

JOIN US FOR CARERS WEEK

10TH - 16TH JUNE 2024
EVENTS AND ACTIVITIES

CARERS TRUST
Solihull

Carers Week

BOOKING ESSENTIAL

CARERS TRIP TO WESTON-SUPER-MARE Saturday 8th June

Join us for our annual beach trip for carers of all ages and their family. Wheelchair accessible coach provided. Limited spaces available.

CARERS CHARITY WALK Sunday 9th June

Join us for a 4 mile walk around the beautiful grounds of Packington Estate. We also have a shorter 3/4 mile walk suitable for wheelchairs or pushchairs.

MEET IN: Packington's St James Church, Great Packington, CV7 7HE (access via East gate). If you are using **what three words** follow traps.scores.drill

ARRIVAL & REGISTRATION TIME: 9.15AM
Please arrive in enough time to register and pay before the walk begins. Walk begins at **10am**.

COST Adults £8 in advance/£10 on the day (under 16's free).



Registration Essential
Use the QR code on the left or the link below.

<https://buff.ly/3UH80aD>

CINEMA AFTERNOON Tuesday 11th June 12.30PM-3.30PM

Join us for a cinema afternoon to watch **The Best Exotic Marigold Hotel**. A film about a group of British retirees who travel to India to take up residence in what they believe is a newly restored hotel.

Venue: Blossomfield Rose, B91 1FN

YOUNG CARERS CLUB CELEBRATION Wednesday 12th June 5-11 years 5.15-7pm

We are having a jam packed evening where you can get to try circus skills, play games, arts & craft and meet other young carers.

12-16 years 7.15-9pm

Come and see the animal man with his animals and reptiles. There will also be games, arts & crafts and more for you to enjoy with other young carers.

Invitation only, have you not received yours? Call the team on 0121 788 1143 (option 2)

CARERS PAMPER DAY Thursday 13th June 12PM-2PM

Why not treat yourself to some self-care! Blossomfield Rose has kindly offered us use of their beautiful venue and offering free pamper treatments to our carers.

Treatments include:

15-minute Hand Massage
20-minute Mini Facial
20-minute Nail manicures/nail painting

Booking is essential for treatments but you are also welcome to drop in and join us for a cuppa, chat and of course, cake.

REGISTER YOUR INTEREST >>>



Use the QR code on the left or visit our website.

Alternatively you can call us on 0121 788 1143



OTHER EVENTS

CARERS WEEK AWARENESS STAND Friday 7th June 10am - 4pm

We will be working with UHB (University Hospital Birmingham) to raise awareness of support for carers in the hospitals and community.

Where: Solihull Hospital Main Entrance (near the shop and Café)

CARERS WEEK AWARENESS STAND Tuesday 11th June 9.30am - 1.30 pm

We will be giving out information about our service and how we can support carers of all ages. We will also be launching the start of our project to empower carers in the CHC process.

Where: The Core Library Solihull

CHARITY BALL & CARER FRIENDLY AWARDS Saturday 15th June

A night of celebration and entertainment hosted by Phil Oldershaw (BRMB). We will be announcing the winners of our Carers Friendly Awards.



MAPPING CARERS IN SOLIHULL



Use our interactive map to see how many carers are in your area and how many are still searching for support. You can find our map on the Carers Week page on our website.

Visit: <https://solihullcarers.org/carersweek2024/>