



We welcome you to come and celebrate **Carers Week** with us.

'Make Caring Visible and Valued'

7th – 13th June 2021



Carers Week 2021 Introduction

Carers week is an annual campaign to raise awareness of caring, highlight challenges unpaid Carers may face and recognise the contribution they make to families and communities throughout the UK. It also helps people who don't think of themselves as having caring responsibilities to identify as Carers and access much-needed support.

This year, Carers across the country are continuing to face new challenges as a result of the COVID-19 pandemic. Many people are taking on more caring responsibilities or have become Carers for their relatives and friends who are disabled, ill or older and who need support.

Unpaid Carers need to be recognised for the difficulties they may be experiencing, respected for all they are doing, and provided with information, support and understanding. So, during Carers Week, we're coming together to help
'Make Caring Visible and Valued'.



Come and join us for Carers Week 2021

We have a busy schedule of online events happening via Zoom/ MS Teams throughout the week to celebrate Carers and we would love to see you on some of these sessions.
(There are dial in options available should you not have technology to access)

The week has been split into themed days to incorporate celebrating the wonderful things you do as Carers, to provide information and support to help you:

Monday – Introduction to the Carers Hub and Carers Week

Tuesday - Services

Wednesday – Visible to friends, family and work

Thursday – Visible to other Carers

Friday – Visible to the general public

Saturday and Sunday – Time for you

To book onto any of the sessions please email: bookings@peopleplus.co.uk

The information and meet the team sessions on Monday 7th June are open to anyone who would like to find out about our service.

Monday 7th June 2021

Introduction to Gloucestershire Carers Hub and Carers Week

09.30am – 10.30am

Who is a Carer? Introduction of the services offered by Gloucestershire Carers Hub for Carers across the County. This session is open to anyone.

Find out what services are available to you as a Carer in Gloucestershire. This is an open session for anyone to attend. Please share with friends and family members you think may benefit from this session or maybe someone who you feel is a Carer but they haven't identified themselves as such.

Join Zoom Meeting ID: 983 9717 4840 **Passcode:** 605990

"Thank you for your support it is so nice to know I have somewhere to go if I need to talk to someone"

10.30am – 11.30am

Shibashi Qigong

Come along and try the wonderful Shibashi Qigong sessions which we offer to our Carers on a weekly basis. 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. Many of the movements are designed to start hitting the alpha brainwave state lifting your mood, reducing depression, and easing anxiety.

11.00am – 12.00noon

Meet the Gloucestershire Carers Hub Team. This session is open to anyone.

Come along and meet a selection of the team, ask questions and find out more about who we are and what we do.

Join Zoom Meeting ID: 965 0595 9446 **Passcode:** 048178

12.00noon – 1.00pm

Meet a Social Prescriber

Find out more about what a social prescribers role is within the community, how they can support you as a Carer and what you should expect from the service.

1.00pm – 2.30pm

Mindfulness – Calming the Mind

Join Lynsey from Gloucestershire Mindfulness in exploring the topic of Calming the Mind.

2.00pm – 3.00pm

Benefits Advice

Join members of the Gloucestershire Carers Hub team to discuss benefits in more detail and ask specific questions to understand benefits which you may be entitled to as a Carer.

3.00pm – 4.00pm

Who is a Carer? Introduction of the services offered by Gloucestershire Carers Hub for Carers across the County.

Find out what services are available to you as a Carer in Gloucestershire. This is an open session for anyone to attend. Please share with friends and family members you think may benefit from this session or maybe someone who you feel is a Carer but they haven't identified themselves as such.

Join Zoom Meeting ID: 993 0982 7385 **Passcode:** 009949

8.00pm – 9.00pm

Carer's Social

Meet other Carers for a general chat and a catch up.

Registration with the Gloucestershire Carers Hub is easy.

Call 0300 111 9000

Email
carers@peopleplus.co.uk

or visit our website and
self refer:

www.gloucestershirecarershub.co.uk/self-referral

Tuesday 8th June 2021

Services

(These sessions are open to registered Carers only)

09.30am – 10.15am

Keeping Safe at home - Telecare

Find out how assistive technology can support the person you care for to stay safe and well at home. Learn about what is available and how to access this support.

10.00am – 10.45am

Dementia Carer's Coffee Morning

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

10.30am – 11.15am

Keeping Safe at Home – Gloucestershire Constabulary

Meet local PCSO Jenkinson to learn about keeping secure and safe at home and about what support is available from Gloucestershire Police.

