

CARERS TALK

APRIL - SEPTEMBER 2024

Welcome to the Spring/Summer Edition of our Newsletter

With brighter days now ahead, we're excited to share with you what we've been up to over the past six months and what's in store for this spring and summer. Following the great success of our Carer Friendly Awards and Charity Ball in 2022, we're delighted to announce that we'll be hosting these events again during Carers Week 2024.

Additionally, we have a packed programme of activities and training sessions for you to access, including our annual beach trip, monthly carers meet-ups, and a variety of free training sessions designed to assist you in your caring role. If you're not already following

us on social media, why not join us @solihullcarers for the latest news and information?

Excellence Award

We are delighted to let you know that we have been awarded **Solihull Chamber's Award for Excellence in the Third Sector**. We are incredibly proud of this acknowledgement of the work we do. As an organisation we are passionate about supporting unpaid carers and providing them with a quality service.

Thank you!

We're honoured to be one of Sydney Mitchell Solicitors' charities of the year, alongside Parenting Mental Health. In February, we received a generous £4,000 donation to support the work we do. We are incredibly grateful for their support and this donation will go directly to supporting unpaid carers in Solihull.



News



We are delighted to introduce you to two new members of the adult team. Amanda Wilkinson joins us as our new Events and Activities Coordinator, who will be organising all future social activities for adult carers. Karan Coffey joins as our new Duty Worker, who will be one of the first responders to carers reaching out to our service. They are both looking forward to working with our registered carers.

This year's Carers Week is scheduled for 10th–16th June, during which we'll be hosting a variety of activities tailored for carers throughout the week. Ensure you're signed up for our monthly E-Newsletter to receive the latest updates.

We're incredibly grateful for the support we've received from businesses this year. A special thank you to UB Healthcare for selecting us as their Charity of the Year and for their recent support during our Carers Rights Day event, as well as our 2023 "Light Up a Carers Christmas Campaign". We look forward to our partnership in the coming year and exploring ways to enhance the lives of carers in Solihull.



Winning Excellence in the third Sector Award



UB Healthcare at our Carers Rights Day Event

Health Engagement Update

Pharmacies serve as crucial hubs for carers who frequently visit to collect prescriptions. Our Health Engagement worker has been actively engaging with pharmacies across Solihull to enhance awareness and support for carers.

In each pharmacy, we provide a comprehensive pack containing informative leaflets for carers, posters to be displayed in pharmacy Healthy Living zones, and Carers Trust stickers to affix to medicine bags.

We're pleased to report that our in-person visits to all pharmacies in Solihull have been met with overwhelmingly positive responses from pharmacy staff. We eagerly anticipate connecting with more pharmacy teams in the future. A special thanks to the LPC (Local Pharmacy Consortium) for their invaluable support of Carers Trust in this initiative.



Carer Friendly Awards 2024

To celebrate Carers Week 2024 we are asking carers, employers and services within our communities to either nominate themselves or others for one of our 'Carer Friendly Awards'. Our awards recognise carers and those who support them, who go above and beyond to highlight and recognise the incredible contribution carers make in our community.

Our categories are:

- Adult Carer of the year
- Young Carer/Young adult carer of the year
- Educational Setting of the year
- Healthcare of the year
- Volunteer of the year

If you would like to find out more or to nominate a carer or a service or organisation that you feel makes a difference to carers head to our website or call us.



Carers Talk Podcast

Did you know we have a podcast? Podcasts offer audio episodes that you can listen to at your convenience. We engage with professionals on a variety of topics affecting carers. Currently, our episodes cover subjects such as wills and power of attorney, energy Advice, and personal stories shared by carers. You can tune in to hear us discussing these topics on all major streaming platforms, as well as on our website and YouTube channel.



JOIN US FOR THE CARERS 5K CHARITY WALK



EVENTS AND TRAINING



Carers Meet Up

WEDNESDAY 3RD APRIL

10.30AM-12PM

Join us and other carers for a drink/chat.

