

# What's on in January 2021

Stoke on Trent & Staffordshire Carers Hub - What's On January 2021

## Free Carer Skills, Training and Development

Throughout January our groups 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 **January 2021**

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



***When you first join our sessions, you will go into a virtual waiting room.  
Once the trainers/staff are ready to start they will bring you into the session.***

**Your cared for are welcome to join our sessions too!**



Stoke on Trent 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](mailto: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

artbrasil.org.uk

Every Tuesday in January 1.00pm-2pm

To book call 0330 123 1937 or email [info@thecarershub.co.uk](mailto:info@thecarershub.co.uk)

Carers Hub



# Walking Back to Happiness



Friday 8th January 2021 (via Zoom)

2pm – 3pm

We will be holding a live concert with songs from Holly Reynolds .

“Walking back to happiness”

With songs from the “50’s & 60’s”

To book onto this event please call The Carers Hub so we can send you the link to join

Stoke & Staffordshire Carers call  
0330 123 1937

Gloucestershire Carers call  
0300 111 9000





**Beth Johnson**  
FOUNDATION

*A future for all ages*

# Healthy Generations

*Physically distanced; Socially connected*



**We are delighted to offer our *Free* Positive Ageing and Wellbeing sessions, delivered over Zoom, for people aged 50+ living in Stoke-on-Trent, North Staffordshire and Staffordshire Moorlands**

Funded by the National Lottery Community Fund, **Healthy Generations** is a **Beth Johnson Foundation** project that helps people to use digital technology to improve their wellbeing, giving them more ways to find information, make new friends and try new things!

Our **FREE** sessions are held over Zoom, so you can get advice and support to keep a healthy body and mind from the comfort and safety of your own home. It doesn't matter if you don't know much about using a computer, tablet or smart phone, our Volunteers will be there to support you to find new ways of getting more health information.

We **do not** want to tell you how to improve your health, you know yourself best - the information and support **you** think would keep you healthy is what matters to us. We will help you to use digital technology, apps and the internet to get advice and support to enjoy a great quality of life.

Our rolling programme of sessions are based around five themes; **Digital Skills and Social media, Art and Wellbeing, Emotional Wellbeing, Physical Wellbeing** and **Diet and Nutrition**.

Each theme will consist of 2 to 3 sessions, dependent upon the needs and skills of the participants, and will be held weekly with optional support between sessions if required.

Topics covered will include; staying safe online and using different technologies such as the Amazon Echo, using digital drawing and photo collage apps, relaxation apps, exercising at home with You Tube videos and the Good Food Guide online.

To find out more and book your place  
please contact Jane Snape on:

 **07930 321841**

 **[jane.snape@bjf.org.uk](mailto:jane.snape@bjf.org.uk)**

	Tuesday	Wednesday	Thursday	Friday
<p><b>4</b></p> <p><b>10am – 11am</b> Time for a cuppa</p> <p><b>10.30am-11.30am</b> Shibashi Qigong</p> <p>8pm-9pm Work Wind Down</p>	<p><b>5</b></p> <p><b>10am-11am</b> Dementia Coffee Morning</p> <p><b>1pm-2pm</b> Seated Samba</p>	<p><b>6</b></p> <p><b>11am – 12.30pm</b> Virtual Quiz</p> <p><b>2pm-3pm</b> Distance Reiki</p> <p><b>6.30pm-7.45pm</b> Seasonal Flow Yoga</p>	<p><b>7</b></p> <p><b>10.30am-12.00pm</b> Girl with the Curly Hair - Autism and Adulthood - working, legislation, university - parenthood</p> <p><b>2pm-3pm</b> Yoga Nidra</p>	<p><b>8</b></p> <p><b>10am-11am</b> <b>Carers Craft</b> Spring flowers, snowdrops &amp; primroses</p> <p><b>10am-11am</b> Mental Health Coffee Morning</p> <p><b>2pm-3pm</b> <b>Walking back to Happiness</b> Live Concert - an online concert with songs sung by Holly Reynolds</p>
<p><b>11</b></p> <p><b>10am – 11am</b> Time for a cuppa</p> <p><b>10.30am-11.30am</b> Shibashi Qigong</p> <p><b>1pm-2.30pm</b> Mindful Mondays- Finding Peace in a Frantic World</p>	<p><b>12</b></p> <p><b>10am-11am</b> Dementia Coffee Morning</p> <p><b>10.30am – 11.30am</b> Multiple sclerosis information session</p> <p><b>11am-1pm</b> <b>Session 1</b> YouCan Adult Carers Know your rights</p> <p><b>1pm-2pm</b> Seated Samba</p> <p><b>3pm-4pm</b> Diet/Nutrition &amp; Healthy recipes</p>	<p><b>13</b></p> <p><b>10.30am-11.30am</b> Mindsong</p> <p><b>11am – 12.30pm</b> Virtual Quiz</p> <p><b>2pm-3pm</b> Distance Reiki</p> <p><b>6.30pm-7.45pm</b> Seasonal Flow Yoga</p>	<p><b>14</b></p> <p><b>11am – 12pm</b> Carers Catch Up</p> <p><b>1.00pm-2.00pm</b> The Great Outdoors</p> <p><b>2pm-3pm</b> Yoga Nidra</p>	<p><b>15</b></p> <p><b>10am-11am</b> Mental Health Coffee Morning</p> <p><b>2pm-3pm</b> Monday is Washday</p>
<p><b>18</b></p> <p><b>10am – 11am</b> Time for a cuppa</p> <p><b>10.30am-11.30am</b> Shibashi Qigong</p> <p><b>1pm-2.30pm</b> Mindful Mondays- Finding Peace in a Frantic World</p> <p><b>7pm-8pm</b> Carer Evening Catch Up</p>	<p><b>19</b></p> <p><b>10am-11am</b> Dementia Coffee Morning</p> <p><b>11am-1pm</b> <b>Session 2</b> YouCan Adult Carers Be Positive</p> <p><b>1pm-2pm</b> Seated Samba</p> <p><b>3pm-4pm</b> Self-confidence -self esteem</p> <p><b>7.30pm-9.00</b> Girl with the curly hair - Females with autism</p>	<p><b>20</b></p> <p><b>11am – 12.30pm</b> Virtual Quiz</p> <p><b>2pm-3pm</b> Distance Reiki</p> <p><b>6.30pm-7.45pm</b> Seasonal Flow Yoga</p> <p><b>6.30pm-7.30pm</b> Portrait Painting Taster Session</p>	<p><b>21</b></p> <p><b>1.00pm-2.00pm</b> The Great Outdoors</p> <p><b>2pm-3pm</b> Yoga Nidra</p>	<p><b>22</b></p> <p><b>10am-11am</b> <b>Carers Craft</b> Still Life</p> <p><b>10am-11am</b> Mental Health Coffee Morning</p>
<p><b>25</b></p> <p><b>10am – 11am</b> Time for a cuppa</p> <p><b>10.30am-11.30am</b> Shibashi Qigong</p> <p><b>1pm-2.30pm</b> Mindful Mondays- Finding Peace in a Frantic World</p>	<p><b>26</b></p> <p><b>10am-11am</b> Dementia Coffee Morning</p> <p><b>10.30am-12.30pm</b> Self-Calming Techniques EFT Tapping</p> <p><b>11am-1pm</b> <b>Session 3</b> YouCan Adult Carers Overcome</p> <p><b>1pm-2pm</b> Seated Samba</p> <p><b>3pm-4pm</b> Relaxation &amp; Pampering</p>	<p><b>27</b></p> <p><b>11am – 12.30pm</b> Virtual Quiz</p> <p><b>2pm-3pm</b> Cyber Crime</p> <p><b>6.30pm-7.45pm</b> Seasonal Flow Yoga</p>	<p><b>28</b></p> <p><b>10am-11am</b> <b>Benefit Advice</b></p> <p><b>10.00am – 11.30am</b> Continence</p> <p><b>1.00pm-2.00pm</b> The Great Outdoors</p> <p><b>2pm-3pm</b> Yoga Nidra</p>	<p><b>29</b></p> <p><b>10am-11am</b> Mental Health Coffee Morning</p> <p><b>2pm-3pm</b> Sweet Memories</p>

## Coffee Mornings and How are You? Sessions

### Dementia Coffee Morning

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

### Carers Catch Up

Join us for a weekly online video chat 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 likeminded 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

### Working? Wind Down

Join us for a virtual late-night session for a catch up and a wind down from your day working and caring.

