

# September 2020

## Stoke on Trent & Staffordshire Carers Hub - What's On September 2020

### Free Carer Skills, Training and Development

Throughout September our courses and coffee mornings remain online through Zoom

**Stoke & Staffordshire Carers** – To book your place please email [info@thecarershub.co.uk](mailto:info@thecarershub.co.uk) or call **0330 123 1937**

We have a timetable of various sessions happening over **September 2020**

The coffee mornings and majority of the training require you to use 'Zoom' (<https://zoom.us/>) which can be downloaded on a tablet or smartphone from your app store (no account required) or used on a laptop, you just enter the meeting code to access.

We will send you the code for the session upon booking



Our suite of free Level 1 & 2 distance learning courses offer the ideal way to upskill, enhance your knowledge and develop your career in your chosen subject area. Simply register your interest and a member of the team will be in touch!

<http://orlo.uk/BSoHw>

[https://peopleplus.theskillsnetwork.com/?utm\\_source=LinkedIn&utm\\_medium=social&utm\\_campaign=SocialSignIn&utm\\_content=Skills+Content](https://peopleplus.theskillsnetwork.com/?utm_source=LinkedIn&utm_medium=social&utm_campaign=SocialSignIn&utm_content=Skills+Content)

\*Subject to availability

## FULLY FUNDED COURSES



### Adult Social Care

Autism

Behaviour that Challenges

Bullying in Children and Young People

Business Administration

Business Start-Up

Care Planning

Children & Young Peoples Mental Health

Cleaning Knowledge and Skills

Common Health Conditions

Counselling Skills

### Customer Service

Dementia Care

Diabetes

Employability Skills

End of Life Care

English/Mathematics

Equality & Diversity

Falls Prevention Awareness

Infection Control

Information, Advice or Guidance

IT User Skills

### Mental Health Awareness

Nutrition & Health

Personal and Social Skills

Personal Development for Employability

Retail Knowledge

Safe Handling of Medication in Health and Social Care

Stewarding at Spectator Events

Team Leading

Warehouse & Storage

For more information, please contact us on:

Email: [Skills.Network@PeoplePlus.co.uk](mailto:Skills.Network@PeoplePlus.co.uk) | Visit: <https://peopleplus.theskillsnetwork.com/>

**Virtual Quiz**

By enabling me to meet others, have fun and challenging my brain.

**Stoke Carer**

**Calming Techniques**

It has given me some coping strategies to use daily to cope with negative thoughts & stress in general.

**Stoke Carer**



**Yoga Nidra**

Thank you for the link, I loved the class, it was so relaxing! I felt like I'd been transported to another world, just what I needed.

**Staffordshire Carer**

**Seasonal Flow Yoga**

Since starting the sessions in March yoga has helped me to look forward to each week and has supported my mental well being.

**Staffordshire Carer**

## What's on September 2020

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> <b>10am</b> Dementia Coffee Morning  <b>11am</b> Seasonal Flow Yoga	<b>2</b> <b>11am</b> Virtual Quiz  <b>2pm</b> Everyone's Health  <b>7pm</b> Care of the Carer in Lockdown	<b>3</b>  <b>2pm</b> Time for a cuppa  <b>2pm</b> Yoga Nidra	<b>4</b>  <b>10am</b> Carer Craft Session
<b>7</b>  <b>10am</b> Time for a cuppa	<b>8</b> <b>10am</b> Dementia Coffee Morning  <b>11am</b> Seasonal Flow Yoga	<b>9</b>  <b>11am</b> Virtual Quiz  <b>2pm</b> Help reduce bad days and help maintain the good days	<b>10</b>  <b>1.30pm</b> Telecare  <b>2pm</b> Yoga Nidra  <b>2pm</b> Time for a cuppa	<b>11</b>  <b>10am</b> Mindfulness Taster  <b>10am</b> Recipe Corner
<b>14</b>  <b>10am</b> Time for a cuppa	<b>15</b> <b>10am</b> Dementia Coffee Morning  <b>11am</b> Seasonal Flow Yoga	<b>16</b>  <b>11am</b> Quiz	<b>17</b>  <b>1pm</b> Stroke  <b>2pm</b> Yoga Nidra	<b>18</b>  <b>10am</b> Help reduce bad days and help maintain the good days
<b>21</b> <b>10am</b> ASD – Different behaviours at home vs school  <b>10am</b> Time for a cuppa  <b>10am</b> Mindfulness morning	<b>22</b> <b>10am</b> Dementia Coffee Morning  <b>10am</b> First Aid  <b>11am</b> Seasonal Flow Yoga	<b>23</b> <b>11am</b> Quiz	<b>24</b> <b>2pm</b> Yoga Nidra  <b>2pm</b> Time for a cuppa	<b>25</b> <b>11am</b> Pet Corner
<b>28</b> <b>11am</b> Parkinson's	<b>29</b> <b>10am</b> Dementia Coffee Morning  <b>2pm</b> Time for a cuppa	<b>30</b> <b>11am</b> Virtual Quiz  <b>2pm</b> Carer Craft Session		

