

Free Virtual Coffee Mornings and Training Opportunities for our Carers throughout July 2020. Our sessions are open to all Stoke on Trent & Staffordshire Carers.

Free Virtual Coffee Mornings and Training Programme June 2020

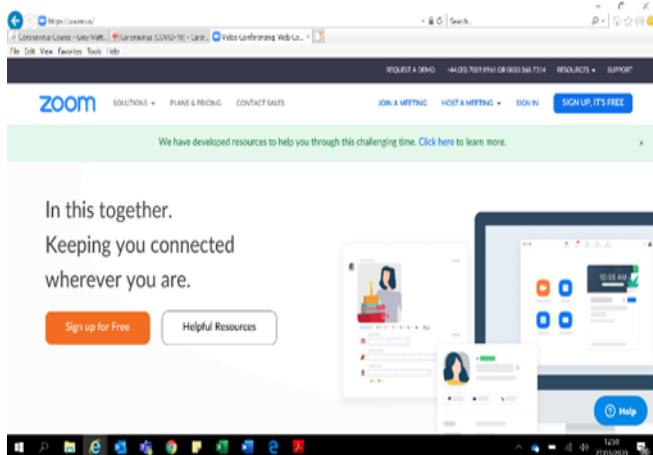
Stoke & Staffordshire Carers – To book your place please email info@thecarershub.co.uk or call **0330 123 1937**

We have a timetable of various sessions happening over **June 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

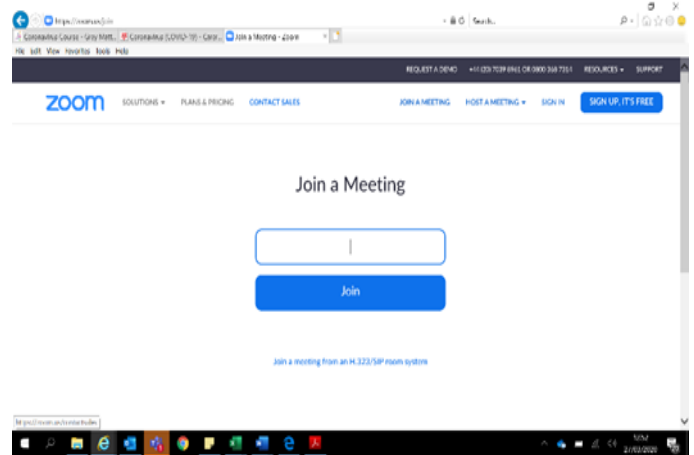
How to Join a Zoom Meeting

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)



[Stoke & Staffordshire Carers to book you place, please contact the team on 0330 123 1937 or email info@thecarershub.co.uk](mailto:info@thecarershub.co.uk)

Wednesday 1st July 2020

Virtual Quiz

Delivered by Stoke & Staffordshire Carers Hub

Via Zoom

11am – 1pm

Meet online with other carers and join us for a bit of a giggle and our quiz.

Thursday 2nd July 2020

Time for a cuppa!

Delivered by Stoke & Staffordshire Carers Hub

Via Zoom

10am – 11am

We know hard it has been for everyone during lockdown, especially for Carers, so take time out for yourself and join us online for our "Time for a cuppa". Have a chat with other carers and make friends.

Thursday 2nd July

5 Ways to Wellbeing

Delivered by Wellbeing Specialist

Zoom Webinar

2pm – 4pm

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

Friday 3rd July 2020

Virtual Bingo

Via Zoom

1pm – 3pm

Eyes down look in
Join us for a fun game of virtual bingo
There will be a bathroom and cuppa break half way through

Monday 6th July 2020

Time for a cuppa!

Delivered by Stoke & Staffordshire Carers Hub

Via Zoom

2pm-3pm

We know hard it has been for everyone during lockdown, especially for Carers, so take time out for yourself and join us online for our "Time for a cuppa". Have a chat with other carers and make friends.

Monday 6th July 2020

Mindfulness

Delivered by Gloucestershire Mindfulness

Zoom Webinar

10am – 12pm

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

Tuesday 7th July

Calming Techniques Workshop

Delivered by Wendy Beresford

Calming Techniques via Zoom

10.00am – 12pm

A longer workshop to support with Positive Tapping (EFT) and other simple Emotional Wellness tools, which can help you to calm your emotions or thoughts

Tuesday 7th July

Telecare via Zoom

11.30am

What is telecare and how they can support you in your caring role. Certain types of equipment available and eligibility.
How to make a referral into telecare.