11.00am – 12.00noon

Carers Assessments

Meet two of our Keyworkers to find out more about Carers Assessments, the process and what happens during the assessment.

12.00noon – 12.45pm

Keeping Safe at Home – Gloucestershire Fire and Rescue

Safe and Well checks are available to the vulnerable, elderly and registered disabled. Meet members of the Safe & Well team to find out what a safe and well check by the fire service entails, how to access the service and advice about keeping safe at home.

1.00pm – 2.00pm

Seated Samba

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.

2.00pm – 3.00pm

Later Life Asset Management

Look at options for managing your assets in later life including for funding Care. An in depth session exploring various aspects of managing your assets in later life.

2.00pm – 3.00pm

Poetry Group

Join like minded Carers to share poetry and poems you have written.

3.00pm - 3.45pm

Herbert Protocol

Join Sarah from the Dementia Action Alliance for an overview of Herbert Protocol and how it can support you as a Carer when caring for someone with Dementia.

4.00pm - 5.00pm

Dementia Action Alliance

Who are the Dementia Action Alliance and how do they support Carers. Join to find out more about the services offered for Carers.

"The Carers Hub courses provided very welcomed interaction weekly"

"Everyone is very helpful, knowledgeable and caring."



Wednesday 9th June 2021

Visible to friends, family and work
(These sessions are open to registered Carers only)

10.00am – 10.30am NHS Trust Update

Join Anna Rarity – Public and Patient Engagement Manager, Gloucestershire Acute Hospitals to find out about the work and developments within Cheltenham and General Hospital to support carers. Learn about how you can be involved and access support.

10.30am – 11.00am Gloucestershire Health and Care NHS Trust

Join Gloucestershire Health & Care NHS Trust to share how they support carers within the community health services and find out how to access their support.

10.00am - 11.00am Yoga Nidra

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.

10.30am – 11.30am Carers at Work

Come along and find out more about Healthy workplaces.

11.00am – 11.30am Frailty Team – Me at my best, Orange Folder

Meet members of the frailty teams, find out about the 'What Matters to Me' project, which will share information with professionals about the person you are supporting.

11.30am – 12.00pm Abdul Mulla

Abdul Mulla from NHS England will be here to share how carer support is developing in the South West of England.

12noon – 12.30pm Mental Health Carers Handbook

Meet with Lorna Carter, Health Liaison from Gloucestershire Carers Hub to share the work being undertaken to support carers who look after someone who requires Mental Health support. Find out about the new carers handbook which is in development.

1.00pm – 2.00pm Carers Showcase of stories

We will be sharing your work from the creative challenge.

2.00pm – 3.00pm 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. 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.

3.00pm – 4.00pm Yours Sincerely with Julie Allan – Sharing our Lives in letters

How often do you write a letter - one to be placed in an envelope and sent in the post? You might not be surprised to hear that 64% of people who replied to a survey would not sit and hand write even one letter over the course of a year. Yet 69% said that receiving something handwritten through the post would mean more to them than a text, tweet or Facebook message. This session gives you the chance to make someone's day, spend an enjoyable hour of writing, crafting a letter to send. We will gather in a small group, with writing prompts to help you shape snippets of life into a letter that only you could write.

"You have been a real lifeline during this awful time "

"I have recommended you to other carers"



Thursday 10th June 2021

Visible to other Carers
(These sessions are open to registered Carers only)

6.00am – 7.00am

Early Morning Birds

Are you an early riser? Join Carrie for the early morning bird song, coffee and a chat.

9.00am – 10.00am

Social Showcase

Come along and hear about our Carer training and development programme which you can access. Hear from Carers who have been using the programme and find out more about our Facebook group and WhatsApp groups.

10.00am – 11.30am

YouCan Be Well Launch

Come along and gain an insight to the new YouCan Be Well programme launching this week. This session will give you an overview of our new dynamic wellbeing programme and also allow you to make a booking on the upcoming sessions.

11.00am – 12.00noon

Carer Coffee and Chat

Come along and meet other Carers for a cuppa and a chat

12noon – 1.00pm

Parent Carer Forum Introduction Lunchtime Session

Meet a representative from the Parent Carer Forum and find out more about what they do and how to register with them to receive support and information.

