

EVENTS AND TRAINING



Carer Meet Ups give you the chance to drop in and take some time out, meet other carers, and enjoy a cuppa with us.

Carer Support Surgeries are for carers to access advice, information, and support on anything related to caring from one of outreach workers. **Booking is essential for an appointment** which you can access via our booking link below or by calling 0121 788 1143.

Carers Meet Up
TUES 4TH AUG 10AM-12PM
Solihull Library, B91 3RG

Carers Support Surgery
TUES 4TH AUG 10AM-12PM
Booking Essential
Solihull Library, B91 3RG

Mens Walk & Talk Meet Up
THURS 6TH AUG 7PM-8PM
Join us in partnership with Mens Walk & Talk group. Booking Essential.
Malvern and Brueton Park at the main gates on New Road

Solihull Women's Stride Squad Meet Up
FRI 7TH AUG 9.45AM-11AM
Join us in partnership with this popular womens walking group. Booking Essential.
Malvern and Brueton Park at the main gates on New Road

Adult Carer Meet Up
WED 12TH AUG 10AM-12PM
Boston Tea Party, B91 3QE

Carer Support Surgery
WED 12TH AUG 10AM-12PM
Booking Essential.
Boston Tea Party, B91 3QE

Carers Meet Up
WED 9TH SEP 10AM-12PM
Solihull Library, B91 3RG

Carer Support Surgery
WED 9TH SEP 10AM-12PM
Booking Essential.
Solihull Library, B91 3RG

Parent Carer Meet Up
MON 14TH SEP 10AM-12PM
For parent carers, caring for a child under 18.
Blossomfield Rose, B91 3RG

Parent Carers Support Surgery
MON 14TH SEP 10AM-12PM
For parent carers, caring for a child under 18. Booking Essential.
Blossomfield Rose, B91 3RG

Carers Meet Up
TUES 15TH SEP 2.30PM - 4PM
Balsall Common Library, CV7 7EL

Carer Support Surgery
TUES 15TH SEP 2.30PM-3.30PM
Booking Essential
Balsall Common Library, CV7 7EL

Continuing Healthcare Session
WED 16TH SEP 10AM-12PM
Find out more about NHS care funding and have your questions answered.
Blossomfield Rose, B91 3RG

Carers Meet Up
MON 28TH SEP 10AM-12PM
Marston Green Library, B37 7DO

Carers Support Surgery
MON 28TH SEP 10AM-12PM
Booking Essential
Marston Green Library, B37 7DO



BOOKING IS ESSENTIAL FOR ALL ACTIVITIES



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



EMAIL centre@solihullcarers.org
TELEPHONE 0121 788 1143
WEBSITE www.solihullcarers.org

CARERS CATCH UP

**CARERS
TRUST**

Solihull

Funded by:



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BOROUGH COUNCIL

Here2Help

A Summer Update From Carers Trust Solihull



With many of the exciting changes to our service now in full swing, we thought we'd take the opportunity to share a quick update.

Bringing support into the community

Over the past four months, we've expanded our carers' meet-ups across the borough, bringing support to new locations and welcoming lots of new carers, alongside many familiar faces. It has been wonderful to see so many of you joining us for a cuppa, a chat and the chance to connect with others who truly understand the caring role.

You told us how much you value having support available closer to home, and we're delighted that these local groups are making a real difference.

We're looking forward to introducing more guest speakers from local organisations, as well as activities that encourage relaxation, creativity and wellbeing.

A fantastic Carers Week

Carers Week took place in June, and what a busy week it was! We organised a wide range of activities, including our annual beach trip, charity fundraising walk and badminton sessions in partnership with local leisure centres.

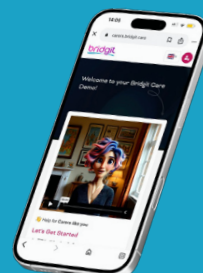
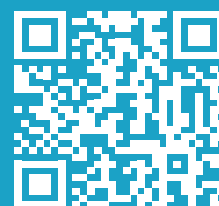
Alongside these events, we spent the week raising awareness of unpaid carers throughout Solihull. We had the privilege of speaking to around 5,000 National Grid employees, presenting our new digital support platform, Bridgit, to Solihull Council Adult Social Care, and hosting a number of information stands across the borough.

A huge thank you to everyone who joined us during Carers Week. Every conversation helps more people recognise the vital contribution unpaid carers make every day, and together we're continuing to build a more carer-friendly community across Solihull.



Free Digital Carers Service

Try by visiting solihullcarers.org/bridgit or by scanning the QR code below



TELEPHONE 0121 788 1143 **WEBSITE www.solihullcarers.org**