

JOIN US FOR CARERS WEEK



EVENTS & ACTIVITIES
4-11TH JUNE 2023



CARERS TRUST
Solihull

BOOKING ESSENTIAL

CARERS 5K CHARITY WALK Sunday 4th June


Carers 5K charity circular walk in the beautiful Warwickshire countryside near the National Trust's, Baddesley Clinton property.

MEET IN Car Park, Baddesley Clinton, National Trust, Rising Lane, Knowle, Solihull B93 0DQ

ARRIVAL & REGISTRATION TIME: 9.30AM
Please arrive in enough time to register and pay before the walk begins. Walk begins at 10am.

COST Adults £5 Children £3 (under 5's free). Please pay on the day.

Please note this walk is not suitable for pushchairs or walking aids.

 **Register using the QR code on the left or use the Wufoo link below:**
<https://solihullcarers.wufoo.com/forms/m3et3y001f0xse/>

PARENT CARERS COFFEE MORNING Monday 5th June

Join us for a cuppa and some breakfast pastries. Meet other parent carers and find out what support is available for parent carers in Solihull.

TIME 10AM-11.30AM
VENUE Carers Trust Solihull, 620 Streetsbrook Road, B91 1QY

Register via link on the right or call us >>>

CARERS WELLBEING EVENT Wednesday 7th June

Drop in and enjoy some "Me Time" and access information and resources on how you can look after your wellbeing as a carer.

Free relaxation treatments available – Reflexology, Reiki, Indian Head Massage, Neck and Shoulder massage available.

Booking is required for treatments.

TIME 11AM-2.30PM

VENUE Blossomfield Rose Care Home, Blossomfield Park, Blossomfield Road, Solihull B91 1FN

Register via our website below or call us.

CARERS TRIP TO WESTON-SUPER-MARE Saturday 10th June

Carers of all ages and their family can enjoy a day trip to the seaside. Wheelchair accessible coach provided. Limited spaces available.

Register via our website below or call us.

REGISTER HERE OR CALL US >>>



Use the QR code on the left or the web link below:
<https://solihullcarers.wufoo.com/forms/mrzoo2z19rai2h/>

MORE AT WWW.SOLIHULLCARERS.ORG/WHATSON OR CALL US ON **0121 788 1143**

OTHER EVENTS

SOLIHULL COLLEGE DROP IN Monday 5th June

We will be holding a drop-in session for students to find out more about caring and to offer support to students who may be carers.

YOUNG CARERS CLUB Tuesday 6th June

Young carers celebrate carers week with Pizza and Film Night.

PODCAST WITH AWARD WINNING AUTHOR HAZEL CARTER Thursday 8th June

Hazel shares her personal story of being the primary carer for her husband who lost his life to motor neuron disease.

SOLIHULL COLLEGE DROP IN Thursday 8th June

CARERS ADVICE DROP IN Friday 9th June

Do you need advice or support? Drop in and speak to one of our carers practitioners and see what help is available.

TIME 10.30am – 12.30pm
VENUE North Solihull Community Advice Hub, Chelsmley Wood Library B37 5TN.

DISCUSSING LONG COVID Friday 9th June

Watch our Zoom discussion with our CEO, Health Liaison worker and the NHS Long Covid Team. This goes live on our YouTube channel on **9th June** here:
<https://www.youtube.com/@solihullcarers/videos>