am Mental Health Coffee Morning</p> <p>11am-12pm Tia Chi</p> <p>2.30pm – 4.00pm Tell your story – creative writing and drama workshop</p>

Monday	Tuesday	Wednesday	Thursday	Friday
March 2021				
29 10am-11am Time for a cuppa 10.30am – 11.30am Shibashi Qigong 10.30am-12.00 Girl with Curly Hair ASD & Challenging behavior 1.00pm – 2.30pm Mindful for life	30 10am-11.00am Dementia Coffee Morning 1.00pm – 2.00pm Seated Samba 2.00pm – 2.45pm Carer Catch Up	31 11.00am – 12.00pm Quiz 2.00pm – 3.00pm Distance Reiki 6.30pm – 7.45pm Seasonal Yoga		



Gloucestershire Carers Hub  **ZUMBA** with Jane Carers Hub

JOIN US FOR ZUMBA

Classes for Zoom-ba are held online at the below times:
 7pm - Mon, Tues & Wed
 10am - Tues, Wed & Thurs

You can attend as many sessions a week as you like

To register your interest please call 0330 123 1937 or email info@thecarershub.co.uk



SEATED SAMBA

Chair Based Brazilian Dance

Explore dances from around Brazil in this easy to follow seated dance class for all levels

Every Tuesday 1pm-2pm

To book call 0330 123 1937 or email info@thecarershub.co.uk

artbrasil.org.uk

Carers Hub

What's On



Free Carer Skills, Training and Development

Coffee Morning Sessions

Dementia Coffee Morning

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

Carer Catch Up

Join us for a virtual cuppa with other carers who understand the ups and downs of caring.

Virtual Quiz

Join other Carers and us for a fun filled Quiz. Meet online with other carers and join us for a bit giggle and our quiz. There will be a bathroom and cuppa break halfway through.

Mental Health Coffee Morning

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

Time for a cuppa

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

Carers Catch Up

Join us for a weekly online video chat with other carers who understand the ups and downs of caring

Physical Activity and Complementary Therapy Sessions

Shibashi Qigong

Shibashi simply means 18 form, which indicates that there are 18 movements to the initial set and one that can be taught over a short period of time. 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. Popular in rehabilitation, with body therapists and those suffering burnout and fatigue, 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.

This exercise is said to delay the ageing process and its age-related diseases, strengthens the heart, lungs and kidneys and their related functions.

It increases weight loss, aids digestion, strengthens ligaments and tendons. Additional benefits include improved circulation, a reduction in anxiety levels, lowering blood pressure and calming the mind.

The series of gentle rocking movements that make up the form, offer the organs a massage while really optimizing our bodies vascular systems. As it only takes a short amount of daily practice to reap the health benefits, it is little wonder that so many are turning to Shibashi Qigong.

Shibashi has proven itself to be restorative post trauma and physical ailments and is a nourishing, accessible and beautiful form. It cultivates and replenishes energy and importantly boosts the immune system.

Seasonal Flow Yoga with Jo

Virtual 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.

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 and 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

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. And, if you're the picture of perfect health, Reiki can help to ensure that your energy fields are functioning at their highest levels. Reiki is completely safe for everyone and always works for your highest good. This form of healing gently balances and calms the emotions, restores self-worth and gives back a sense of purpose. It 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. It also 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.

Seated Samba: Chair Based Brazilian Dance Classes – Please book these sessions

Explore dances from all over Brazil in an easy to follow, low impact seated dance class. Suitable for anyone who enjoys moving to music and would like to access some structured gentle chair-based exercise

What's On

Free Carer Skills, Training and Development



Zumba – Please book these sessions as you will need to fill in a disclaimer– See flyer for session dates. Zumba is a type of dance fitness that's been around since the 1990s and is the backbone of the dance fitness craze. It incorporates a variety of Latin-inspired dance moves and music to promote a healthy heart. Zumba combines a healthy dose of aerobic activity with a fun, exciting way to build and tone muscle, improve cardio and promote health.

Tai Chi

This gentle form of exercise can help maintain and even improve health, flexibility and balance. This practice which originated in China as a martial art has many health benefits. It 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.

Reminiscence Sessions

School Days

Our glorious schooldays! Walking to school in all weathers, soggy socks when you got there! A stroll down memory lane to revisit the classroom and our lessons.