Tuesday 7th July 2020
Seasonal Flow Yoga with Jo
Delivered by Yoga Teacher
Zoom Webinar
11am – 12.15pm

A gentle class mixing chair based and standing yoga to improve flexibility, strength and concentration, ending with a lovely relaxing meditation to calm the mind.

Wednesday 8th July 2020
Virtual Quiz
Delivered by Stoke & Staffordshire Carers Hub
Via Zoom
11am—1pm

Meet online with other carers and join us for a bit of a giggle and our quiz. There will be a bathroom and cuppa break half way through

Thursday 9th July
Wellbeing—Keeping well in challenging times
Delivered by Wellbeing Coach
Via Zoom
2pm-4pm

Hints and tips for looking after your wellbeing during challenging times

Thursday 9th July 2020
Arthritis Action
Via Zoom
11am—12pm

Learn about practical techniques to manage your arthritis at home. We'll discuss keeping active, distraction techniques, pain management and more.

Thursday 9th July 2020
Time for a cuppa!
Delivered by Stoke & Staffordshire Carers Hub
Via Zoom
2pm-3pm

We know hard it has been for everyone during lock-down, especially for Carers, so take time out for yourself and join us online for our "Time for a cuppa". Have a chat with other carers and make friends

Friday 10th July 2020
Carers Craft Session
Crafty Craft Sessions with two of our Carers
Wendy & Mandy
Via Zoom
10am –12pm

In this session we will be making greeting cards, you will need pieces of plain and coloured paper and card, magazines or newspaper, glue and a pair of scissors. Also you may like to bring along some decorations

Monday 13th July 2020
Healthwatch Staffordshire
Delivered by Healthwatch Staffordshire
10am-11am

Join us for a cuppa and give your views as a patient and social care user in Staffordshire, with the goal of making services better and improving health and wellbeing. We want to hear about your views, needs and experiences to help Staffordshire get the best possible health and care

Tuesday 14th July 2020
Seasonal Flow Yoga with Jo
Delivered by Yoga Teacher
Zoom Webinar
11am – 12.15pm

A gentle class mixing chair based and standing yoga to improve flexibility, strength and concentration, ending with a lovely relaxing meditation to calm the mind

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Tuesday 14th July 2020
Pharmacy Services

Delivered North Staffs & Stoke Local Pharmaceutical
2pm-3pm

Unlike many other public services and businesses, community pharmacies has continue to stay open during the COVID-19 pandemic to deliver essential counselling, information and medicines supply to patients and local communities. With a significant increase in demand for medicines, coupled with a change in public behaviour — such as panic buying of over the counter medicines in response to the lockdown

Wednesday 15th July 2020
Virtual Quiz

Delivered by Stoke & Staffordshire Carers Hub
11am—1pm

Meet online with other carers and join us for a bit of a giggle and our quiz. There will be a bathroom and cuppa break half way through

Wednesday 15th July 2020
General Advice & Support Introductory session

Delivered by Approach Staffordshire
Via Zoom
7pm—8pm

Approach will deliver general advice in this introductory session.

Thursday 16th July 2020
Time for a cuppa!

Delivered by Stoke & Staffordshire Carers Hub
Via Zoom
10am—11am

We know hard it has been for everyone during lockdown, especially for Carers, so take time out for yourself and join us online for our “Time for a cuppa”. Have a chat with other carers and make friends

Friday 17th July 2020
Carers Craft Session

Crafty Craft Sessions with two of our Carers
Wendy & Mandy
Via Zoom
10am –12pm

In this session we will be making gift boxes. You will need an empty toilet roll tube, wrapping paper, ribbon, cello tape, glue and scissors. Also you may like to bring along some decorations

Friday 17th July 2020
Virtual Bingo

Via Zoom
1pm –3pm

Eyes down look in
Join us for a fun game of virtual bingo
There will be a bathroom and cuppa break half way through

Monday 20th July 2020
Time for a cuppa!