1.00pm – 2.00pm

The Great Outdoors - Wildlife Trust Special

Carers in the wild with the Great Outdoors Group and Gloucestershire Wildlife Trust Nicola Gloucestershire Wildlife Trust is joining our Great Outdoors group this week. Why not join us to hear more about the ways that you can feel the benefits of getting outdoors and helping with conservation?

3.00pm - 4.00pm

Bring your pet for a cuppa and chat

Join us for a fun and interactive session with your pets large or small to share their funny antics and chat about the importance of pets in your lives.

4.00pm - 5.00pm

Continuing Health Care Funding Information Session

Information session to understand more about what NHS Continuing Healthcare Funding is, eligibility and how to access support. Meet members of the Continuing Healthcare Team to find out more.

6.00pm – 7.00pm

Mobilise Introduction

Meet with a representative from Mobilise and find out more about what they offer to Carers countrywide.

7.30pm – 9.00pm

YouCan Cook

Come along and join the team in making a scone to enjoy in the cream tea session on Friday. Follow step by step instructions in a fun and interactive session to either learn to make scones or meet other Carers and enjoy a chat whilst baking.



"Brilliantly supportive and has helped my resilience."



Friday 11th June 2021

**Visible to the general public
(These sessions are open to registered Carers only)**



10.00am – 11.00am

Mental Health Coffee Morning

Are you caring for someone with mental health needs, come along and meet other likeminded Carers for a cuppa and a chat.

10.30am – 11.30am

Going the Extra Mile Project

Join Ian to discuss the Going the Extra Mile project and how it can support you if you are looking at returning to employment or training.

10.30am – 11.30am

Ukulele Group Concert

Come along and enjoy a ukulele concert from some local ukulele players.

11.00am – 12noon

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 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.

11.30am – 12.30pm

Scam Awareness with Gloucestershire Constabulary

An interactive and informative discussion with Kim Mowday from the Gloucestershire Constabulary exploring types of scams and how to avoid them.

**"Having you there
means so much."**



2.00pm – 3.00pm

Carer Aware Session

Find out more about Carer Aware, this is an open session for Carers, family members and businesses to attend to find out more about Carer Aware and how we are raising the profile of unpaid Carers within the county.

3.00pm - 4.00pm

YouCan Cook Part two - Cream Tea for Carers

Enjoy your scone which you made last night with fellow Carers with a cuppa and chat about your days.

6.30pm - 7.30pm

Evening Carer Social

Join us for a fun and interactive chat this evening.



Saturday 12th June 2021

10.30am – 11.30am

Countryside Walk Live

Join members of the team across the County live on Zoom, visiting various countryside walks for you to explore. You can join us virtually from one of your favourite walking spots or from the comfort of your own homes.

7.00pm – 9.00pm

Mary Lue Revue

Join in with an evening of entertainment from 'The Mary Lou Revue' which oozes elegance, exuberance, humour and nostalgia and is guaranteed to provide an unforgettable experience.

Sunday 13th June 2021

2.00pm - 3.00pm

Garden Showcase

Join Lorna for a tour of her beautiful garden, join in by sharing images or video footage of your gardens to share them with other Carers.

7.30pm – 8.30pm

Carer Social – closure of Carers week

Join us for the final session in Carers Week, having a chat and a catch up, giving your feedback and enjoying some relaxing time on a Sunday evening.

