

Skills Development and Training Opportunities - November 2019

Tuesday 5th November 2019

Suicide Awareness

2pm – 4pm

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

- Practical advice of how to support an individual with suicidal thoughts
- Assisting with dealing with a crisis
- Awareness of suicide prevention

Thursday 7th November 2019

Parent Carer Talks

10am – 1pm

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

- A range of talks from a variety of organisations
- Sharing of information on the support which they offer to parent carers across the county
- Limited spaces available

Monday 11th November 2019

First Aid Non accredited

10am – 1pm

Roots Community Café,
Alvin Street, Community Cafe,
GL1 3AG

- A basic First Aid Course
- Primary survey
- Recovery Position
- Choking
- CPR
- Secondary survey
- Bleeding and Bandages

**Monday 11th November 2019,
Monday 18th November 2019,
Monday 25th November 2019 &
Monday 2nd December 2019**

Positive Caring 4 Week Course
10am – 1pm

Overton House, Overton Road,
Cheltenham GL50 3BN

- Being a Carer
- Caring in Partnership
- Caring and Resources
- Looking after yourself & Next Steps

Thursday 14th November 2019

**Dementia Carers - Introduction to
Herbert Protocol**

10am – 12pm

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

- Herbert Protocol
- Dealing with missing people
- Issues which can arise
- Staying safe at home

Thursday 14th November 2019

Getting a Better Night's Sleep

10am – 12pm

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

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

Thursday 14th November 2019

5 Steps to Wellbeing

2pm – 4pm

Northway Community Hub,
Lee Walk, Northway,
Tewkesbury, GL20 8QG

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

Wednesday 20th November 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

Thursday 21st November 2019

Eating Well on a Budget

10am – 12pm

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

- Looking at healthy eating
- Planning to prepare and cook food within a limited time
- Ensuring self care

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

or email Jodie.moor@peopleplus.co.uk

Skills Development and Training Opportunities - November 2019

Thursday 21st November 2019

Getting a Better Night's Sleep
2pm – 4pm

**Cheltenham East Fire Station
Community Room,**

Keynsham Road, Cheltenham
GL53 7PX

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

Thursday 21st November 2019

Carers Rights Day 2019

**Carers Rights, GDPR Rights and
making yourself be heard**
10am – 12pm

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

- Exploring carers rights
- Discussing GDPR rights for carers
- Dealing with professionals

Friday 22nd November 2019

Parent Carers Only

**Guardianship and Mental
Capacity**
10am – 12pm

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

- Exploring guardianship and mental capacity

Tuesday 26th November 2019

Suicide Awareness
2pm – 4pm

**Cheltenham East Fire Station
Community Room,**

Keynsham Road, Cheltenham
GL53 7PX

- Support for carers who are supporting an individual with suicidal thoughts
- Assisting with dealing with a crisis
- Awareness of suicide prevention

Wednesday 27th November 2019

**Lasting Power of Attorney,
Mental Capacity Act**
10am – 12pm

**Cheltenham East Fire Station
Community Room**

Keynsham Road, Cheltenham
GL53 7PX

- Exploring lasting power of attorney
- What happens if you don't have power of attorney?
- How to apply for LPA's

Thursday 28th November 2019

Christmas Wreath Making
10am – 12pm

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

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

Thursday 28th November 2019

5 Steps to Wellbeing
10am – 12pm

Upper Rissington Village Hall,
Wellington Road, Upper
Rissington, GL54 2QW

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

Thursday 28th November 2019

**Awareness Balance and
Connecting**
2pm – 4pm

**Cheltenham West Fire Station
Community Room**

Tewkesbury Road, Uckington,
Cheltenham, GL51 9SN

- Looking at gaining awareness of compassion fatigue
- Managing feelings in a positive way

Thursday 28th November 2019

Introduction to Using a Tablet
2pm – 4.30pm

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

- Useful functions and features
- Getting on-line
- Completing everyday tasks

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