Day at the Seaside

Childhood trips to the seaside - building sandcastles, eating fish and chips and a stick of rock to munch on on the way home!

Dragonflies

Find out about these beautiful creatures and their life both under water and above! Learn how to identify the difference between a dragonfly and a damselfly

Concert with Holly Reynolds

A live concert with songs from the 60's a fun packed show

Wellbeing Sessions

Mindfulness for Life- Delivered by Gloucestershire Mindfulness

Mindfulness for Life was developed by Oxford Mindfulness Centre and is designed to be of benefit to all, for Wellbeing and Mental Health. The course is a structured programme to gain a deeper insight into how we may find new ways to work with day-to-day difficulties in our lives. Developing new skills and making good use of the Attitudes of Mindfulness will help us to explore the experiential learning, as well as understanding the importance of daily formal meditation practices.

The Great Outdoors

If you enjoy gardens, the countryside and wildlife and have an interest in helping to make better use of our green spaces, come and join our

"Great Outdoors" group as the new year begins. We will initially share our own experiences and favourite outdoors spaces before moving on to

consider if there are ways, we can encourage other people to get active outdoors. We may also be able to work with partners like the Wildlife Trust to help with local ecology and conservation or get involved in creating some sensory and edible gardens in our areas.

Dealing with negative thoughts with EFT

Join Wendy in this practical workshop designed as a follow on from her Self-Calming Tools workshop, to help you identify negative thoughts or emotions and to release them through gentle breathing and tapping exercises. Please get in touch if you feel you need one to one support may be more suitable for you rather than this guided self-help training.

Music Therapy

Sing along, how music makes you feel, types of music etc

Games and Reminiscence Session

You will need to hand a memory you can share

Aromatherapy with household items

How to make products from what you have at home

Introduction to Crystal

Healing Crystals and their healing benefits. Teaching how to make best use of crystals for healing.

Human Rights

Explore the Human Rights Act and how it

includes you

"Telling Your Story" Creative Writing Workshop

We all have our own stories to tell and sometimes don't know how to tell them or even if we are important enough to have our stories told.

This fun introductory workshop with writer/actor John Bassett will give you the confidence to look at your own stories, find ways of telling your story and why your story is as important as anyone else's.

John Bassett is a scriptwriter with over 30 years' experience. He runs Spaniel in the Works Theatre Company and Stroud Theatre Festival and has worked with a range of groups including Age UK, charities, museums, and local history groups to create performances looking at hidden stories.

His last script before lockdown was War in Mind which looked at the real stories of shell shock victims in the First World War and the plight of modern soldiers with PTSD who end up homeless.

In addition, he has written scripts for the Everyman and toured village halls with the lively funny family show Dark Tales of Gloucestershire. "

Parent Carers

Girl with Curly Hair - 10 Ways to Improve Mental Health Lucy from The Curly Hair Project will talk through a range of strategies and ideas to help improve mental health for autistic adults and children. Lucy will discuss areas of our lives that can affect our mental

What's On

Free Carer Skills, Training and Development



health like sleep, motivation and eating looking specifically at the challenges for autistic individuals.

Girl with Curly Hair – ASD & Challenging Behaviour This workshop will look at behaviours commonly seen in ASD, that may be considered 'challenging.' We will look at the underlying reasons for behaviours and strategies for managing these behaviours.

Condition Specific and General Training

Census 2021 information session

"For the first time, the 2021 census will be 'digital-first' which means people will be encouraged to respond online using devices including mobile phones and tablets. This workshop will explore the wide range of help available and give an opportunity to understand how to participate online."

Manual Handling & Falls

A session to support you when managing falls and manual handling surrounding this.

Fall Proof

Join in with the Fallproof session to find out more about preventing falls and staying well.

Dementia Specific Training

Playlist for Life

Playlist for Life wants everyone living with dementia to have a unique, personal playlist, and for everyone who loves or cares for them to know how to use it. If you know or care for someone living with dementia, you may have experienced the power that music can have in improving someone's wellbeing, enabling them to connect more with their sense of themselves, and with the people around them. Join in with this session to find out more.