### **Dementia Coffee Morning**

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

### **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.

### **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

### **Everyone's Health – By Everyone's Health**

These sessions are run to focus on a variety of health points to keep you well.

Confused about healthy eating advice? Feel like you are getting mixed messages about what foods we should and shouldn't include in our diet? Struggling knowing where to start in making adjustments in your lifestyle? Here are the basic starting points for anyone wanting to adopt a healthier diet or lose weight.

**You will need to book on this event, please email [info@thecarershub.co.uk](mailto:info@thecarershub.co.uk)**

### **Care of a Carer during Lockdown- Delivered by Approach**

Looking at how to move forwards following lockdown easing

### **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 & 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

### **Craft Session for Carers**

Sessions will cover a range of crafts and full details will be sent with the invitations on what you will need for each of the sessions. **4<sup>th</sup> September - Wellbeing Poster** - In this session you will need a plain piece of A3/A4 paper, pencils, coloured pens, old magazine, glue or cellotape. **30<sup>th</sup> September - Fun with Sock Puppets & A Master Pieces out of an every day object**

### **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



**Help Reduce Bad days and help maintain good days – Delivered by Toolbox**

This mini workshop will be acknowledging that in current circumstances we are all having good days and bad days but hopefully the workshop will help to '**Help reduce bad days and help maintain the good days**' and look at how we can set small goals to help achieve that.

**Telecare Information Session- Delivered by Telecare**

This session will give an overview of the Telecare service and how they can support you as a Carer

**Mindfulness Taster– Delivered by Gloucestershire Mindfulness**

Explore the art of Mindfulness with Gloucestershire Mindfulness. Take time out and look at ways to be mindful in your everyday life.

**Recipe Corner**

Find out about different recipes you could try and experiment with culinary delights. Bring along and share your own recipes with other carers

**Stroke – Delivered by Stroke Association**

Do you care for someone who has suffered from a stroke? Find out more about the Stroke Association.

**Mindful Morning– Delivered by Gloucestershire Mindfulness**

If you have already completed the taster session, then this is for you a session for individuals to have more understanding of different Mindfulness techniques.

**Girl with The Curly Hair – ASD – Different Behaviours at Home and School**

Some children are well behaved at school but have terrible outbursts at home. Because the teachers don't see these difficult behaviours, it might cause them to disbelieve the parents or not believe there are any "problems". This workshop is to support you as parents to notice differences in behaviours and how to understand them

**First Aid – Delivered by Passion First Aid**

Delivered by Passion First Aid this workshop aims to give you practical solutions to First Aid for Carers.

**Pet Corner**

We at The Carers Hub love animals, we would like you to bring your pets along to this virtual session, tell us how they have helped you through lockdown, tell us their name and breed and share a funny story with us.

**Parkinson's- Delivered by Parkinson's UK**

An introduction the Parkinson's, Parkinson's UK and the Parkinson's UK advisor service

