

Free Virtual Coffee Mornings and Training Opportunities

Free Virtual Coffee Mornings and Training Programme April 2020

- To book your place please email carers@peopleplus.co.uk or call 0300 111 9000
- We have a timetable of various sessions happening over April 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.
 - We will send you the code for the session upon booking

1st April 2020

Webinar with The Girl with The Curly Hair Executive Function Webinar 10.30 – 11.30am

- Executive function is the set of mental skills that help people get things done.
 - The skills include: working memory, organisation, planning, prioritising, starting and completing tasks, flexible thinking and impulse control.
- Executive function is often impaired in autistic people and has big consequences on all aspects of their life.
- 'Difficult' and 'challenging' behaviours can be caused by impaired executive function.
- Discover strategies to improve it and enjoy being more productive and more efficient

6th April 2020

Delivered by Gloucestershire Mindfulness Mindfulness via Zoom 10.00am

- An introduction to mindfulness techniques
 - Strategies for reducing stress
- A chance to learn mindfulness techniques in your own home

6th April 2020

Delivered by Gloucestershire Carers Hub Virtual Parent Carer Coffee Morning Via Zoom 11.00am

- A Virtual Coffee Morning for Parent Carers to access
 - Spend some time talking to other parent carers
 - Share ideas and experiences with others

15th April 2020

Delivered by Gloucestershire Carers Hub Virtual Coffee Morning Via Zoom 11.00am

- A Virtual Coffee Morning for any Carers to access
 - Spend some time talking to other carers
 - Share ideas and experiences with others

16th April 2020

Delivered by Passion First Aid Falls First Aid via Zoom 10.00am

- Session focussing on how to cope with falls in the home
- Focus on manual handling and what to do and not to

16th April 2020

Delivered by Gloucestershire Carers Hub
Virtual Coffee Morning Via Zoom
10.00am

- A Virtual Coffee Morning for any Carers to access
 - Spend some time talking to other carers
 - Share ideas and experiences with others

20th April 2020

Delivered by Gloucestershire Mindfulness
Mindfulness via Zoom
10.00am

- An introduction to mindfulness techniques
 - Strategies for reducing stress
- A chance to learn mindfulness techniques in your own home

22nd April 2020

Delivered by Gloucestershire Carers Hub
Virtual Coffee Break – via Zoom
3.00pm

- A Virtual Coffee Break for any Carers to access
 - Spend some time talking to other carers
 - Share ideas and experiences with others

23rd April 2020

Delivered by The Girl with the Curly Hair
Challenging Behaviour Webinar
10.00am – 1.00pm

- We look at the underlying reasons for these unusual behaviours exhibited by autistic children. Explore straightforward strategies that can be used to manage this behaviour.

24th April 2020

Delivered by Gloucestershire Mindfulness
Mindfulness via Zoom
10.00am

- An introduction to mindfulness techniques
 - Strategies for reducing stress
- A chance to learn mindfulness techniques

27th April 2020

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

28th April 2020

Delivered by Gloucestershire Carers Hub
Virtual Coffee Morning – Via Zoom
10.00am

- A Virtual Coffee Morning for any Carers to access
 - Spend some time talking to other carers
 - Share ideas and experiences with others

30th April 2020

Delivered by Crossroads Gloucestershire
Dementia Awareness – Via Zoom
10.00am

- An insight into dementia through a webinar

Dixie Dot Delivery of Craft Kits

We have craft kits currently available choose between any of the below;

- **Button Art**
- **Pottery Painting**
- **Foam Clay**

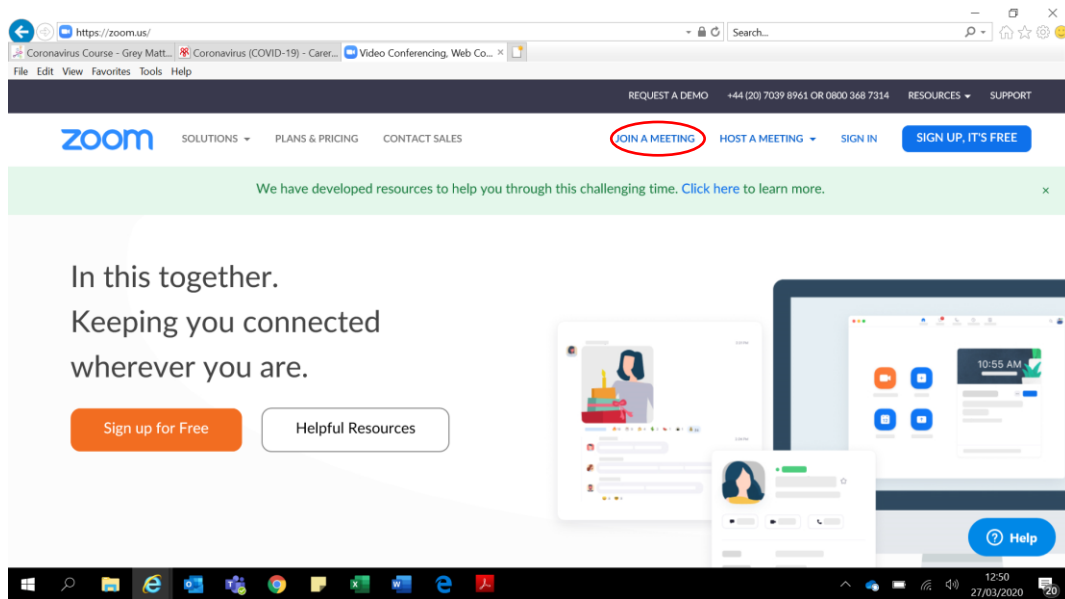
These will be delivered to your door for ease and will allow you to still access some craft time from home.

1 kit per carer. Available on a first come first serve basis.

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)

