

## 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

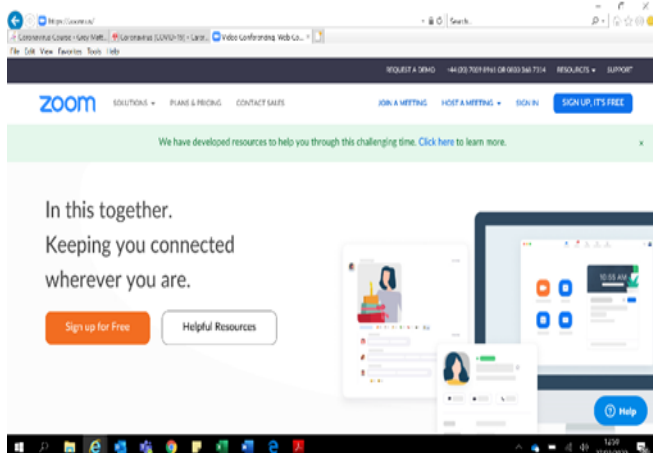
**Stoke & Staffordshire Carers** – To book your place please email [info@thecarershub.co.uk](mailto:info@thecarershub.co.uk) or call **0330 123 1937**

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

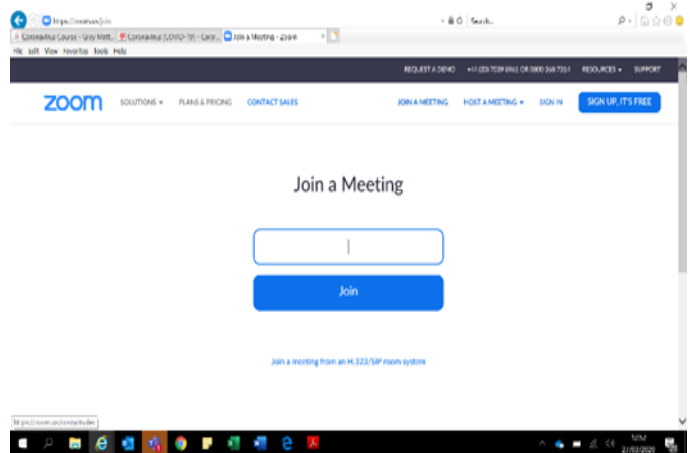
### How to Join a Zoom Meeting

Visit [www.zoom.us](http://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.

[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)

**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**

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**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**

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 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

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