

## Skills Development and Training Opportunities - December 2019

**Monday 2nd December 2019**

**Dealing with Bereavement**  
10.30am – 12.30pm

**Gloucestershire Carers Hub,**  
Conway House, 31 Worcester  
Street, Gloucester, GL1 3AJ

- Support for former carers who have lost their cared for
- Support for individuals who are caring for people in End of Life Care

**Wednesday 4th December 2019**

**Parent Carers Only**

**Essential Guide to Autism**  
**The Girl with the Curly Hair**  
10.30am – 1.30pm

**Gloucestershire Carers Hub,**  
Conway House, 31 Worcester  
Street, Gloucester, GL1 3AJ

- What is ASD?, Information processing, Sensory processing, Personality Types, Co-occurring conditions, Diagnosis, Reasonable Adjustments

**Wednesday 4th December 2019**

**Christmas Wreath Making**  
10am – 12pm

**Cheltenham East Fire Station**  
**Community Room**  
Keynsham Road, Cheltenham  
GL53 7PX

- Limited slots available
- Come and relax and join in with some Christmas Wreath Making

**Thursday 5th December 2019**  
**Developing a Personal Resilience Plan**

10am – 12pm

**Gloucestershire Carers Hub,**  
Conway House, 31 Worcester  
Street, Gloucester, GL1 3AJ

- Looking at your current situation
- Problem solving strategies
- Pulling on positivity

**Thursday 5th December 2019**

**5 Steps to Wellbeing**  
2pm – 4pm

**GL11 Community Hub,**  
Fairmead, Cam, GL11 5JS

- Exploring the five steps to wellbeing
- Looking at how to look after yourself
- Devising a personal wellbeing plan

**Wednesday 11th December 2019**

**Reflexology Taster Sessions**  
Morning - ½ hour slots

**Gloucestershire Carers Hub,**  
Conway House, 31 Worcester  
Street, Gloucester, GL1 3AJ

- Limited slots available
- 30-minute reflexology taster sessions

**Wednesday 11th December 2019**

**Parent Carers Only**

**Paediatric First Aid**  
10am – 12pm

**Gloucestershire Carers Hub,**  
Conway House, 31 Worcester  
Street, Gloucester, GL1 3AJ

- Paediatric First Aid
- Choking
- Burns
- Bumps and scrapes
- CPR

**Thursday 12th December 2019**

**5 Steps to Wellbeing**  
2pm – 4pm

**Stroud Fire Station Community Room,**

Paganhill Lane, Stroud, GL5 4JT

- Exploring the five steps to wellbeing
- Looking at how to look after yourself
- Devising a personal wellbeing plan

**Thursday 12th December 2019**

**Getting a Better Nights Sleep**

**Gloucestershire Carers Hub,**  
Conway House, 31 Worcester  
Street, Gloucester, GL1 3AJ

- Maximise on the sleep you have
- Devising a sleep plan
- Practical advice and support

To book your place, please contact: Jodie or the Welcome Team on 0300 111 9000

or email [Jodie.moor@peopleplus.co.uk](mailto:Jodie.moor@peopleplus.co.uk)

**Friday 13th December 2019**

**Manual Handling and Falls**

**11.30am – 2.30pm**

**Cheltenham East Fire Station**

**Community Room**

Keynsham Road, Cheltenham

GL53 7PX

- Anatomy of the spine
- Falls and how to help
- Equipment
- Safer patient handling
- When to call for help



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