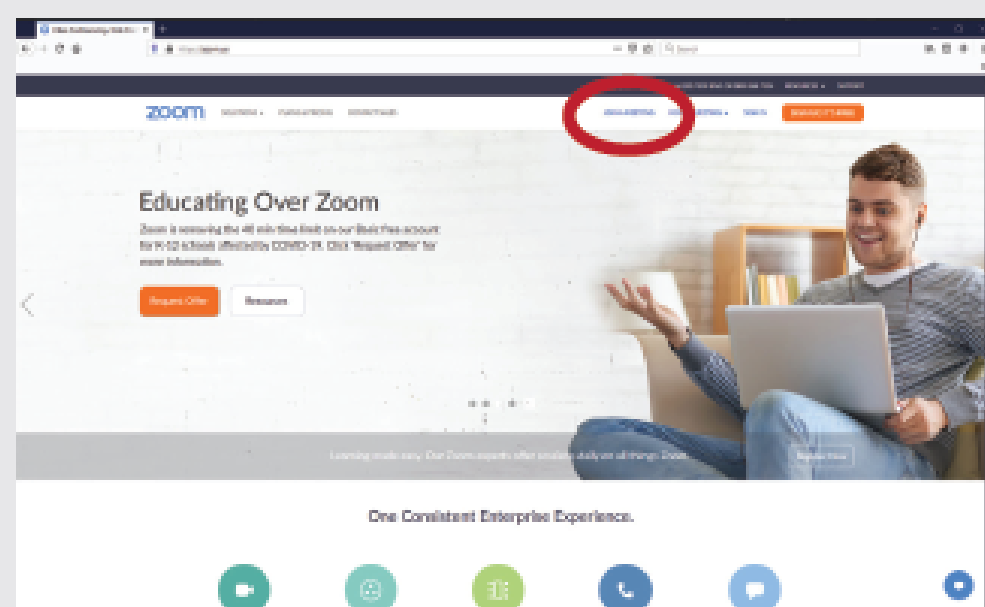


How to Join a Zoom Meeting

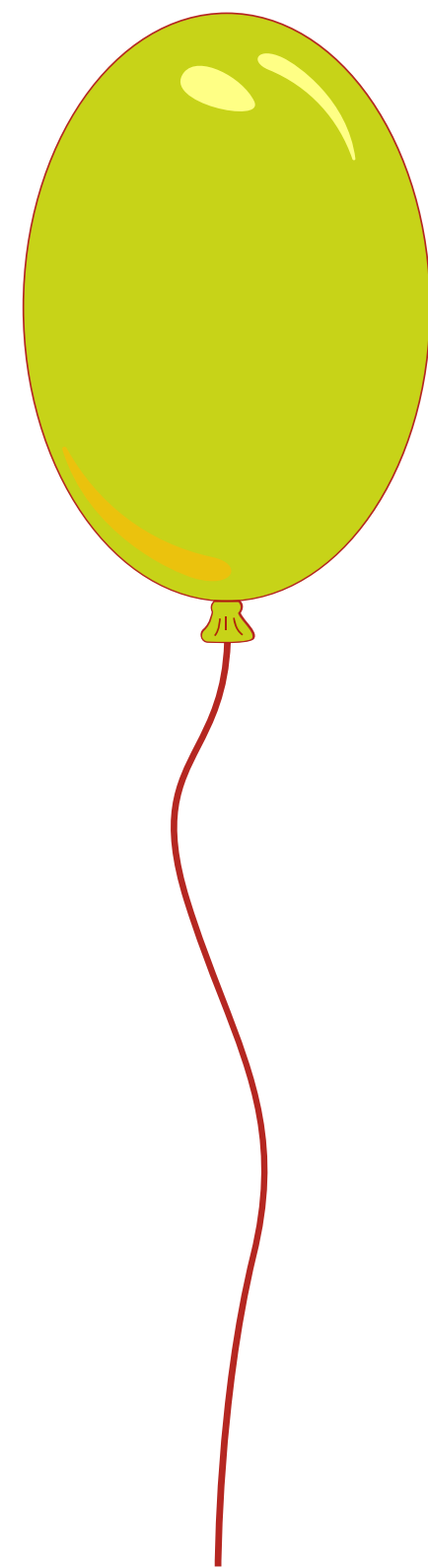
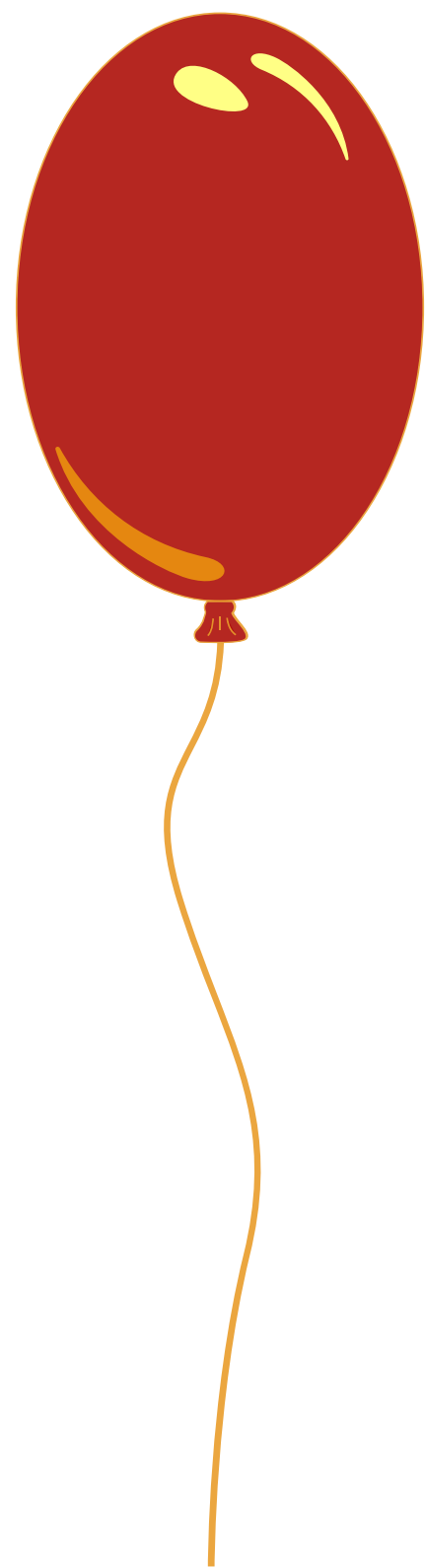
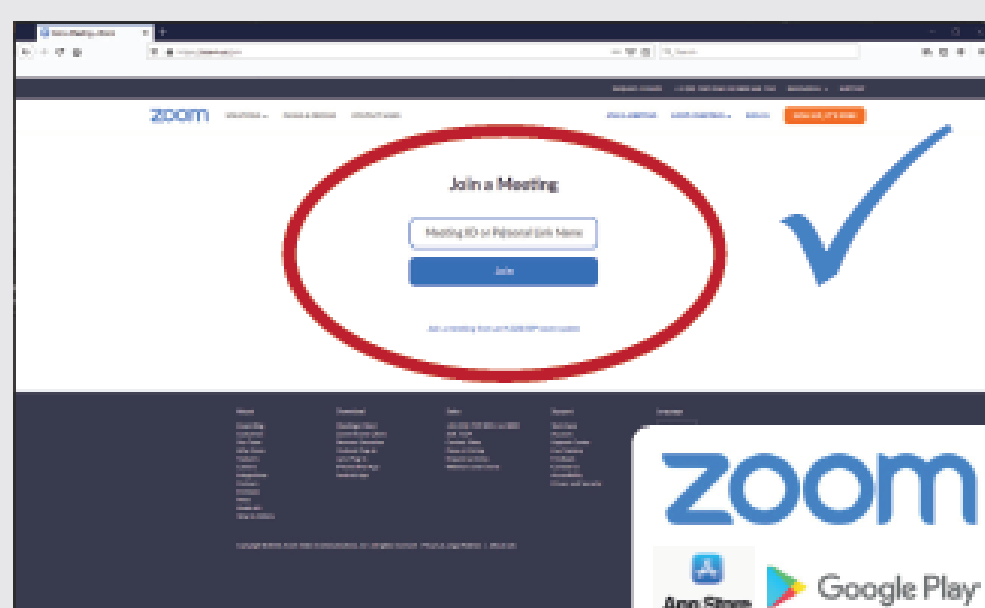


