

# DO YOU CARE FOR SOMEONE WHO COULDN'T MANAGE WITHOUT YOUR HELP?



**THE AVERAGE PERSON  
HAS A 50:50 CHANCE OF  
CARING BY THE AGE OF 50**

CARERS UK

**PEOPLE AS YOUNG AS FIVE YEARS OLD OR OVER 100 YEARS  
OLD CARE FOR SOMEONE AT HOME OR IN THE COMMUNITY.  
WE SUPPORT ALL UNPAID CARERS IN SOLIHULL.**



**CARERS  
TRUST  
US TO  
SUPPORT  
THEM  
IN  
SOLIHULL**



@solihullcarers



**20<sup>th</sup>**  
**Anniversary**  
est. 2002

SUPPORTING UNPAID CARERS  
IN SOLIHULL SINCE 2002

## ABOUT US

**Carers Trust Solihull (CTS) is a registered charity with a mission to support unpaid carers of all ages in Solihull. There can be huge demands on a carer's time, health, physical and emotional well-being.**

We make sure that someone is caring for the carers by offering advice, information, emotional and practical support plus time out from caring.

## AM I A CARER?

Carers can be children or adults whose lives are affected by caring for a family member, friend or neighbour who relies on them for help. The person you care for could have:

- a physical or learning disability;
- a long term or terminal illness;
- sensory impairment;
- mental health needs or;
- substance dependency.

You may regularly help them with a range of tasks such as:

- getting around the house or out and about;
- getting dressed or washed;
- emotional support;
- jobs around the house;
- booking or escorting to appointments;
- shopping;
- paying bills or managing money;
- medication;
- reading, writing and hearing or;
- organising family life.

**IF YOU ANSWER "YES" TO ANY COMBINATION OF THE ABOVE, YOU MAY BE A CARER.**

## OUR CARERS SAY:

**"People don't realise how much work it is—caring is seven days a week."**

**"It impacts on every aspect of my life."**

**"They [CTS] basically take care of me and I take care of my son."**

TO FIND OUT MORE VISIT OUR WEBSITE, CONTACT US VIA EMAIL OR ON THE PHONE DETAILS ON REVERSE

## OUR SUPPORT FOR UNPAID CARERS

**There are many benefits of registering as a carer, whether you are five or 100 years old, you will have access to all our free services.**

All our services are age appropriate so the content of activities may vary but they all broadly fall within the categories below:

### CARERS ASSESSMENTS & SUPPORT PLANS

This is a supportive process where we will carry out an assessment that helps us to understand what life is like for you as a carer to get you the help you need.

### ONE TO ONE SUPPORT

You will have someone to talk to who understands. Our staff are available on the telephone, in person or via video e.g. Zoom.

### EVENTS AND ACTIVITIES

We offer a range of events, activities, day trips and short breaks for carers to have some fun or time out.

### INFORMATION AND ADVICE

We share information and advice about the range of current services available to carers and support you to access them.

### CARERS CLUBS & SUPPORT GROUPS

We arrange age-appropriate clubs and support groups for carers to meet one another e.g. we have young carers and young adult carers groups and adult carers groups.

### TRAINING AND WORKSHOPS

We offer workshops and training sessions so that you can gain knowledge and skills as you continue to care; these are always designed to match needs identified by carers of all ages.



### BEFRIENDING & PEER MENTORING

We offer befriending and peer mentoring opportunities; carers may be linked with a volunteer to listen and help with achieving goals; peer mentors are experienced carers who offer empathy and support as needed.

### INFLUENCING CHANGE

Carers shape all aspects of our services including as trustees of our board, as members of the young carers' and young adult carers' decision-making groups.

TO REGISTER VISIT OUR WEBSITE, CONTACT US VIA EMAIL OR ON THE PHONE DETAILS ON REVERSE

## WATCH OUR SHORT VIDEOS ABOUT 'BEING A CARER'



Watch our videos to hear people in Solihull talking about what it means to be a carer, the challenges, the rewards and how our service can help.

**Scan the QR code or visit: [www.solihullcarers.org/videos](http://www.solihullcarers.org/videos)**

## OTHER SERVICES

### HEALTH LIAISON PROJECT

One of the major challenges is reaching unpaid and hidden carers to let them know about the support available to them. We know that health settings are well placed to help us achieve this. We work with health professionals across the borough in hospitals, GP surgeries and throughout the NHS. We raise awareness so that professionals can spot carers and help them get the support they need. We ask service providers that when they 'Think Patient' that they 'Think Carer'; behind many patients are hidden, unpaid carers.

**Please contact our Health Liaison Coordinator** by phone (below) or email [lindahewitt@solihullcarers.org](mailto:lindahewitt@solihullcarers.org)

## VOLUNTEER WITH US

Our volunteers are a vital part of our organisation and service so we listen to what they have to offer and support them with their role and personal goals.

Volunteering is different for everyone. Whatever you wish to contribute, we will probably find a role for you.

**Please contact our Volunteer Coordinator for further details.**

GET IN  
TOUCH  
VIA PHONE  
OR EMAIL  
BELOW



## SUPPORT US

Most of our services are free of charge. We are only able to do this thanks to the support and generous donations of our funders. There are many ways to support our work, full details are available on our website.



**TO MAKE A REGULAR  
OR A ONE-OFF  
DONATION USE THE  
QR CODE or visit  
our Charity Aid  
Foundation page:**

<https://cafdonate.cafonline.org/20324>

**YOU CAN ALSO DONATE BY  
TEXTING "ICARE 3" to 70450** to donate £3. For any other amount from £1 to £20, TEXT "ICARE 1", "ICARE 2", etc.

# CARERS TRUST

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