



**CARERS  
TRUST**

Solihull

FUNDED BY:

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@solihullcarers



# CARERS TALK

OCTOBER 2025-JANUARY 2026

## Welcome to the Autumn/Winter edition of our Newsletter

As we move into cooler evenings and shorter days, it's the perfect time to reflect on the incredible work we've done together over the spring and summer. We are excited to share what we have coming up in the months ahead for unpaid carers in Solihull.

This summer gave us a wonderful opportunity to get out into the community and raise awareness of the invaluable, often unnoticed work of unpaid carers. We also had the chance to highlight the vital support provided by a range of local organisations and services in Solihull. We were delighted to receive

your responses to our annual survey earlier this year, which were incredibly positive and have played a key role in shaping our new events programme.

We understand that, although caring for someone can be a rewarding and positive experience, it can also bring emotional, physical, and financial challenges. We offer free, tailored advice and guidance, respite and social activities, training, and digital resources to help support carers in Solihull in their caring role.



## Keep updated

Make sure to follow us on social media or sign up for our monthly Ebulletin for the latest news and opportunities for carers in Solihull.



**SIGN UP BY  
SCANNING THE QR  
CODE OR VIA OUR  
WEBSITE**

**TELEPHONE 0121 788 1143 WEBSITE [www.solihullcarers.org](http://www.solihullcarers.org)**

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# Carers Week 2025



Carers Week 2025 took place in June with the theme *Caring About Equality*, highlighting the inequalities unpaid carers face from impacts on health and finances to missed educational, work, and social opportunities.

Throughout the week, we raised awareness by distributing 166 informational support bags across 28 community venues including B&Q, M&S, Lily's Tea Parlour, Asda. We also reached out to 66 schools and gave out 526 'Goodie Bags' to help identify and support young carers.

Our Health Liaison team also engaged health professionals across Solihull and Birmingham, with presentations to hospitals, GP's, and hosted information stands at The Core and Solihull Hospital to help healthcare professionals recognise and support unpaid carers.

A highlight of the week was our charity walk at Packington Estate, which raised an amazing £1,950! Thank you to everyone who joined us for the walk and for those who donated.

We celebrated with a variety of activities for carers of all ages, adult carers enjoyed tea, cake, and a performance at Blossomfield Rose; young carers experienced a fun filled club event featuring an exotic animal visit, face painting, and glitter tattoos. We finished the week with our annual beach trip to Weston-super-Mare for carers and their families.



## New Continuing Healthcare Guide for carers launched

We are delighted to let you know we have launched our Continuing Healthcare (CHC) guide for carers, co-created with UB Healthcare and Martin Bird, a former carer and local advocate.

The guide breaks down the NHS Continuing Healthcare system, explaining who qualifies, how eligibility is assessed, and how the process works. CHC funding can cover the full cost of care for adults whose needs are primarily health related, whether at home, in a care home, or in a nursing home. Eligibility is based entirely on assessed health needs, not income.

Recognising how complex and overwhelming the CHC system can feel, our guide offers clear explanations, practical tips, and support tools to help. You can download the guide via our website [solihullcarers.org/continuing-healthcare-guide/](https://solihullcarers.org/continuing-healthcare-guide/) or alternatively call us to request a copy.





# Dementia Workshop

For Dementia Action Week, Fountains Care Home hosted an interactive Dementia Workshop for carers, led by Jo from Unique Senior Care. The session gave carers the chance to better understand dementia, even experiencing some of its effects through simulation glasses.

Topics covered included the different types of dementia, common symptoms such as changes in visual perception, and the seven phases of the condition. Jo also shared practical strategies for supporting someone with dementia, such as using memory boxes to spark positive interaction,

reduce anxiety, and enhance wellbeing.

Carers were encouraged to share their own experiences and ask questions, with guidance offered on managing challenges like repetitive questioning and sundowning. Many said they felt better equipped to handle the day-to-day realities of dementia care and more confident in supporting their loved ones.

**We have another dementia workshop taking place soon, you can find details on the back page of this newsletter.**



# Working with health partners

At Carers Trust Solihull, we work with GPs, pharmacies, hospitals, and other health services to help unpaid carers get the recognition and support they deserve.

