



MARCH-SEPTEMBER 2023

# CARERS TALK

## Welcome to the Spring/Summer Edition of our Newsletter

**Spring is finally here with its lighter days, sprouting flowers and warmer weather.** All of which are welcome after the hard winter many carers have faced over the past few months. We have had an increase in the amount of carers contacting us for support during this time and we understand the anxiety and difficulties many are facing. We continue to work closely with other local organisations and Solihull Metropolitan Council to support carers who may be struggling during this time.

We have a variety of great opportunities for carers over the next six months, including relaxation days, a beach trip, training sessions and the launch of our very own Podcast. Additionally, Carers Week is taking place from 4th-11th June 2023, so make sure to keep an eye on our website and social media channels to find out how we will be celebrating.

Whatever stage you are at on your caring journey, we are here for you. Please do not hesitate to contact us if you require support or information: T 0121 788 1143.

## Football Fun & Fundraising



Carers Trust Solihull was chosen by the partners and staff at Sydney Mitchell LLP as one of their charities to support this year. Their Five A Side football team kicked off the fundraising and raised £150! Well done to the team and a big thank you to all involved!



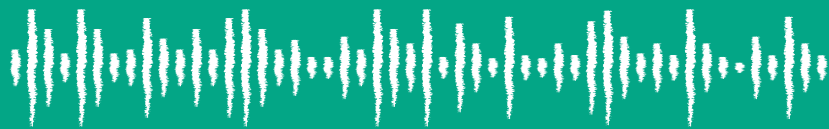
## Carers Podcast

We are excited to let you know about the launch of our podcast, Carers Talk. These audible episodes will be free to carers to listen to and will cover a variety of topics affecting carers.

We will be talking to professionals to bring you information on various topics including Wills and Power of Attorney, Finding Care, Benefits, Wellbeing and more.

We will also be covering carers stories, experiences and giving you up to date information on local services and resources available to support you. We know that a lot of carers are short on time or can't leave the person they care for to attend our groups or training sessions. Through our podcasts we hope to make support and useful information accessible to more carers.

Our first welcome episode will be out in April and future episodes will be released monthly. You can find our podcast on our website, via our monthly Ebulletin or Spotify or iTunes. If you are interested in listening to our podcast but need help accessing it please do not hesitate to contact us, as support is available.



## DO YOU CARE FOR A CHILD UNDER THE AGE OF 18?

Get in touch to find out how we can support you



## Health Update

We are working closely with local pharmacies with the help of the Chief Pharmacist for the Local Pharmaceutical Committee in Solihull. From March to June leading up to national Carers Week, all pharmacies in Solihull will receive an opportunity to help unpaid carers by recognising their role, and offering information to them. Every pharmacy has a Healthy Living Zone, a place on the wall where issues can be highlighted relevant to the local community. We will be promoting support for carers of all ages here. This will happen on a rolling basis so look out for regular Carer's information and updates in your local pharmacy.

Did you know that there is a specific Long Covid Clinic that treats patients with ongoing medical problems, after contracting Covid? These health issues can be debilitating, creating a new need for people to become carers. Some carers have become Long Covid patients themselves but are still caring for someone who can't manage without them. Either way we want to inform carers that help is available. Carers Trust along with Birmingham Carers services will be presenting carer awareness training to clinicians within the Long Covid Clinic in April. This will help health professionals who are well-placed to meet carers, to identify and offer information. If you or someone you know has been affected by Long Covid and have a caring role please contact us if you need support.

# Solihull Council Update – [www.solihullgov.uk](http://www.solihullgov.uk)

You will now find a dedicated section for carers on Solihull Council's website here: [www.solihullgov.uk/carers](http://www.solihullgov.uk/carers)

## Respite Care

Respite care lets you take a break from your caring role. Having someone else temporarily look after the person you care for can give you time to spend on your own needs and recharge your batteries.

Visit the council's website to find out more about the range of respite services available in Solihull and how to access them.

## Cost of Living Support

Whether you need help with food, energy, financial advice or wellbeing, the council's Here2Help web pages have some useful information and contact details for you.

It's important to check that you're getting all the financial support that you're entitled to and that you have redeemed any vouchers for pre-paid gas and electricity meters if you have been sent them in the post. The government's Help for Households website has full details of all government support.

## Holiday Activities and Food Programme

The Holiday Activities and Food (HAF) programme is designed to support school aged children, from reception to year 11, who are in full-time education and receive benefits-related free school meals.

If you have received an email from Solihull Council explaining that your children are eligible for the HAF programme please take advantage of the sessions. More information is available on the council's website.

If you think you might be eligible for benefits-related free school meals, but do not currently claim them, find out how to apply on the council's website.