Craft Session

9th March

Pen & ink drawing

You will black pen, paper and pencils

23rd March

Easter cards

You will need paper, card, crayons, pens, glue, coloured paper and paints if you want to use the

What's On

Free Carer Skills, Training and Development



Dementia care advice, support and training

4 th March	General advice & introductory session
11 th March	Dementia Friends session
18 th March	What is dementia, different types, signs & symptoms, managing care
25 th March	Delirium, what is this & how to treat
1 st April	Medication used for dementia including antipsychotics
8 th April	Lasting Power of Attorney & Advance Planning
15 th April	Person Centred Care
22 nd April	Care of Carer during lockdown & moving forward

Thursday's 2.00pm - 3.00pm

Contact enquiries@approachstaffordshire.co.uk for zoom joining instructions



Patients' online Webinar Digital delivery of self-care of atrial fibrillation



Dates: Monday 1st March, 12.30pm - 1.30pm
& Tuesday 9th March, 6pm - 7pm

Learn more as a patient (or a carer or family member) about atrial fibrillation (AF) and how you can use a range of digital aids to help you to self-care - then take more responsibility for your own health and wellbeing

Introduction Dr Ruth Chambers OBE, retired GP

Helping patients to self-care via digital aids:

Dr Anil Sonnathi, GP, Tunstall Primary Care Centre, Clinical lead, Northern Staffs CCGs' Technology Enabled Care Services group
Kevin McGibbon, Atrial fibrillation specialist nurse, University Hospital North Midlands (UHNM)
Dr Thanh Phan, Consultant Cardiologist, University Hospital North Midlands (UHNM)

How to detect & manage atrial fibrillation (AF)

- Kevin talks you through AF self-care: Kevin McGibbon
- Kevin shows you how to use the AliveCor lead 1 device: Kevin McGibbon
- And then Paul & Tim give their patient perspectives of using the AliveCor device:
Paul Edden, Managing Director, Home Instead Senior Care / Tim Bevington, Lay member, Stoke-on-Trent CCG

Digital opportunities for your care – what are they?

- Apps: learn how to download apps from trusted sources: Ben McManus, Company Director, Wavemaker
- Know My Beat (helping person check their pulse) and Know My Heart (helping patient diagnosed with AF understand their condition/self-care): Luke Bracegirdle, Director, Virtual Health Shed
- Apps: view some examples of how you can manage your health better; e.g. your lifestyle habits (quit smoking) or using medication reminders: Sophie Ward, Wavemaker
- Learn how you can undertake a video consultation with your doctor or nurse instead of by phone or visiting their clinic in person: Dr Ruth Chambers
- Social media channels might be relevant to help you learn more about your condition: Ann Hughes

Live panel questions and answers: Put your questions to Nurse Kevin, Dr Ruth and Nurse Ann

Close: Dr Ruth Chambers

To book a place on:

Monday 1st March, 12.30pm – 1.30pm, [click here](#)
Tuesday 9th March, 6pm – 7.00pm, [click here](#)



Patients' online Webinar Digital delivery of care hypertension



Dates: Tuesday 2nd March, 6pm - 7pm
& Monday 8th March, 12.30pm - 1.30pm

Learn more as a patient (or a carer or family member) about how you can use a range of digital aids to improve your self-care if you have raised blood pressure [hypertension] - then take more responsibility for your own health and wellbeing.

Introduction

Helping patients to self-care via digital aids:
Kevin McGibbon: Atrial fibrillation specialist nurse, University Hospital North Midlands
Dr Anil Sonnathi: GP, Tunstall Primary Care Centre, Clinical lead Northern Staffordshire CCGs' Technology Enabled Care group

How to – confirm diagnosis & manage raised blood pressure:

- Where you can buy a reliable blood pressure machine (sphygmomanometer) and how to take reliable BP readings: *Paul Stern*, Chartered Physiotherapist
- A self-management plan should help you confirm if you have raised blood pressure or share your clinical management with your responsible GP or practice nurse: *Dr Ruth Chambers*, retired GP
- Watch a patient (Chris) relay their BP readings via text messaging to a practice nurse: *Ann Hughes*, Digital practice nurse lead, Northern Staffordshire CCGs
- Then watch a follow-on video consultation with patient Chris and nurse Ann 6 months later, discussing how Chris can provide reliable home BP readings to prove he is fit for surgery: *Ann Hughes*

Digital opportunities for your care – what are they?