Delivered by Stoke & Staffordshire Carers Hub
Via Zoom
10am –11am

We know hard it has been for everyone during lockdown, especially for Carers, so take time out for yourself and join us online for our “Time for a cuppa”. Have a chat with other carers and make friends

Monday 20th July 2020
Mindfulness

Delivered by Gloucestershire Mindfulness
Zoom Webinar
10am—12pm

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

Monday 20th July 2020

Arthritis Action

Via Zoom

2pm—3pm

Learn about practical techniques to manage your arthritis at home. We'll discuss keeping active, distraction techniques, pain management and more.

Tuesday 21st 2020

Self Calming Techniques Workshop

Delivered by Wendy Beresford

via Zoom

10.00am –12pm

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

Wednesday 22nd July 2020

Anxiety & ASD

Delivered by Girl with the Curly Hair

Webinar

10am – 1pm

Looking at autism vs anxiety, how to talk about anxiety and strategies for managing anxiety in daily life

Tuesday 21st July 2020

Seasonal Flow Yoga with Jo

Delivered by Yoga Teacher

Zoom Webinar

11am – 12.15pm

A gentle class mixing chair based and standing yoga to improve flexibility, strength and concentration, ending with a lovely relaxing meditation to calm the mind

Wednesday 22nd July 2020

Advance Care Planning

Delivered by Marie Curie

Webinar

11am

Advance care planning involves making decisions about your future care with your health and social care professionals. These wishes can be followed if you aren't able to make decisions in the future.

Wednesday 22nd July 2020

Virtual Quiz

Delivered by Stoke & Staffordshire Carers Hub

Via Zoom

11am –1pm

Meet online with other carers and join us for a bit of a giggle and our quiz. There will be a bathroom and cuppa break half way through

Wednesday 22nd July 2020

Dementia Friends Session

Delivered by Approach Staffordshire

Via Zoom

7pm—8pm

Dementia Friends is the biggest ever initiative to transform how the nation thinks, acts and talks about dementia. Unite today and become a Dementia Friend

Thursday 23rd July 2020

Pharmacy Services

Delivered North Staffs & Stoke Local Pharmaceutical

10am –11am

Unlike many other public services and businesses, community pharmacies has continue to stay open during the COVID-19 pandemic to deliver essential counselling, information and medicines supply to patients and local communities. With a significant increase in demand for medicines, coupled with a change in public behaviour — such as panic buying of over the counter medicines in response to the lockdown

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Thursday 23rd July 2020

Time for a cuppa

Delivered by Stoke & Staffordshire Carers Hub

Via Zoom

2pm-3pm

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Friday 24th July 2020

Dementia First Aid

Delivered by Passion First Aid

Zoom Webinar

10am –1pm

Dementia first aid is a problem-solving, stress-reducing and crisis prevention training programme for family carers of people with **dementia**. It teaches carers how to identify, understand and effectively cope with common behavioural and psychological symptoms of **dementia**

Monday 27th July 2020

Healthwatch Staffordshire

Delivered by Healthwatch Staffordshire

Via Zoom

2pm –3pm

Join us for a cuppa and give your views as a patient and social care user in Staffordshire, with the goal of making services better and improving health and wellbeing. We want to hear about your views, needs and experiences to help Staffordshire get the best possible health and care

Tuesday 28th July 2020

Seasonal Flow Yoga with Jo

Delivered by Yoga Teacher

Zoom Webinar

11am – 12.15pm

A gentle class mixing chair based and standing yoga to improve flexibility, strength and concentration, ending with a lovely relaxing meditation to calm the mind

Wednesday 29th July 2020

Virtual Quiz

Delivered by Stoke & Staffordshire Carers Hub

Via Zoom

11am –1pm

Meet online with other carers and join us for a bit of a giggle and our quiz. There will be a bathroom and cuppa break half way through

Wednesday 29th July 2020

What is Dementia, different types, signs & symptom, managing care

Delivered by Approach Staffordshire

Via Zoom

7pm—8pm

Learn about the different types of Dementia the signs and the symptoms.

Thursday 30th July 2020

Time for a cuppa!

Delivered by Stoke & Staffordshire Carers Hub

Via Zoom

10am—11am

We know hard it has been for everyone during lockdown, especially for Carers, so take time out for yourself and join us online for our "Time for a cuppa". Have a chat with other carers and make friends.

Friday 31st July 2020

Virtual Bingo

Via Zoom

1pm –3pm

Eyes down look in
Join us for a fun game of virtual bingo
There will be a bathroom and cuppa break half way through