Our **“Think Patient, Think Carer”** approach encourages health professionals to consider the carer’s wellbeing alongside the patient’s. We share up-to-date resources at over 70 health locations and guide professionals in signposting carers to local services, including Solihull Council’s support.

Access to information enables carers to make informed decisions and get the support they need, whether that’s today or in the future.

If you care for someone, let your GP know so you can be added to their carers register, this is the best way to get tailored updates, such as vaccination news and carer specific services and events. Together with health partners, we’re here to keep you supported and well.

# Befriending Service



Our Telephone Befriending Service offers regular one to one calls with a trained volunteer, giving carers a chance to chat, share experiences, and simply be heard. It’s a simple way to feel less alone and more connected all from the comfort of home.

Open to carers of all ages and backgrounds, the service is especially helpful for those feeling lonely, overwhelmed, or in need of a friendly break from their caring role. We’ll match you with a volunteer who understands and is there to listen.

Typically, you’ll receive six calls over a set period, giving you regular contact and support.

**“I’m not feeling as lonely as I was before. I feel more secure in myself. It’s been a lifeline at the end of the phone.”**

Many carers tell us the service leaves them feeling calmer, more confident, and less stressed. For some, it’s helped them connect with other services, set personal goals, or find peer support. Sometimes, the most valued part is simply having someone to talk to and knowing you’re not alone.

**If you think this could help you or someone you know, please get in touch to find out more.**





# EVENTS AND TRAINING



## **Carers Meet Up**

**WEDNESDAY 8TH OCTOBER**  
**1PM-2.30PM**

Join us and other carers for a drink/chat.

**Elmwood Family Hub,**  
**37 Burtons Way, B36 0UG**

## **Carers Relaxation Event**

**TUESDAY 21ST OCTOBER**  
**2PM-6PM**

Free relaxation appointments available. Booking essential  
**Blossomfield Rose B91 1FN**

## **Dementia Workshop**

**THURSDAY 30TH OCTOBER**  
**10.30AM-12.30PM**

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

**The Core, Homer Road, Solihull**  
**B91 3RG**

## **EHCP/SEND Workshop**

**TUESDAY 4TH NOVEMBER**  
**12.30PM-3.30PM**

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

**Fountains Care Home, 1355**  
**Stratford Road, B90 4EF**

## **Carers Meet**

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

Join us and other carers for a drink/chat.

**Blossomfield Rose B91 1FN**

## **Wreath Making**

**WEDNESDAY 26TH NOVEMBER**  
**10.30AM-12.30PM**

Make a festive wreath and a tour around the old TV gardens. Transport provided.

**Kings Health Pavilion, B14 7TQ**

## **Carers Christmas Meet Up**

**WEDNESDAY 3RD DECEMBER**  
**11AM-1PM**

Join us to celebrate the festive season with mince pies and entertainment.

**Blossomfield Rose B91 1FN**

## **Carers Christmas Meal**

**FRIDAY 12TH DECEMBER**  
**12.30PM-3PM**

Our annual Christmas meal. Enjoy a meal and meet other carers.

**Olton Tavern, B92 8NU**

## **Aladdin Pantomime**

**FRIDAY 19TH DECEMBER**  
**2PM**

Join us for our annual panto trip for an afternoon of fun entertainment. Refreshments provided.

**The Core, Solihull, B91 3RG**

## **Aladdin Pantomime for Parent Carers**

**SATURDAY 3RD JANUARY**  
**12.30PM**

Join us for our annual panto trip, you are welcome to bring the child you care for with you.

**The Core, Solihull, B91 3RG**

## **BOOKING IS ESSENTIAL FOR ALL ACTIVITIES**



Register your interest using the QR code or contact us below:



**EMAIL** [centre@solihullcarers.org](mailto:centre@solihullcarers.org)

**TELEPHONE** 0121 788 1143

**WEBSITE** [www.solihullcarers.org](http://www.solihullcarers.org)

# Volunteer with us

Make a difference for carers and their loved ones in Solihull. Whether you're interested in providing respite through our Sitting Service, offering companionship as a Telephone Befriender or lending a hand with our activities programme, your time and kindness can have a lasting impact.

You'll receive full training, ongoing support, the chance to build new skills, all while making a real difference. If you'd like to get involved, contact us on **0121 788 1143**.



**“Through volunteering I have made some wonderful new friends and gained a sense of pride and achievement.**