- Apps: learn how to download apps from trusted sources *Ben McManus*, Company Director, Wavemaker
- Apps: examples of how you can manage your blood pressure or your lifestyle habits better, or create medication reminders: *Sophie Ward*, project manager Wavemaker
- Learn how you can undertake a video consultation with your doctor or nurse instead of by phone or visiting their clinic in person: *Dr Ruth Chambers*
- Social media channels might be relevant to help you learn more about your condition: *Ann Hughes*

Live panel: Put your questions to Nurse Kevin, Dr Ruth and Nurse Ann

Close: *Dr Ruth Chambers*

To book a place on:
Tuesday 2nd March, 6pm – 7.30pm, [click here](#)
Monday 8th March, 12.30pm – 1.30pm, [click here](#)

Please see the links below (Ctrl and click) to book your place:

AF Patient webinars:

Monday 1st March - 12.30pm - 1.30pm <https://www.eventbrite.co.uk/e/patients-online-webinar-digital-delivery-of-care-for-atrial-fibrillation-tickets-141853616987>

Tuesday 9th March - pm - 7pm- <https://www.eventbrite.co.uk/e/patients-online-webinar-digital-delivery-of-care-for-atrial-fibrillation-tickets-141856619969>

Hypertension Patient webinars

Tuesday 2nd March - 6pm - 7pm- <https://www.eventbrite.co.uk/e/patients-online-webinar-digital-delivery-of-care-hypertension-tickets-141826987337>

Monday 8th March - 12.30pm - 1.30pm- <https://www.eventbrite.co.uk/e/patients-online-webinar-digital-delivery-of-care-hypertension-tickets-141835508825>

Respiratory Conditions Patient webinars

Monday 15th March, 6pm - 7.10pm - <https://www.eventbrite.co.uk/e/patients-webinar-digital-delivery-of-care-for-respiratory-conditions-tickets-142540836479>

Wednesday 17th March, 2pm - 3.10pm - <https://www.eventbrite.co.uk/e/patients-webinar-digital-delivery-of-care-for-respiratory-conditions-tickets-142542326937>

Tuesday 23rd March, 6pm - 7.10pm - <https://www.eventbrite.co.uk/e/patients-webinar-digital-delivery-of-care-for-respiratory-conditions-tickets-142543261733>

Patients' online Webinar digital delivery of care for respiratory conditions



Monday 15th March, 6pm-7.10pm
Wednesday 17th March, 2pm-3.10pm
Tuesday 23rd March, 6pm - 7.10pm

Learn more as a patient (or carer or family member) about how you can use a range of digital aids to help you (or your loved one) to self-care if you have asthma or chronic obstructive pulmonary disease (COPD). Then take more responsibility for your own health and wellbeing - prevent deterioration of your condition and feel empowered to manage it well.

Introduction Helping patients to self-care via digital aids: *Dr Ruth Chambers OBE*, retired GP & *Dr Anil Sonnathi*, GP, Tunstall Primary Care Centre

What's asthma; including an asthma self-management plan? *Claire Stamp*- Practice nurse, Sandy Lane Surgery of Horsefair Group Practice & Project coordinator Virtual Pulmonary Rehabilitation Service pilot

What's COPD? See the Whiteboard video describing this condition

Top tips for managing your asthma or COPD; including COPD self-management plan *Dr Mukesh Singh*, GP Horsefair Group Practice, GP lead for Staffordshire respiratory network & Virtual Pulmonary Rehab Service pilot

How digital aids can help you to manage your condition well:

- Use your inhaler well- *Ben McManus*, Company Director Wavemaker, introduces the video
- Breathing exercises- *Chris Chambers*, retired physiotherapist
- Using a peak flow meter and pulse oximeter to measure your respiratory wellbeing- *Ann Hughes*, digital expert practice nurse
- Apps: some examples relevant to you and your respiratory condition or quitting smoking- *Sophie Ward*, Project support officer, Wavemaker
- Watch a practice nurse demonstrating how you can text your readings from a peak flow meter or pulse oximeter to your GP or practice nurse- *Ann Hughes*
- A video consultation instead of phone or a face-to-face consultation can work well - *Dr Ruth Chambers*
- Accessing reliable kit like a peak flow meter or pulse oximeter - *Ben McManus*
- Q&As

Live panel: Put your questions to Nurse Claire, Nurse Ann and Dr Ruth

To book a place on:
Monday 15th March, 6pm-7.10pm [Click here](#)
Wednesday 17th March, 2pm-3.10pm [Click here](#)
Tuesday 23rd March, 6pm - 7.10pm [Click here](#)

What's On

Free Carer Skills, Training and Development