

CARERS TRUST

Solihull



@solihullcarers



CARERS TALK

OCTOBER 2023–MARCH 2024

Welcome to the Autumn/Winter Edition of our Newsletter

We have had a busy summer with lots of carers joining us for our activities. Thanks to "Time for Me" funding we received through Carers Trust, we have been able to offer respite opportunities to over 100 carers in Solihull. In other exciting news, we are proud to announce that we have been shortlisted for the prestigious, **Solihull Chamber's Award for Excellence in the Third Sector**. Brandon Scott-Omenka, the CEO of Carers Trust Solihull was pleased to share "I am very proud that Carers Trust Solihull has been shortlisted for this award. I see this recognition by Solihull

Chambers of Commerce as a vote of confidence for our volunteers, hardworking staff, and devoted Trustees of the Charity."

Keep Updated

We have lots of great things happening over the next six months, such as theatre trips, relaxation days and more. To make sure you don't miss out sign up to our monthly Ebulletin. You can do this on our website or by emailing your request to us. Also, make sure you are following us on social media @solihullcarers

5k Charity Walk



Thank you to everyone, who supported our 5k charity walk during Carers Week! We would also like to thank our volunteers who planned and assisted the walk. We raised £180, which will go to supporting carers in Solihull.

Carers Week 2023



This year's Carers Week took place 5th-11th with the theme "Recognising and Supporting Carers in the Community". We took part in the annual campaign by hosting a variety of activities for carers throughout the week.

We kicked off the celebrations with our 5k charity walk, where lots of you came to support us in raising funds for our service. Later in the week we held a wellbeing day for carers, where carers got to come and have a pamper treatment and enjoy some much deserved "me time". Throughout the week we raised awareness in the community with information stands, drop in sessions for carers, and launched our podcast 'Carers Talk'. The highlight of the week was our annual beach trip to Weston-super-Mare, taking carers of all ages and their families to enjoy a day at the seaside.



Carer Meet Ups

We know that caring can be isolating at times and many carers can often feel alone on their caring journey. Our informal friendly meet ups give carers the opportunity to take a break and meet others in similar situations to themselves. All of the dates for our meet ups can be found on the back of this newsletter. We also have a monthly virtual meet up on Zoom, which we hold every first Friday of the month between 3pm-4pm and you can register your interest by emailing us at centre@solihullcarers.org.



Carers Talk Podcast



Did you know we have a podcast for carers called **Carers Talk**? In these audio episodes we cover a variety of topics such as wills, care costs, health and wellbeing as well as talking to carers about their experiences.

We know that many carers find it difficult to attend our face to face training sessions and often miss out on useful information. Our podcast aims to bring this information to you at a time and place that suits you. Think of it as a carers group in your pocket. We have a new episode each month which you can find on all streaming platforms such as Spotify and iTunes. Alternatively you can find it on YouTube, our website or through our monthly Ebulletin. Should you need support finding the episodes or if you would like to be a guest on the podcast and share your story, please get in touch with us at centre@solihullcarers.org.

Carers Leave Act

The Carer's Leave Act 2023 is a new piece of legislation that gives all unpaid carers the right to five days of unpaid leave. This new act, which received Royal Assent on 24th May 2023 and is expected to come into effect in 2024, means that all employees, regardless of how long they have worked for an employer, now have the right to take unpaid leave from employment for up to five days a year – either as half days or full working days. It goes a long way in highlighting the widespread need for further support to the UK's 5.7 Million unpaid carers (Census 2021 and ONS Census Data).



Carers Rights Day 2023

This year's Carers Rights Day will take place on Thursday 23rd November. We will be taking part by holding an Information event for carers on Wednesday 22nd November at the Solihull Council Civic Suite. Join our mailing list or keep an eye out on our website for more details. We know having the right information at the right time can make a big difference in your caring role.



MARIE CURIE CAN HELP IF YOU'RE AGED 18 OR OVER WITH A TERMINAL ILLNESS, OR IF YOU'RE LOOKING AFTER SOMEONE WHO IS TERMINALLY ILL.

What does Marie Curie Midlands Community Companion service offer?



Companionship and emotional support

Our volunteers provide a friendly ear and someone to talk to about whatever's on your mind.

Practical Help

Companions can support you at appointments, help with everyday tasks such as shopping or help with phone calls on your behalf.

Respite support

Companions can stay with your loved one so that you may take the opportunity to meet with friends, run errands or simply rest.

