

## Skills Development and Training Opportunities

### Skills and Development Training Programme January and February 2020

- To book your place email [carers@peopleplus.co.uk](mailto:carers@peopleplus.co.uk) or call 0300 111 9000
- Some courses will have day centre services attached from the same location please ask for details at time of booking
- Replacement care may be available if required please request at time of booking
- If you have any suggestions on any training that you would like to see in the future please email [carers@peopleplus.co.uk](mailto:carers@peopleplus.co.uk)

#### Craft Workshops

Weds 22<sup>nd</sup> Jan 20 – Button Art - 10.00 – 12.00

Delivered by Dixie Dot Crafts

Gloucestershire Carers Hub, 31 Worcester Street, Gloucester  
Create a button art masterpiece to take away with you

Tues 11<sup>th</sup> Feb 20 – Box Frames – 09.30 – 11.30

Delivered by Dixie Dot Crafts

Cirencester Fire Station, Cirencester  
Making a beautiful box frame to take away with you

Tues 17<sup>th</sup> Feb 20 – Indian Block Printing – 10.00 – 12.00

Delivered by Dixie Dot Crafts

Gloucestershire Carers Hub, 31 Worcester Street, Gloucester  
Make a beautiful print to take away with you

Tues 25<sup>th</sup> Feb 20 – Jewellery Making – 10.00 - 12.00

Delivered by Dixie Dot Crafts

Sherbourne House, Sherbourne Close, Stonehouse  
Make some beautiful jewellery to take away with you

Who?

How?

What?

Where?

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## Gloucester

**8<sup>th</sup> Jan 20 – Family History - 10.30 – 12.00**

Delivered by Gloucestershire Archives

**Gloucestershire Carers Hub**, 31 Worcester Street, Gloucester  
Explore your family history and memories of days gone by

**9<sup>th</sup> Jan 20 – Safeguarding Adults – 09.30 – 13.00 Delivered by Independence Trust**

**Gloucestershire Carers Hub**, 31 Worcester Street, Gloucester  
Develop an understanding of safeguarding

**9<sup>th</sup> Jan 20 – 5 Ways to Wellbeing - 14.00 – 16.00**

Delivered by an Independent Wellbeing Specialist

**Gloucestershire Carers Hub**, 31 Worcester Street, Gloucester  
Explore the 5 ways to wellbeing

**10<sup>th</sup> Jan 20 – Mindfulness - 13.00 – 15.00**

Delivered by Gloucestershire Mindfulness

**Gloucestershire Carers Hub**, 31 Worcester Street, Gloucester  
Learn the practice of mindfulness

**13<sup>th</sup> Jan 20 – Caring for someone with Depression – 10.00 – 12.00 - Delivered by Independence Trust**

**Gloucestershire Carers Hub**, 31 Worcester Street, Gloucester  
How to care for someone suffering from depression

**15<sup>th</sup> Jan 20 – Dementia First Aid - 10.00 -13.00**

Delivered by Passion First Aid

**Gloucestershire Carers Hub**, 31 Worcester Street, Gloucester  
First aid specifically aimed at carers of people with dementia

**20<sup>th</sup> Jan 20 – Positive Behaviour Support - 11.30 – 14.30**

Delivered by Ambitious About Autism

**Roots Café**, Alvin Street, Gloucester  
Support for Parent Carers - dealing with challenging behaviour

**21<sup>st</sup> Jan 20 – Making adjustments for adults with autism**

10.00 – 12.00 – Delivered by Independence Trust

**Gloucestershire Carers Hub**, 31 Worcester Street, Gloucester  
How to make adjustments at home for an adult with autism

**27<sup>th</sup> Jan 20 – Healthy Homes – 10.00 – 11.30**

Delivered by Warm and Well

**Gloucestershire Carers Hub**, 31 Worcester Street, Gloucester  
Look at benefits available for you in the home

**28<sup>th</sup> Jan 20 – Massage and Mini Facials – 09.30 – 12.30**

Delivered by an Independent Therapist

**Gloucestershire Carers Hub**, 31 Worcester Street, Gloucester  
Limited spaces, back massage or mini facial

**4<sup>th</sup> Feb 20 – Females with ASD – 10.30 – 13.30**

Delivered by The Girl with The Curly Hair

**Gloucestershire Carers Hub**, 31 Worcester Street, Gloucester  
Parent Carers - Exploring ASD in females

**7<sup>th</sup> Feb 20 – Staying Safe and Dementia – 10.00 – 13.00**

Delivered by Gloucestershire Constabulary

**Gloucestershire Carers Hub**, 31 Worcester Street, Gloucester  
Demetia, Herbert Protocol, Free services

**12<sup>th</sup> Feb 20 – Reflexology – 09.30 – 14.00**

Delivered by an Independent Therapist

**Gloucestershire Carers Hub**, 31 Worcester Street, Gloucester  
Limited Spaces available 30 minute reflexology sessions

