

**CARERS
TRUST**

Solihull

FUNDED BY:



Solihull
METROPOLITAN
BOROUGH COUNCIL

@solihullcarers



CARERS TALK

APRIL 2025-SEPTEMBER 2025

Welcome to the Spring/Summer Edition of our Newsletter



As we move from the cold winter months into the warmer and lighter evenings of summer, we are excited to share our new calendar of events and activities, ready for you to enjoy while focusing on your own health and wellbeing.

We understand how vital it is for carers to take time out from your caring role, to be able to relax and recharge.

Raising awareness of unpaid carers is very important to us. We continue to work with organisations and groups across the borough promoting

and ensuring your needs are being supported and your voices are being heard.

Thank You!

We would like to thank ALL our carers who participated in our recent carers survey. As a service, we recognise the importance of listening to and understanding the ongoing struggles you, as unpaid carers, face each and every day.

Your feedback will help us provide the services and support, that are most helpful to you as a carer.



CARERS ASSESSMENTS

Did you know that our assessments and reviews have helped carers recognise and better understand the importance of finding the right balance between their caring role and personal life? If you're finding it difficult to achieve this, we can help. Whether through an assessment or a more informal conversation, please don't hesitate to get in touch with us.

Telephone: 0121 788 1143

Website: www.solihullcarers.org



Carers Rights Day 2024

Carers Rights Day is an annual awareness campaign that highlights the vital contribution carers make to our community, and aims to ensure carers are aware of their rights and the support available to them. We participated in this campaign by hosting a carers' information evening on Wednesday 20th November, at the Renewal Centre in Solihull.

We were joined by a variety of local organisations and businesses who each held stalls advising carers in their specialised area. During the event our CEO Brandon Scott-Omenka held a panel with

representatives from Citizens Advice Bureau, Age UK, UB Healthcare, Act on Energy and Solihull Council, to answer carers' questions about the issues they were currently facing.

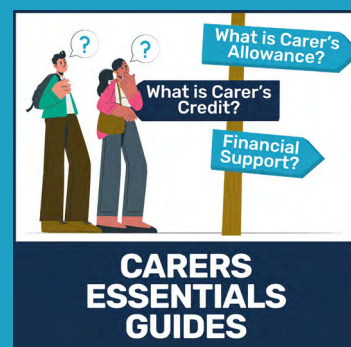
Carers feedback that they had enjoyed the evening and found it informative. If you missed our event you can watch our Q&A session on YouTube and on our website, which has a variety of useful information from the event.

Thank you to UB Healthcare for their donation for refreshments.

Online Resources



We have lots of useful information for carers on our website. Our **Carers Essentials Guides** cover a range of topics, such as financial support, carer's allowance and how to access a carer's card. We also have a contingency planning E-learning tool that you can do at your own pace.



On our podcast, **Carers Talk**, we talk to both carers and professionals about topics such as wills, power of attorney, benefits, energy support and more. Play it on all streaming services and YouTube, just search **Carers Talk**.

Contingency Planning

A contingency plan, sometimes known as a backup plan, is a practical tool that helps carers prepare for the unexpected, ensuring continuity of care and peace of mind. Importantly, contingency planning isn't just for emergencies; it can also be used for planned absences, such as carers' breaks, scheduled medical treatments, or even time off for personal commitments.

By taking small steps to create a basic plan, carers can protect their own wellbeing and provide the best possible support for their loved ones. We encourage you to start today because being prepared is one of the greatest gifts you can give yourself and the person you care for.

If you're finding it difficult to get started with your contingency plan or need help identifying local resources, you don't have to do it alone. Reach out to us for guidance, advice, and practical assistance to create a plan that works for you and the person you care for. Taking this step can make a world of difference for both of you.





End of life

Did you know that we can continue to support you after your caring role has ended? We are here to provide emotional, practical and social support for up to a year after your caring role ends, as you navigate this new stage of life.

We understand what a huge change this can be, and what a range of emotions you may be feeling, sometimes at the same time. You may feel sadness, anger, grief, loss of routine/role, and perhaps even your identity, especially if your caring role has been intense, or it's a role you have been in for a long time. You may even feel isolated or have conflicting feelings such as relief and guilt, while also worried about those you are still

supporting, particularly if they are children or have additional support needs.

We can support you through the weeks and months after your caring role ends.

We would like to improve how we provide our End of Life support, and would like to work with (and be guided by) people who would be happy to share their views and experiences of post-caring support.

We will listen and support you with empathy and help you as you move forward.