Visit www.zoom.us or download from the Appstore or Play Store on your phone

Click Join a Meeting (circled in red)



Insert meeting ID (issued on sign up)



**'Carer's Create.. making the invisible visible.'**

Gloucestershire Carers Hub have launched a creative initiative prior to Carers Week - June 7th - June 13th.

Carers' week in 2021 aims to 'Help Make Caring Visible and Valued'.

To help make Carers more visible and valued, we would like to hear from you about your life as Carer or how creativity helps you.

We know that caring has its ups and downs and we hope to represent the good feelings and rewards as well as the challenges and possible isolation of being a Carer.

You may want to share your experience of being a Carer, life before you became a Carer, your hobbies and interests, sharing experiences and memories from your past.

Below, we have outlined some ideas for you to enable participation in this initiative.

We would be delighted to share submitted pieces on our social media, newsletter and weekly communications.

Please send your submissions, via email or post any of the following;

- 1) **A letter**
- 2) **A short article**
- 3) **A poem**
- 4) **A photograph**
- 5) **Art work**
- 6) **Gardens**
- 7) **A video or a blog**

All submissions need to be from Carers who are registered with Gloucestershire Carers Hub.

Submissions should be sent via:

Email: bookings@peopleplus.co.uk

Post: Gloucestershire Carers Hub, Conway House, 31 Worcester Street, Gloucester, GL1 3AJ.

Please include a note to say that you are happy for your work to be shared along with your name.

(If you would prefer not to have your name shared please let us know on submission)

The deadline for entries is Friday 28th May.