



**AUTUMN WINTER 2022**

# CARERS TALK

## DROPPING IN? GIVE US A CALL

We are changing the way we deliver our drop-in services to carers.

As we start to open up all of our services and support to carers, we want to ensure carers receive the best support they can.

To enable us to offer quality support when carers need it, we now ask carers who wish to drop into our service and receive a face-to-face

meeting with one of our skilled staff members, to call in advance so we can arrange a time that is suitable for you. This will then ensure we have an appropriate private safe space available to discuss your concerns and issues with one of our qualified team members.

Please note our opening times for drop-ins are: Monday to Thursday 10.00am to 3.30pm and Friday 10.00am to 3.00pm.

## CARER FRIENDLY AWARDS



Adult Carer of the Year Winner:  
Debbie Allen

**We support unpaid carers whose lives are affected by caring for someone.**

## UPDATE

Over the past 6 months we have enjoyed getting back to working face to face with carers in the community and it has been lovely to see many of you joining our carers meet ups and events. We are happy to share that we have had some new staff join our team, who bring with them a wealth of knowledge and experience to our service and carers. You may also have noticed our website has had a makeover! We are excited to continue to develop our website so that it is a place where carers and professionals can come to access information and support.

We have lots on for carers in the next few months so please take a look at our new events and training programme. We encourage you to join our monthly email mailing list via our website, so you are always kept up to date with the latest news and opportunities for carers.

## CARERS RIGHTS DAY SAVE THE DATE

Thursday 24th November, Carers Rights Day is a national awareness campaign that aims to help carers in the community know about their rights and where they can go to access support. Carers Trust Solihull will be getting involved in the campaign and will be raising awareness in the Borough. Keep an eye out on our website for details of what we will be doing and how you can get involved.

## CARERS CARD

When you register with our service you will receive a Carers Identity Card. We encourage carers to carry their card with them in their purse or wallet, so if they have an emergency or are ever taken ill, this card will alert people that someone is dependent on you and may need assistance. In the card you can put details of whom you wish to be contacted in an emergency, giving you peace of mind. Our carers card also entitles you to some concessions within the Solihull Borough including free swimming for carers at North Solihull Sports Centre and Tudor Grange Leisure Centre, with or without the person you care for.

We encourage carers to ask about carers concessions, when you go to local attractions with the person you care for, such as the theatre or National Trust Properties. You should emphasise that you are accompanying a person unable to attend without your assistance.



## DID YOU KNOW WE HAVE RELAXATION DAYS FOR CARERS?

Although caring can be a positive and rewarding experience, it can negatively impact a carer's well-being. Many carers often put the needs of the person they care for before their own and many have little respite for themselves.

During our relaxation days, carers can book a free half-hour relaxation treatment such as Reiki, Indian Head Massage, Reflexology and Neck & Shoulder Massage. The therapists who deliver the treatments have been working with us for over 10 years and have a wealth of experience in their field. Hundreds of carers have attended our sessions feeding back "I can't remember the last time I felt that relaxed", "I feel like a weight has been lifted" and "I feel more able to carry on now".

We run sessions in both the north and south of the Borough and you can find out the dates of our sessions in our events programme on the back of this newsletter. We hope you can join us, Treat yourself!





## KEEPING WARM AND WELL

We understand that with energy prices soaring and the cost of living crisis, many carers are feeling anxious about their finances and may already be struggling financially. We will be working closely with other organisations as well as Solihull Council to help support carers during these difficult times. Below are some useful contacts and information, should you find yourself struggling.

### Energy Bills Support Scheme

All households will receive £400 discount on their energy bills. Depending on certain eligibility criteria households most in need will also be able to receive further support. You can find out more by visiting: [www.gov.uk](http://www.gov.uk)

### Act On Energy

A charity that offers an energy support service and free impartial advice: Telephone 0800 988 2881

### Winter Warmth Helpline

If you find yourself needing assistance to stay warm this winter you can access help by calling 0121 704 8080.

### Solihull Community Advice Hub

You can access information and support for issues such as debt, grants, energy efficiency, health, benefits, form fillings and more. You can contact them on 0121 709 7590.

### Priority Services Register

A free support service to help people in vulnerable situations. Depending on your circumstances being on the register gives you access to a variety of free services. To find out more call 0800 389 8000.

### Social Tariffs

If you are on a low income or on certain benefits you may qualify for a Social Tariff from your broadband provider. Call your provider to enquire.

Carers Trust Solihull are here to support you, please do not hesitate to get in touch with us if you are struggling.

## CARER FRIENDLY AWARDS 2022

Our first Charity Ball took place in June at the Village Hotel in Shirley and was hosted by Phil Upton. The night was a huge success and raised over £4000. During the night we announced the winners of our Carer Friendly Awards 2022. Our awards recognise carers and those who support carers, who go above and beyond to make our community carer friendly. We would like to thank everyone who attended, bought raffle tickets, provided raffle prizes and sponsored our awards. All the money raised at the event will go directly to supporting carers in Solihull.

And the winners...



Volunteer of the Year Award:  
Terry Blyth



Young Adult Carer of the Year:  
Rebecca Wall

## GP AND HEALTH LIAISON UPDATE

As we head towards Autumn and Winter make sure that your GP surgery knows that you are a carer and ask if you can be added to their carers register. Also, remember to enquire about your free winter vaccinations to protect you and the person you care for this winter.

What's the biggest difficulty for carers right now?