Solihull Metropolitan Borough Council  
Carers Rights Day 2022

## OUR ACTIVITIES

We provide a variety of trips and activities for carers registered with our service. Through these activities we aim to give carers a break from their caring role or have the opportunity to enjoy a nice experience with the person they care for.

To make sure everyone has the opportunity to access this part of our service, places on our trips are not given on a first come first service basis. We allocate places depending on a variety of factors, but our priority is carers who have not attended an activity before. When you sign up for an activity, you are registering your interest and 3 to 4 weeks before an event, you will be contacted if you have a place on the activity.

Need to cancel? Please let us know. Unfortunately we have had a number of carers book onto sessions and not turn up on the day. This has a negative financial impact on our service but also can deny another carer the opportunity of having the place. We know that being a carer can mean plans can change last minute due to the needs of the person you care for, we just kindly ask that you let us know.





# EVENTS AND TRAINING

## Finding Care

WEDNESDAY 12TH APRIL

10.30AM–12PM

Information and resources on finding care.

Carers Trust Solihull, B91 1QY

## Carers Meet Up

TUESDAY 18TH APRIL

10.30PM–12PM

Join us for tea & cake and meet other carers

Blossomfield Rose, B91 1FN

## Winterbourne House and Gardens

THURSDAY 27TH FEBRUARY

Tickets available for you and the person you care for.

Transport not provided.

## Carers Relaxation Day

WEDNESDAY 3RD MAY

10AM–2PM

Free relaxation appointments available.

Sheldon Hall Stonehouse, B33 9USA

## Dementia Session

MONDAY 15TH MAY

10AM–12PM

This session explores the social and psychological needs of a carer and a person with Dementia.

Blossomfield Rose, B91 1FN

## Carer's Welcome

THURSDAY 18TH MAY

11AM–1PM

Drop in and see us. have a question or need advice? Drop in and meet the team.

Carers Trust Solihull, B91 1QY

## Carers Meet Up

WEDNESDAY 24TH MAY

10.30–11.15PM

Join us for tea & cake and meet other carers

Sheldon Hall Stonehouse, Gressel Lane, B33 9US

## Trip to Coughton Court

FRIDAY 26TH MAY

£8 per person/TRANSPORT PROVIDED

## Day Trip to Western Super-Mare

SATURDAY 10TH JUNE

Join us for a trip to the beach.

£5 per person/Transport provided

## 9-5 The Musical

TUESDAY 13TH JUNE

7.30PM–10PM

£10 per person / Transport Provided

Alexandre Theatre Birmingham

## Emergency Planning

MONDAY 19TH JUNE

10.30–12PM

This session will help you build a plan should you be unable to care in the short term.

Carers Trust Solihull, B91 1QY

## Wills and Power of Attorney

WEDNESDAY 28TH JUNE

11AM–12.30PM

Find out about this legal aspect of caring and have your questions answered.

Carers Trust Solihull, B91 1QY

## Day Trip To Stratford Upon-Avon

WEDNESDAY 12TH JULY

£8 per person / Transport Provided

## Carers Meet Up

FRIDAY 21ST JULY

1–2.30PM

Join us for tea & cake and meet other carers

Blossomfield Rose, B91 1FN

## Introduction To Reflexology

THURSDAY 27TH JULY

11AM–12.30PM

Blossomfield Rose, B91 1FN

## Continuing Healthcare

THURSDAY 3RD AUGUST

11–12.30PM

Find out more about this type of funding and have your questions answered.

Carers Trust Solihull, B91 1QY

## Carers Relaxation Day

TUESDAY 8TH AUGUST

10AM–2PM

Free relaxation appointments available.

Blossomfield Rose, B91 1FN

## The Black Country Museum

THURSDAY 17TH AUGUST

£10 per person / Transport Provided

## Carers Meet Up

MONDAY 21ST AUGUST

10.30AM–12PM

Join us for tea & cake and meet other carers

Blossomfield Rose, B91 1FN

## First Aid Awareness

MONDAY 4TH SEPTEMBER

10.30AM–12PM

Join Via zoom or with us at Carers Trust Solihull, B91 1QY

## Carers Relaxation Evening

THURSDAY 7TH SEPTEMBER

4–8PM

Free relaxation appointments available.

Carers Trust Solihull, B91 1QY

## Carers Meet Up

WEDNESDAY 20TH SEPTEMBER

10.30–12PM

Join us for tea & cake and meet other carers

Sheldon Hall Stonehouse, B33 9US

## Cinema Tickets

18TH–24TH SEPTEMBER

Cinema tickets available this week for you and the person you care for.

Where you see the star you can bring the person you care for with you (Adults only).

**BOOKING IS ESSENTIAL FOR ALL ACTIVITIES**

**Register your interest online or call us on:**

**T 0121 788 1143**

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

Book Online

@solihullcarers