Sheldon Hall Stonehouse,
B33 9US

Carers Relaxation Day

WEDNESDAY 10TH APRIL

10AM-2PM

Free relaxation appointments available. Booking Essential.

North Solihull - Venue TBC

Spring Sing! Bentley Heath Choir

SATURDAY 20TH APRIL

7.30PM-10PM

Award-winning community choir performing hit songs.

£10 per person

Solihull School, B91 3DJ

Safeguarding Views Workshop

TUESDAY 23RD APRIL

11AM-12.30PM

Join us for a discussion about what safeguarding means to you.

Carers Trust Solihull, B91 1QY

Carers Meet Up

WEDNESDAY 1ST MAY

1PM-2.30PM

Join us for tea & cake and meet other carers.

Blossomfield Rose, B91 1FN

Dementia Carers Workshop

MONDAY 13TH MAY

1PM-3PM

Share experiences, access support and information.

Wheatley Place, Shirley, B90 4GZ

Great Care Starts with You

TUESDAY 21ST MAY

10AM-12PM

This workshop looks at selfcare and looking after our wellbeing.

Carers Trust Solihull, B91 1QY

Trentham Gardens

THURSDAY 30TH MAY

£10 per Person/Transport

Provided

Weston-super-Mare

SATURDAY 8TH JUNE

Our annual beach trip to celebrate Carers Week.

£10 per Person/Transport
Provided

Carers Relaxation Day

WEDNESDAY 19TH JUNE

10AM-2PM

Free relaxation appointments available. Booking Essential.

Blossomfield Rose, B91 1FN

Afternoon Tea Party

WEDNESDAY 10TH JULY

2PM-4PM

Blossomfield Rose, B91 1FN

Mindfulness Workshop

TUESDAY 16TH JULY

1PM-3PM

Introduction into mindfulness and meditation.

Carers Trust Solihull, B91 1QY

Welcome Meeting for NEW Carers

MONDAY 22ND JULY

10.30AM-12PM

New to Carers Trust? Find out more about what we can do for you.

Carers Trust Solihull, B91 1QY

End Of Life Workshop

THURSDAY 8TH AUGUST

10.30PM-12PM

Carers Trust Solihull, B91 1QY

Wills and Power of Attorney

TUESDAY 20TH AUGUST

1PM-2.30PM

Carers Trust Solihull, B91 1QY

Carers Meet Up

WEDNESDAY 28TH AUGUST

10.30AM-12PM

Join us and other carers for a drink/chat.

Olton Tavern, B92 8NU

National Arboretum

FRIDAY 6TH SEPTEMBER

Explore this British site of remembrance.

£10 per person / Transport
Provided

Carers Relaxation Evening

TUESDAY 10TH SEPTEMBER

4PM-8PM

Free relaxation appointments available. Booking Essential.

Carers Trust Solihull, B91 1QY

Carers Meet Up

FRIDAY 20TH SEPTEMBER

1.30AM-3PM

Join us for tea & cake and meet other carers.

Blossomfield Rose, B91 1FN

Continuing Health Care

TUESDAY 24TH SEPTEMBER

1PM-2.30PM

Find out more about this type of care funding.

Carers Trust Solihull, B91 1QY

Welcome Meeting for NEW Carers

MONDAY 30TH SEPTEMBER

6PM-8PM

New to Carers Trust? Find out more about what we can do for you.

Olton Tavern, B92 8NU

BOOKING IS ESSENTIAL FOR ALL ACTIVITIES

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



Register your interest using the QR code above or contact us via:

EMAIL

centre@solihullcarers.org

TELEPHONE

0121 788 1143

WEBSITE

www.solihullcarers.org

YOU CAN JOIN OUR MONTHLY E-NEWSLETTER VIA OUR WEBSITE OR BY EMAILING YOUR REQUEST TO JOIN TO CENTRE@SOLIHULLCARERS.ORG