**12<sup>th</sup> Feb 20 – Caring for someone with Anxiety**

10.00 – 12.00 – Delivered by Independence Trust

**Gloucestershire Carers Hub**, 31 Worcester Street, Gloucester  
Support for caring for someone with anxiety

**24<sup>th</sup> Feb 20 – Caring for a teenager with Poor Mental Health - 10.00 – 13.00 – Delivered by TIC Plus**

**Gloucestershire Carers Hub**, 31 Worcester Street, Gloucester  
For Parent carers caring for children with poor mental health

**27<sup>th</sup> Feb 20 – Reiki and Indian Head Massage**

09.30 – 13.00 - Delivered by an Independent Therapist

**Gloucestershire Carers Hub**, 31 Worcester Street, Gloucester  
Limited Spaces available 30 minute sessions

**27<sup>th</sup> Feb 20 – Caring for someone with poor mental health**

10.00 – 12.00 – Delivered by Independence Trust

**Gloucestershire Carers Hub**, 31 Worcester Street, Gloucester  
Support with caring for someone with poor mental health

To book your place, please contact: Welcome Team on 0300 111 9000 or email [carers@peopleplus.co.uk](mailto:carers@peopleplus.co.uk)

Some sessions offer Day centre services at the same location, also replacement care may be available if required

## Stroud

8<sup>th</sup> Jan 20 – Reflexology – 09.30 – 13.45

Delivered by an Independent Therapist

**Sherbourne House**, Sherbourne Close, Stonehouse  
Limited Spaces available 30 minute reflexology sessions

16<sup>th</sup> Jan 20 – Personal Resilience Plan – 14.00 – 16.00

Delivered by an Independent Wellbeing Specialist

**GL11 Community Hub**, Cam  
Preparing a personal resilience plan for your caring role

30<sup>th</sup> Jan 20 – 5 Ways to Wellbeing – 09.30 – 11.30

Delivered by an Independent Wellbeing Specialist

**Sherbourne House**, Sherbourne Close, Stonehouse  
Explore the 5 ways to wellbeing

31<sup>st</sup> Jan 20 – Mindfulness – 10.00 – 12.00

Delivered by Gloucestershire Mindfulness

**Stroud Fire Station Community Room**, Stroud  
Learn the practice of mindfulness

5<sup>th</sup> Feb 20 – Stress Management – 14.00 – 16.00

Delivered by an Independent Wellbeing Specialist

**Sherbourne House**, Sherbourne Close, Stonehouse  
Develop strategies for managing stress within your caring role

20<sup>th</sup> Feb 20 – 5 Ways to Wellbeing – 10.00 – 12.00

Delivered by an Independent Wellbeing Specialist

**Stroud Fire Station Community Room**, Stroud  
Explore the 5 ways to wellbeing

26<sup>th</sup> Feb 20 – Healthy Homes – 10.00 – 11.30

Delivered by Warm and Well

**Stroud Fire Station Community Room**, Stroud  
Look at benefits available for you in the home

## Cheltenham

9<sup>th</sup> Jan 20 – Stress Management – 10.00 – 12.00

Delivered by an Independent Wellbeing Specialist

**Cheltenham West Fire Station**, Uckington, Cheltenham  
Develop coping strategies for stress in your caring role

22<sup>nd</sup> Jan 20 – Paediatric First Aid – 10.30 – 12.30

Delivered by Little Hearts First Aid

**The Hive**, (in Sports Direct), Cheltenham  
Essential first aid when caring for a child

24<sup>th</sup> Jan 20 – Mindfulness – 10.00 – 12.00

Delivered by Gloucestershire Mindfulness

**Cheltenham West Fire Station**, Uckington, Cheltenham  
Learn the practice of mindfulness

5<sup>th</sup> Feb 20 - Continence – 10.00 – 12.00

Delivered by Passion First Aid

**Cheltenham East Fire Station**, Keynsham Road, Cheltenham  
Dealing with continence issues which may arise whilst caring