Information & support

Our volunteers can help you look into other support or services available in your area.

Community companion

volunteers can be available for up to three hours a week and can also provide support over the telephone.

FOR MORE INFORMATION PLEASE CALL:

0800 304 7405 OR EMAIL

westmidlandshelper@mariecurie.org.uk

EVENTS AND TRAINING

Safeguarding Views Meeting

WEDNESDAY 4TH OCTOBER

10.30AM-12PM

Join us for a discussion about what safeguarding means to you.

Blossomfield Rose, B91 1FN

Carers Meet Up

THURSDAY 12TH OCTOBER

10.30PM-12PM

Join us for tea & cake and meet other carers

Blossomfield Rose, B91 1FN

Welcome Session

TUESDAY 24TH OCTOBER

11AM-12.30PM

For newly registered carers to find out more about our service.

Carers Trust Solihull, B91 1QY

Twist & Shout Theatre Trip

FRIDAY 27TH OCTOBER

7.30PM

£8 Per Person

Solihull Core Theatre, B91 3RG

Menopause Workshop

THURSDAY 2ND NOVEMBER

10AM-12.30PM

Information, support and advice with Founder and CEO of Menopause Knowledge CIC

Carers Trust Solihull, B91 1QY

End Of Life Workshop

TUESDAY 7TH NOVEMBER

10.30AM-12PM

Find out what services and support are available to you in this satge of caring.

Carers Trust Solihull, B91 1QY

Carers Relaxation Day

WEDNESDAY 15TH NOVEMBER

10AM-2PM

Free relaxation appointments available. Booking Essential.

North Solihull - Venue TBC

Carers Meet Up

MONDAY 20TH NOVEMBER

10.30-12PM

Join us for tea & cake and meet other carers

Sheldon Hall Stonehouse, B33 9US



Luminate at Coombe

Abbey

WEDNESDAY 29TH NOVEMBER

Evening festive light trail

£8 per person / Transport

Provided



Christmas Meet Up

WEDNESDAY 6TH DECEMBER

1PM-2.30PM

Join us for tea & cake and meet other carers

Blossomfield Rose, B91 1FN

Benefit Advice for Carers

MONDAY 11TH DECEMBER

10.30-12PM

Carers Trust Solihull, B91 1QY

Carers Christmas Meal

THURSDAY 14TH DECEMBER

12PM-1.45PM

£5 Per Person,

Olton Tavern, B92 8NU



Pantomime Theatre Trip

MONDAY 15TH JANUARY

2PM-4PM

£10 Per Person Transport

Provided

Birmingham Hippodrome



Carers Meet Up

FRIDAY 19TH JANUARY

1PM-2.30PM

Join us for tea & cake and meet other carers

Blossomfield Rose, B91 1FN

Emergency Planning

TUESDAY 23RD JANUARY

10.30AM-12PM

This session will help you build a plan should you be unable to care in the short term.

Carers Trust Solihull, B91 1QY

Carers Relaxation Day

THURSDAY 8TH FEBRUARY

10AM-2PM

Free relaxation appointments available. Booking Essential.

Blossomfield Rose, B91 1FN

Carers Meet Up

TUESDAY 13TH FEBRUARY

10.30AM-12PM

Join us for tea & cake and meet other carers

Sheldon Hall Stonehouse, B33 9US

Twycross Zoo

SATURDAY 17TH FEBRUARY

Care for a child? They are welcome on this trip.

£10 per person / Transport

Provided



Wills & Power Of Attorney

WEDNESDAY 28TH FEBRUARY

1PM-2.30PM

Find more about the legal aspects of caring.

Carers Trust Solihull, B91 1QY

Carers Meet Up

MONDAY 4TH MARCH

10.30AM-12PM

Join us for tea & cake and meet other carers

Blossomfield Rose, B91 1FN

Wightwick Manor & Gardens

TUESDAY 12TH MARCH

£8 Per Person/Transport

Provided.



Continuing Health Care

THURSDAY 21ST MARCH

11AM-12.30PM

Find out more about this type of care funding.

Carers Trust Solihull, B91 1QY

Carer Relaxation Evening

MONDAY 25TH MARCH

4PM-8PM

Free relaxation appointments available. Booking Essential.

Carers Trust Solihull, B91 1QY

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



BOOKING IS ESSENTIAL FOR ALL ACTIVITIES

Viewing our newsletter online? If so, you can register your interest in a activity by clicking [HERE](#)

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