



@solihullcarers



WE ARE SUPPORTED BY:



Award winners at our Charity Ball and Carer Friendly Awards night with Brandon Scott-Omenka, our CEO.

CARERS TALK

OCTOBER 2024-MARCH 2025

Welcome to the Autumn/Winter Edition of our Newsletter

We have had an extremely packed spring and summer this year and we would like to share some of the things that we have been up to in this edition.

We all had a great time promoting and raising awareness of our unpaid carers across Solihull during our Carers Week in June and celebrating all the achievements at our awards evening at our second Charity Ball. Hope you enjoy reading more on this in our newsletter.

As always, we continue to look at ways of improving our service for carers and ensuring that we meet your changing needs. Our 2024 carers survey will be sent to all our registered carers in the autumn, so please look out for it.

SAVE THE DATE Carers Rights Day Event 21st November 2024

Look out for our Carers Rights Day event focused on recognising your rights. The event will include speakers, information stalls, free buffet and refreshments.

Thank you!

We are extremely grateful to The Inner Wheel Club of Solihull who chose us as one of their Charities of the Year and raised £800 for our organisation to help support the work we do. This will help us to continue to support our unpaid carers across the Solihull borough.

During this year's carers week, from the donations made by Sydney Mitchell Solicitors early this year, some of our carers were again able to enjoy a trip to Weston-super-Mare which was incredibly successful and enjoyed by all taking part.



Carers enjoying an afternoon at the cinema courtesy of Blossomfield Rose.



NEWS

Carers Week 2024 was filled with activities, including our annual beach trip, pamper days and awareness raising events. We kicked off the week with our charity walk, alongside Carers Trust Heart of England, we came together for a four mile walk around the beautiful grounds of Packington Estate in Warwickshire. Thank you to everyone who attended, we managed to raise an incredible £2680!

We wrapped up Carers Week with the exciting return of our charity ball and the Carer Friendly Awards at The Holiday Inn Birmingham Airport! Hosted by the amazing Phil Oldershaw, the evening was a



tremendous success, brimming with entertainment and joy as we revealed the winners of our Carer Friendly Awards.



It was a memorable night that celebrated the incredible dedication of Solihull's unpaid carers and the wonderful businesses and organisations that support them.

A heartfelt thank you to all our sponsors for making this event possible, especially to our main sponsor, UB Healthcare, for their generous support and fundraising efforts.



2024 AWARD WINNERS

- EMPLOYER OF THE YEAR**
Teresa Farrel of Lily's Tea Parlour
- EDUCATIONAL SETTING OF THE YEAR**
Cameron Quinn
- HEALTHCARE PROVIDER OF THE YEAR**
Solihull Healthcare Partnership
- VOLUNTEER OF THE YEAR**
Nikki Burden
- ADULT CARER OF THE YEAR**
Emma Ruscoe
- YOUNG & YOUNG ADULT CARER OF THE YEAR**
Caleb Tracey

Health Engagement Update



Our Health Engagement Lead, Lin Hewitt, has been actively visiting health staff, patients, and carers across the borough, raising awareness of our services and carers in the community.

These visits have highlighted the positive initiatives underway to support carers within healthcare settings.

Carers Support Workers from University Hospital Birmingham (UHB) are available within local hospitals. Their role is to provide guidance on many issues arising as a visiting carer. For information ask ward staff how to contact the service.

We have also supported the carers' drop-in sessions at Monkspath Surgery, which is a thriving new initiative designed to support carers

registered within Solihull Health Partnership. It can be beneficial to inform your GP surgery if you are a carer, as this can help you to access the necessary support.

To learn more about joining your GP's carers register, please enquire at your surgery's reception point.

We continue to visit GP surgery receptions to connect with carers and share vital information. Health locations across Solihull remain an ideal setting for offering guidance and support to those who care for others.



Dementia Workshop



Our Sitting Service

Are you a registered carer with Carers Trust Solihull? Then this could be something that could benefit you. Following a carers assessment you may be eligible for this service.

Our Sitting Service has now been running for just over two years. During this time, we have been able to offer adhoc brief respite support to nearly 50 family carers.

This project is delivered and supported by our team of volunteers. If you feel you

“ Our volunteer is a marvellous person, caring, kind and funny. And oh the joy of being able to go out even for two hours, I can't express how much that has helped me.

have the skills and time to offer support to others in your community, please contact our Volunteer Coordinator, Anthony Hall. You could make ALL the difference to an unpaid carer in your community.



Working in Partnership with Dementia Carers Count (DCC) our event in May was really successful, supporting carers and giving them the opportunity to share their personal experiences as well as offering support and advice to one another. We delivered a brief overview of the types of dementia and some behaviour changes these can cause.



DEMENTIA CARERS COUNT
Supporting Family Carers

WELCOME TO ALL OUR NEWLY REGISTERED CARERS



During the summer we invited our newly registered carers to come along and find out more about what we do and how we can support you in your caring role.