Carers know best about the challenges and satisfactions around caring. Can you share your views so that we can help shape services and understanding for Carers? Do you have experience of Long Covid? Carers Trust are keen to reach carers affected. There is also the specialised Long Covid website that offers support, visit [www.longcovid.org](http://www.longcovid.org)

To share your comments call Linda Hewitt (Health liaison) at 0121 8285639 or email [lindahewitt@solihullcarers.org](mailto:lindahewitt@solihullcarers.org)

Employer of the Year Award:  
Solihull Council

Educational Setting Award:  
Fordbridge Community  
Primary School

Healthcare of the Year Award:  
Jill Bonehill



# EVENTS AND TRAINING

## NHS Continuing Healthcare

**TUESDAY 11TH OCTOBER**

2pm–3.30pm

Find out about this type of care funding and have your questions answered by a specialist in this area.

**Carers Trust Solihull, B91 1QY**

## Carers Meet Up

**FRIDAY 14TH OCTOBER**

11am–12.30pm

Join us for a social meet up with other carers for a cuppa and a chat.

**Manor House Tea Rooms,  
High Street, Solihull**

## Aston Hall Visit

**WEDNESDAY 19TH OCTOBER**

Explore this magnificent seventeenth century mansion. £6 per person

**Transport provided**

## Dementia Friends Session

**THURSDAY 27TH OCTOBER**

1pm–2.30pm

Learn about the fundamentals of Dementia and what support is available to carers.

**Fordbridge Town Council,  
B37 5DD**

## Carers Relaxation Day

**THURSDAY 3RD NOVEMBER**

10am–2pm

Free relaxation appointments of Reflexology, Reiki, Indian Head, Neck and Shoulder Massage.

**Sheldon Hall Stonehouse,  
Gressel Lane, B33 9US**

## Wills & Power of Attorney

**WEDNESDAY 9TH NOVEMBER**

2pm–3.30pm

Find out more about some of the legal aspects of caring and have your questions answered by an expert in this area.

**Carers Trust Solihull, B91 1QY**

## End of Life Session

**TUESDAY 15TH NOVEMBER**

10.30am–12pm

Find out what services and support are available to you as you enter this stage of caring.

**Carers Trust Solihull, B91 1QY**

## Warwick Castle Trip

**TUESDAY 29TH NOVEMBER**

Explore this medieval castle at Christmas. £8 per person  
Transport Provided

## Carers Christmas Meet Up

**TUESDAY 6TH DECEMBER**

1pm–2.30pm

Join us for some Christmas fun, with mince pies, fun quiz and music.

**Fountains Care Home, B90 4EF**

## Introduction to Reflexology

**WEDNESDAY 7TH DECEMBER**

10.30am–12pm

Introduction to Reflexology to help reduce some physical & emotional stress. Booking essential.

**Carers Trust Solihull, B91 1QY**

## Carers Christmas Meal

**FRIDAY 16TH DECEMBER**

1pm–2.30pm

Join us for our annual Christmas Meal. £5 per person. Deposit, reimbursed to you at the meal.

**Olton Tavern, B92 8NU**

## Dick Whittington Pantomime

**THURSDAY 12TH JANUARY**

2pm

A fun, feel good panto to get you laughing. £10 per person.

**Transport Provided  
Birmingham Hippodrome**

## Emergency Planning

**MONDAY 16TH JANUARY**

10.30am–12pm

Do you have a back up plan in case you can't provide care in the short term? This session will help you build a plan and inform you of what support is available to you.

**Carers Trust Solihull, B91 1QY**

## Carers Meet Up

**TUESDAY 24TH JANUARY**

1pm–2.30pm

Join us for a social meet up with other carers for a cuppa and a chat.

**Manor House Tea Rooms,  
High Street, Solihull**

## Carers Relaxation Day

**THURSDAY 2ND FEBRUARY**

10am–2pm

Free relaxation appointments of Reflexology, Reiki, Indian Head, Neck and Shoulder Massage.

**Fountains Care Home, B90 4EF**

## Staying Safe Online

**WEDNESDAY 15TH FEBRUARY**

1pm–2.30pm

Find out about cookies, consent and how to keep your information safe.

**Session being held on Zoom**

## Botanical Gardens Birmingham

**TUESDAY 14TH FEBRUARY**

We will be offering paid entry to carers and their cared for to the gardens. Booking essential.

## Carers Meet Up

**THURSDAY 23RD FEBRUARY**

10.30am–11.30am

Join us for a social meet up with other carers for a cuppa and a chat.

**Sheldon Hall Stonehouse,  
Gressel Lane, B33 9US**

## Carers Relaxation Evening

**TUESDAY 7TH MARCH**

4pm–8pm

Free relaxation appointments of Reflexology, Reiki and more.

**Carers Trust Solihull, B91 1QY**

## Stress Management Workshop

**WEDNESDAY 15TH MARCH**

10.30am–12pm

Learn some techniques to help you relax and explore coping strategies.

**Carers Trust Solihull, B91 1QY**

## Theatre Trip "Hello Dolly"

**THURSDAY 16TH MARCH**

7.30pm–9.30pm

Enjoy this musical filled with charisma and heart.

£6 per person

**Core Theatre, Solihull**

## Carers Meet Up

**FRIDAY 24TH MARCH**

10.30am–12pm

Join us for a social meet up with other carers for a cuppa and a chat.

**Manor House Tea Rooms,  
High Street, Solihull**



Where you see the star you can bring your adult cared for with you.

**Book online or call us on:**

**T 0121 788 1143**

**W [www.solihullcarers.org](http://www.solihullcarers.org)**

**BOOKING IS ESSENTIAL  
FOR ALL ACTIVITIES**

**REGISTER YOUR  
INTEREST ONLINE**

@solihullcarers