**CONTACT ALYSON IN THE ADULT CARERS TEAM BELOW:
TEL 0121 788 1143 OR EMAIL ADULTCARERS@SOLIHULLCARERS.ORG**

Herbert Protocol

**Do you care for someone with dementia?
Are you worried or have experienced them
wandering away from home or getting lost?**

The Herbert Protocol Form could be the answer for you. If you care for someone with dementia you can fill in this form containing all key and relevant information about your loved one, so this can be given to the police if they go missing.



Scan the QR code or use the link below to go to the website:

<https://buff.ly/43g6vpQ>



Supporting Parent Carers

Working in partnership with Solihull Parent Carer Voice (SPCV), we held an EHCP workshop that gave parent carers the opportunity to discuss, gather information and ask questions about their child's EHCP experience.

SPCV provided their expert knowledge and advice to carers, who are navigating the complex EHCP process. Each carer received their own handbook that included all the information from the workshop.

Due to the success of the workshop and on request of our carers, we will be holding another session, you can find out when on the back of this newsletter.



SAVE THE DATE!
Carers Week
9-15 JUNE 2025

EVENTS AND TRAINING



Carers Meet Up

WEDNESDAY 9TH APRIL

1.30PM-3PM

Join us and other carers for a drink/chat.

Blossomfield Rose B91 1FN

EHCP/SEND Information Workshop

TUESDAY 15TH APRIL

10.30AM-12.30PM

Join us and Parent Carer Voice to find out about the EHCP process.

Three Trees Community Centre, B37 7TP

Eat Out On Us

APRIL

Register your interest by 16th April for a chance to win a £15.00 eat out voucher. Names are drawn at random.

Carers Meet Up

TUESDAY 6TH MAY

10.30AM-12PM

Join us and other carers for a meal and a chat.

Saxon Court, Chelmsley Wood B37 7JR

Dementia Workshop

THURSDAY 22ND MAY

12.30PM-3.30PM

Find out tools to support you when caring for someone with dementia.

Wheatley Place, Shirley

Carers Relaxation Event

WEDNESDAY 28TH MAY

4PM-8PM

Free relaxation appointments available. Booking essential.

Saxon Court, Chelmsley Wood B37 7JR

Carers Meet Up

MONDAY 9TH JUNE

10.30AM-12PM

Join us and other carers for a drink/chat.

Blossomfield Rose B91 1FN

Beach Trip

SATURDAY 14TH JUNE

Our annual beach trip to Weston-super-Mare to celebrate Carers Week. Transport provided.

Continuing Health Care

MONDAY 23RD JUNE

10.30AM-12PM

Find out more about NHS medical care funding.

Carers Trust Solihull, B91 1QY

Guided Painting Workshop

THURSDAY 3RD JULY

1PM-3PM

Join us for an afternoon of creative fun. £5 per person.

Venue: TBC

Carers Meet Up

TUESDAY 15TH JULY

1PM-2.30PM

Join us and other carers for a drink and a chat.

Saxon Court, Chelmsley Wood B37 7JR

End of life Workshop

TUESDAY 22ND JULY

10.30AM-12.30PM

Find out what support and resources are available to you at this stage of your caring role.

Carers Trust Solihull B91 1QY

Welcome Meeting for New Carers

WEDNESDAY 13TH AUGUST

10.30AM-12PM

We invite you to join us for a cuppa and find out more about our service and how we can support you.

Saxon Court, Chelmsley Wood B37 7JR

Cinema Tickets

AUGUST

Register your interest by 18th August to be in with a chance to win cinema vouchers. Names are drawn at random.

Benefit Advice & Budgeting

THURSDAY 21ST AUGUST

10.30AM-12PM

Age UK will be joining us to discuss your benefit questions.

Carers Trust Solihull B91 1QY

Carers Meet Up

THURSDAY 11TH SEPTEMBER

10.30AM-12PM

Join us and other carers for a drink/chat.

Blossomfield Rose B91 1FN

Strawberries and Cream Afternoon Tea Party

FRIDAY 29TH AUGUST

2PM-4PM

A lovely summer treat! Meet other carers and enjoy some sweet treats.

Blossomfield Rose B91 1FN

Carers Relaxation Event

WEDNESDAY 17TH SEPTEMBER

2PM-6PM

Free relaxation appointments available.

Blossomfield Rose B91 1FN

Theatre Trip - Step Inside the 60's

SATURDAY 20TH SEPTEMBER

7.30PM

Meet us for an evening of musical entertainment.

The Core Theatre, Solihull

Contingency Planning Workshop

MONDAY 29TH SEPTEMBER

10.30AM-12PM

Create a back up plan for emergencies.

Carers Trust Solihull B91 1QY

We often add activities to our programme, so stay up to date by signing up to our monthly e-newsletter.

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.