## Physical Activity and Complementary Therapy Sessions

### Shibashi Qigong

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. 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.

Said to delay the ageing process and its age-related diseases, strengthening the heart, lungs and kidneys and their related functions.

It increases weight loss, aids digestion, strengthens ligaments and tendons. It improves circulation, reducing anxiety, lowering blood pressure and calms 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. Only taking 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.

### **Zumba – You will need to book on these sessions as you will need to fill in a disclaimer**

Zumba is a type of dance fitness that's been around since the 1990s, is the backbone of the dance fitness craze—it incorporates a variety of Latin-inspired dance moves and music to promote a healthy heart, a healthy dose of aerobic activity, and a fun, exciting way to build and tone muscle, improve cardio, promote health.

### **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

### **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. 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. Often, painful conditions are relieved by Reiki, as it promotes deep peace and relaxation within, so easing tension. Reiki 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

Explore dances from all over Brazil in this easy to follow, low impact gentle dance exercise class.

## **Reminiscence Sessions**

### **Monday is Washday**

Dollytubs, mangles and flat irons...and a few soap suds too. Memories of grandma's washday!

### **Sweet Memories**

A trip to the virtual sweetie shop to recall our favourite sweet treats.

Golden cup was one of mine, what was yours?

### **A Live Concert by Holly Reynolds - Walking back to Happiness**

Live Concert - an online concert with songs from the 50's & 60's sung by Holly Reynolds

## **Wellbeing Sessions**

### **Mindfulness Monday – Finding Peace in a Frantic World - Delivered by Gloucestershire Mindfulness**

An 8 session course developed to discover simple practices to dissolve anxiety, stress, exhaustion and unhappiness.

### **Calming Techniques - with EFT - Tapping**

Explore Positive Tapping (EFT) and other simple Emotional Wellness tools, which can help you to calm your emotions or thoughts.

### **Pampering session**

How to make homemade pampering products. Relaxation techniques – how to meditate. Tips for restful sleep

### **Diet and Nutrition**

In this session we will share, healthy recipes. Nutrition and healthy eating. Exercise hints and tips

### **Self-Confidence -Self-Esteem - Discussion and why we lack self confidence**

How to improve your confidence and communication

How to deal with conflict

Your Strengths and qualities

### **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.

### **Cyber Crime**

Raising awareness of scams and cybercrime and what to do.

## **Dementia Specific Training**

### **Mindsong**

Music therapy for those caring for someone with dementia. A virtual music therapy session combining music and song. You are welcome to bring along the person you care for to the online virtual session, if they would like to join in. The session will give you practical hints and tips to be able to complete music therapy from home.

## **Parent Carers**

### **Girl with Curly Hair - Autism and adulthood**

This session will explore becoming an adult with autism including University and becoming a parent.

### **Girl with Curly Hair – Females and Autism**

Why ASD is more commonly seen in males, why diagnosing females might be difficult, differences between males and females.

## **Condition Specific and General Training**

### **Benefits Advice**

Find out about benefits which you may be entitled to with two of our advisors.

### **Multiple sclerosis information session**

Discussion on what to expect in general terms, process to diagnosis, developments in treatment and where to access support. Opportunity to ask questions and speak to fellow Carers.

### **Continence – Passion First Aid**

Supporting you as a Carer to deal with any continence problems which may arise in your caring role.

## Craft Sessions

### **Carers Craft - 8<sup>th</sup> January**

Spring flowers, snowdrops & primroses - You will need paper, pencils, crayons, felt tips, rubber, water coloured paints if have any.

### **Carers Craft – 22<sup>nd</sup> January**

Still life choose an object that you would like to draw such as item of fruit, onion, vase etc from within the home. You will need pencils, pens, felt pens, paper, crayon & a rubber.

### **Portrait Painting Taster Session**

An introduction to learning about the art of making a portrait. We will look at examples from the art world and enjoy some fun, relaxing sketch techniques to get you started on creating a portrait of your own! No special materials needed, just grab a biro or a pencil and some paper.