If you have recently registered with us, look out for our next meeting and join us for refreshments and the opportunity find out how we can continue to support you and your well being.



If you are caring for someone suffering with a memory loss look out for our next sessions or call us for guidance and support.

You can also check out our podcast with DCC on our website at:

www.solihullcarers.org/news-media/

OR USE THE QR CODE:



EVENTS AND TRAINING



Stress Management Workshop

**FRIDAY 4TH OCTOBER
10.30AM-12.00PM**

Join us to learn about managing stress more effectively.
The Core, Solihull B91 3RG

Carers Relaxation Evening

**THURSDAY 10TH OCTOBER
4PM-8PM**

Free relaxation appointments available.
North & South Solihull

★ Carers Lunch

**FRIDAY 18TH OCTOBER
1PM-3PM**

Join us and other carers for a meal and a chat.
Village Hotel, Solihull B90 4JG

Carers Meet Up

**WEDNESDAY 23RD OCTOBER
2PM-3.30PM**

Join us and other carers for a drink and a chat.
Blossomfield Rose B91 1FN

Benefits Advice Workshop

**FRIDAY 1ST NOVEMBER
10.30AM-12PM**

Advice and information from Age UK Solihull.
The Core, Solihull B91 3RG

EHCP/SEND Information Workshop

**TUESDAY 5TH NOVEMBER
10.30AM-12.30PM**

Join us and Parent Carer Voice to find out about the EHCP process.
The Core, Solihull B91 3RG

★ Visit to the Cotswolds with Lunch

THURSDAY 14TH NOVEMBER
£10 per person. Transport provided.

Carers Meet Up

**THURSDAY 28TH NOVEMBER
1.30PM-3PM**

Join us and other carers for a drink and a chat.
Olton Tavern B92 8NU

Carers Relaxation Day

**THURSDAY 5TH DECEMBER
10AM-2PM**

Free relaxation appointments available.
Blossomfield Rose B91 1FN

Eat Out On Us

DECEMBER

Register for a chance to win a £15.00 eat out voucher.

Christmas Meet Up & Film

**WEDNESDAY 11TH DECEMBER
10.30AM-12PM Meet Up**

12.30PM-2.30PM Film
Blossomfield Rose B91 1FN

★ Carers Christmas Meal

**TUESDAY 17TH DECEMBER
12PM-3PM**

Join us for a festive meal and fun.
Olton Tavern B92 8NU

Finding the Right Care Workshop

**TUESDAY 7TH JANUARY
1PM-2.30PM**

Independent, free and impartial advice for self funders.
Carers Trust Solihull B91 1QY

Carers Meet Up

**MONDAY 13TH JANUARY
10.30PM-12PM**

Join us and other carers for a drink and a chat.
Blossomfield Rose B91 1FN

★ Pantomime Trip - Peter Pan

WEDNESDAY 22ND JANUARY

Matinee performance. Under 18's welcome to attend.
Birmingham Hippodrome

Contingency Planning Workshop

**WEDNESDAY 29TH JANUARY
10.30AM-12PM**

Advice/information on how to make a back up plan.
Carers Trust Solihull B91 1QY

Carers Meet Up

**WEDNESDAY 5TH FEBRUARY
6PM-8PM**

Join us and other carers for a drink/chat.
Olton Tavern B92 8NU

Continuing Health Care Workshop

**MONDAY 10TH FEBRUARY
10.30AM-12PM**

Eligibility criteria for free NHS medical care funding
Carers Trust Solihull B91 1QY

Carers Relaxation Day

FRIDAY 14TH FEBRUARY

Free relaxation appointments available. Booking essential.
12PM-4PM
Blossomfield Rose B91 1FN

★ Chitty Chitty Bang Bang

SUNDAY 9TH MARCH

Join us for a trip to the theatre, under 18's allowed.
Birmingham Hippodrome

Wills & Power of Attorney Workshop

**WEDNESDAY 12TH MARCH
1.30AM-3PM**

Advice on the legal aspects of caring.
Carers Trust Solihull B91 1QY

Carers Meet Up

**TUESDAY 18TH MARCH
1PM-2.30PM**

Join us and other carers for a drink and a chat.
Blossomfield Rose B91 1FN

Welcome Meeting for NEW Carers

**WEDNESDAY 26TH MARCH
1PM-2.30PM**

New to Carers Trust? Find out about what we can do for you.
Carers Trust Solihull B91 1QY



BOOKING IS ESSENTIAL FOR ALL ACTIVITIES



Register your interest using the QR code or contact us:

EMAIL centre@solihullcarers.org

TELEPHONE 0121 788 1143

WEBSITE www.solihullcarers.org



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

SIGN UP FOR OUR MONTHLY E-NEWSLETTER VIA OUR WEBSITE OR BY EMAILING US