6<sup>th</sup> Feb 20 – Healthy Homes – 10.00 – 11.30

Delivered by Warm and Well

**Cheltenham West Fire Station**, Uckington, Cheltenham  
Look at benefits available for you in the home

13<sup>th</sup> Feb 20 – Safeguarding Children – 10.00 – 13.30

Delivered by Independence Trust

**Cheltenham East Fire Station**, Keynsham Road, Cheltenham  
Learn information about safeguarding children

14<sup>th</sup> Feb 20 – Staying Safe and Dementia – 10.00 – 13.00

Delivered by Gloucestershire Constabulary

**Cheltenham West Fire Station**, Uckington, Cheltenham  
Dementia, Herbert Protocol, Free services

20<sup>th</sup> Feb 20 – Stress Management – 14.00 – 16.00

Delivered by an Independent Wellbeing Specialist

**Cheltenham West Fire Station**, Uckington, Cheltenham  
Develop coping strategies for stress in your caring role

## Tewkesbury

16<sup>th</sup> Jan 20 – Stress Management – 10.00 – 12.00  
Delivered by an Independent Wellbeing Specialist  
**Northway Community Hub**, Lee Road, Northway  
Coping strategies for stress in your caring role

18<sup>th</sup> Feb 20 – Mindfulness – 11.00 – 13.00  
Delivered by Gloucestershire Mindfulness  
**Northway Community Hub**, Lee Road, Northway  
Learn the practice of mindfulness

## Forest of Dean

23<sup>rd</sup> Jan 20 – 5 Ways to Wellbeing – 10.00 – 12.00  
Delivered by an Independent Wellbeing Specialist  
**Café 31**, Cinderford  
Explore the 5 ways to wellbeing

23<sup>rd</sup> Jan 20 – 5 Ways to Wellbeing – 14.00 – 16.00  
Delivered by an Independent Wellbeing Specialist  
**Sedbury and Beachley Village Hall**, Sedbury  
Explore the 5 ways to wellbeing

7<sup>th</sup> Feb 20 – Mindfulness – 10.00 – 12.00  
Delivered by Gloucestershire Mindfulness  
**Café 31**, Cinderford  
Learn the practice of mindfulness

19<sup>th</sup> Feb 20 – Healthy Homes – 10.00 – 11.30  
Delivered by Warm and Well  
**Café 31**, Cinderford  
Look at benefits available for you in the home

24<sup>th</sup> Feb 20 - The Gloucestershire Carers Hub  
10.00 – 12.00  
**Café 31**, Cinderford  
Learn about the services we offer to carers

## Cotswolds

14<sup>th</sup> Jan 20 – Paediatric First Aid – 12.30 – 14.30  
Delivered by Little Hearts First Aid  
**Moreton Rangers Football Club**, Moreton in the Marsh  
Essential first aid when caring for a child

17<sup>th</sup> Jan 20 – Mindfulness – 10.00 – 12.00  
Delivered by Gloucestershire Mindfulness  
**Cirencester Fire Station**, Cirencester  
Learn the practice of mindfulness

21<sup>st</sup> Jan 20 – Reiki and Indian Head Massage  
10.00 – 14.30 - Delivered by an Independent Therapist  
**Cirencester Hypnotherapy and Health Centre**, Cirencester  
Limited Spaces available 30 minute sessions

11<sup>th</sup> Feb 20 – First Aid– 13.00 – 16.00  
Delivered by Passion First Aid  
**Cirencester Fire Station**, Cirencester  
First Aid Training

12<sup>th</sup> Feb 20 – Healthy Homes – 10.00 – 11.30  
Delivered by Warm and Well  
**Cirencester Fire Station**, Cirencester  
Look at benefits available for you in the home

12<sup>th</sup> Feb 20 – 5 Ways to Wellbeing – 14.00 – 16.00  
Delivered by an Independent Wellbeing Specialist  
**Cirencester Fire Station**, Cirencester  
Explore the 5 ways to wellbeing

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