

Free Virtual Coffee Mornings and Training Opportunities for our Carers throughout May 2020

Free Virtual Coffee Mornings and Training Programme May 2020

- During Covid-19 we have teamed up with our Stoke and Staffs Carers Hub to bring you a wider variety of virtual training. Our sessions are open to all Gloucestershire, Stoke on Trent and Staffordshire Carers
- Gloucestershire Carers Hub - To book please email carers@peopleplus.co.uk or call 0300 111 9000
- We have a timetable of various sessions happening over **May 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. If you need any help with this please get in contact with us.
 - We will send you the code for the session upon booking

4th May 2020 - Mindfulness
 Delivered by Gloucestershire Mindfulness
Zoom Webinar
 10am

Learn and develop mindfulness techniques to use at home
 Participate with others within the session in learning the art of mindfulness

5th May 2020 – Seasonal Flow Yoga with Jo
 Delivered by Yoga Teacher
Zoom Webinar
 11am – 12.15pm

Virtual Yoga taught via zoom for you to complete at home

5th May 2020 – Virtual Coffee Morning
 Delivered by Gloucestershire Carers Hub
Zoom Coffee Morning
 11am – 12pm

Meet online with other carers for a chat with each other and one of our team

6th May 2020 – Virtual Coffee Afternoon
 Delivered by Stoke & Staffordshire Carers Hub
Zoom Coffee Morning
 2pm – 3pm

Meet online with other carers for a chat with each other and one of our team

8th May 2020 – Virtual Coffee Morning
Delivered by Stoke & Staffordshire Carers Hub
Zoom Coffee Morning
11am – 12pm

Meet online with other carers for a chat with each other and one of our team

11th May 2020 - Mindfulness
Delivered by Gloucestershire Mindfulness
Zoom Webinar
10am

Learn and develop mindfulness techniques to use at home
Participate with others within the session in learning the art of mindfulness

12th May 2020 - Benefit Advice
Delivered by Stoke on Trent & Staffordshire Benefit Advisor
Zoom Webinar
2pm-3pm

Send us your pre questions before the 10th May and join us to hear the advice from our Benefit Advisor

12th May 2020 – Seasonal Flow Yoga with Jo
Delivered by Yoga Teacher
Zoom Webinar
11am – 12.15pm

Virtual Yoga taught via zoom for you to complete at home

12th May 2020 – Virtual Parent Carer Coffee Morning
Delivered by Gloucestershire Carers Hub
Zoom Coffee Morning
11am – 12pm

Meet online with other parent carers for a chat with each other and one of our team

13th May 2020 – Virtual Coffee Morning
Delivered by Gloucestershire Carers Hub
Zoom Coffee Morning
11am – 12pm

Meet online with other carers for a chat with each other and one of our team

14th May 2020 – 5 Ways to Wellbeing
Delivered by Wellbeing Specialist
Zoom Webinar
2pm – 4pm

Explore the 5 ways to wellbeing in an interactive online live session

15th May 2020 – Fire Safety in the Home
Delivered by Staffordshire Fire & Rescue
Zoom Webinar
10.am – 10.45am

Staffordshire Fire & Rescue believe that the best way to keep Carers & their Cared for safe from fire is to help them understand common risks and reduce them in your home.

19th May 2020 – Seasonal Flow Yoga with Jo
Delivered by Yoga Teacher
Zoom Webinar
11am – 12.15pm

Virtual Yoga taught via zoom for you to complete at home

20th May 2020 – Virtual Coffee Morning
Delivered by Delivered by Stoke & Staffordshire Carers Hub
Zoom Coffee Morning
11am – 12pm

Meet online with other carers for a chat with each other and one of our team

21st May 2020 – Compassion Fatigue
Delivered by Wellbeing Specialist
Zoom Webinar
2pm – 4pm

Looking at compassion fatigue and its impacts and implementing a plan to help you overcome difficulties which you may be experiencing

22nd May 2020 – Transition to Adulthood with ASD
Delivered by Girl with the Curly Hair
Webinar
10am – 1pm

Exploring the transition to adulthood

26th May 2020 – Seasonal Flow Yoga with Jo
Delivered by Yoga Teacher
Zoom Webinar
11am – 12.15pm

Virtual Yoga taught via zoom for you to complete at home

26th May 2020 - Mindfulness
Delivered by Gloucestershire Mindfulness
Zoom Webinar
10am

Learn and develop mindfulness techniques to use at home
Participate with others within the session in learning the art of mindfulness

26th May 2020 – Introduction to Calming Techniques
Delivered by Wendy Beresford
Introduction to Calming Techniques via Zoom
10.00am

Find out how Positive Tapping (EFT) and other simple Emotional Wellness tools, help you to be able to calm your emotions or thoughts

27th May 2020 – Introduction to Parkinsons
Delivered by Crossroads Gloucestershire
Zoom
10.00am

Delivery of information on Parkinsons, practical support and information

28th May 2020 - First Aid for Carers
Delivered by Passion First Aid
Zoom Webinar
10am

First aid for carers, information and advice on first aid
Answering specific questions raised by carers

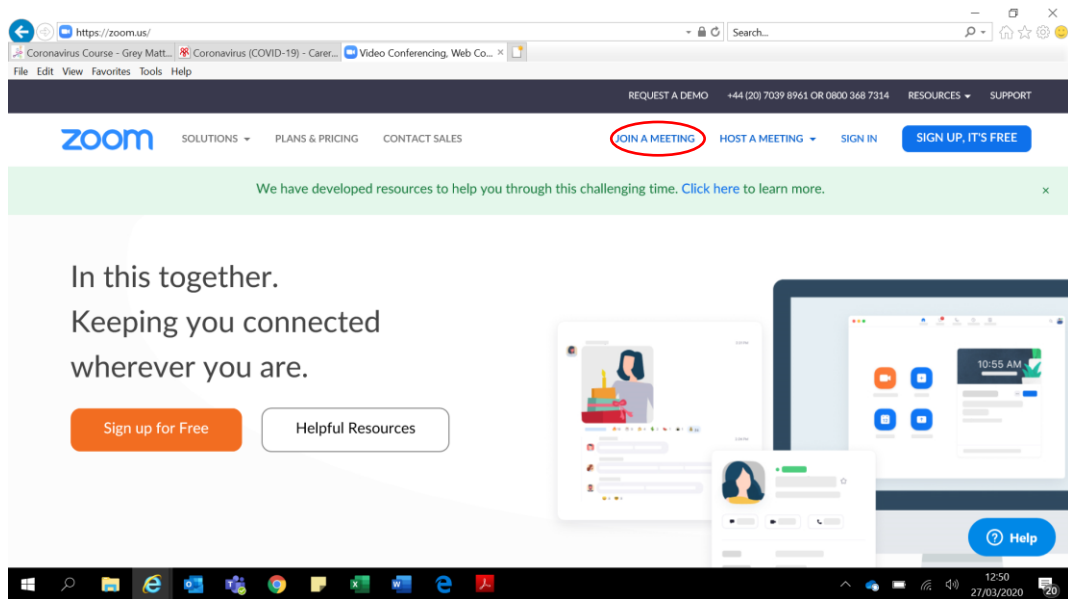
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To Join a Zoom Meeting

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)

