



# CARERS TALK

## WELCOME TO OUR NEW LOOK NEWSLETTER!

We've had a very busy 2019 so far and there's much more planned for the next 6 months. We have a range of day trips coming up including a visit to Upton House for the Christmas Craft Fair, a BBC tour and our annual Panto theatre trip. We are also holding a variety of different training workshops for carers covering topics such as dementia, mindfulness and first aid. For carers who like to be pampered, you will be happy to hear we have more relaxation days planned where you can treat yourself and enjoy a free relaxation treatment. To find out more, take a look at our events and training program enclosed or by visiting our website.



## NEWS

### CARERS WEEK 2019

Carers Week took place in June this year and once again we held a variety of awareness raising events and respite opportunities for carers.

We were really pleased to offer a trip to Western-super-Mare for our registered carers and their families—one of the real highlights of the week.

Staff at CTS enjoyed interviewing Jenny Wood, Director of Adult Social Care at Solihull Council. We explored the importance of carers getting the right support and Jenny talked about all the council offers to carers in the borough. For the first time we hosted a live panel discussion on Facebook with our CEO Brandon Scott-Omenka,

Gina Ward (YOUNG CARERS MANAGER), Susan Walton (BUSINESS MANAGER, SOLIHULL SAFEGUARDING ADULTS BOARD) and Susan Dale (ASSISTANT DIRECTOR, DIRECTORATE FOR ADULT CARE AND SUPPORT). It was a lively and informative discussion, everyone shared their own experiences and views on caring and addressed some common questions.

You can find Jenny Wood's interview and the panel discussion in the news section of our website.

Over 40 people took part in our annual 5k charity walk through the Warwickshire countryside. At the end of the walk, the *National Trust* showed its support for carers by giving walkers free entry to Baddesley Clinton. The walk raised an amazing £600+ to support carers in Solihull.



**We are M&S Solihull Charity of the Year!** Support began with an afternoon tea for 12 carers.



**Thanks to Waitrose Solihull** via their Community Matters scheme Waitrose raised £400 for carers in Solihull.





## THE NEW CARERS COMMUNITY WELLBEING SERVICE

*Phew, is it really September already! A year ago we were finalising our tender application to deliver the All Age Carers Service and now we are six months into the new contract.*

*To many carers it may look as if not a great deal has changed; hopefully the services have not been disrupted. Behind the scenes however, we have been restructuring our services, functions, staffing and volunteer roles. We have seen some great staff move on and if you pop into the centre you will see a few new faces. We have set ourselves ambitious plans. These include doubling our recruitment of volunteers, further developing our digital communications and increasing the training places we offer to carers and those working with them.*

*The Community Wellbeing Service, of which we are now a part, involves us working with colleagues via the Solihull Hubs, and various other locally based services. Carers Trust Solihull is committed to working in cooperation with other agencies to progress the needs of carers. Solihull Council along with the Carers Partnership Board have set in train plans for further improving services and support to carers—more on this in the next Carers Talk.*

*Lastly, in the most recent national government survey Solihull rose into the top quarter for carer satisfaction with the services they receive. Not bad. Let's see if we can come top!*

**Brandon Scott Omenka**  
CEO, Carers Trust Solihull



Photo by ELICR user: suzykashwood

## NEWS

### MARKS AND SPENCER SOLIHULL

We are delighted to announce that M&S, Solihull has chosen *Carers Trust Solihull* as the charity that they will support with all their fundraising efforts from 2019-2020.

We are looking forward to working with M&S throughout the coming year to raise awareness, funds and support across the borough for all our unpaid carers.



To kick start our partnership M&S donated a delicious array of freshly prepared refreshments to create an afternoon tea for 12 carers that attend one of our monthly peer support groups. The group had a lovely afternoon chatting and enjoying the yummy treats.

Up to date information about all our fundraising efforts can be found on our website and social media accounts.

### CARERS ACADEMY

We are excited to announce the launch of our Carers Academy Training programme. The academy will provide a comprehensive suite of all age training for carers, which will include face to face and online training. Our aim is to provide information that enables “self help” skills and improves resilience and builds confidence. We will team up with other organisations to provide a wide range of specialist training in areas including Wills and Power of Attorney and Dementia workshops. In the near future we will launch digital training workshops that you can do from the comfort of your own home. There will also be the opportunity to watch some of our training sessions “live” via our website and listen to podcasts covering relevant topics.

Our training and events programme is enclosed with this newsletter or you can find out more via our website.

### VILLAGE HOTEL TEA FOR CARERS WEEK

The Village Hotel in Solihull was kind enough to gift 10 of our carers an afternoon tea during Carers Week. Carers enjoyed the tea and spending time together.



### M&S BIRMINGHAM AIRPORT



A big thank you to M&S at Birmingham airport who raised valuable funds for carers by hosting a bake sale.



# DATES FOR THE DIARY

## CARERS RIGHTS DAY 21/11/19

*Carers Rights Day* brings together organisations from all over the country to help carers in their local community. The aim is to inform carers of their rights and how to get the help and support that they are entitled to.

It is now estimated that **3 in 5 people will become a carer** at some point in their lives and having the right support at the right time can make a big difference when you are caring for someone. *Carers Trust Solihull* will be delivering a variety of activities on the day to ensure carers know how to access the range of support available to them including benefits, technology, respite, health and practical support.

To find out more keep an eye on our website and/or social media or contact us to sign up to our mailing list.

## BALSALL COMMON LIONS TO ESTABLISH A DEMENTIA CAFÉ

Building on the success of the national *Dementia/Memory Cafés* the *Balsall Common Lions Club* has been looking into the feasibility for establishing a *Café* within our area.

The idea is to provide a space where dementia sufferers and their carers can meet in a relaxed, social environment. Whilst volunteers would provide activities aimed at those with dementia their carers could meet one another over a hot drink and cake.

Following considerable research supported by Solihull Alzheimer's Society it was agreed that the best location is the **Balsall Common Village Hall** due to the facilities and parking.

All are welcome including individuals and representatives from organisations such as, churches, U3A, etc., to learn more about the plans. Hopefully the *Open Afternoon* will be the first step in the creation of our own local amenity for those with Dementia and their carers.

**The Café will be running on the following Wednesdays at Balsall Common Village Hall: 7th October, 13th November and 11th December.**

Whilst the Balsall Common Lions are carrying out the initial planning and have set aside some funds for the venture, the aim is to create an independent committee to take this project forward.



## BEFRIENDING

### BEFRIENDERS FOR ADULT AND PARENT CARERS OF ALL AGES

Befrienders are here to listen to you in a relaxed environment such as over a coffee or a walk in the park.

- Alternatively they can help you achieve personal goals such as sourcing local community based activities or help you build confidence and skills in your daily life.
- Our trained befrienders are here to give you the opportunity to be heard.
- They are all over 25 years of age and have a range of availability.
- Initially you would receive 6 sessions with the possibility of extensions if required.
- The sessions are between 1.5 and 2 hours long tailored around your needs.

If you would like more in depth information on befriending please contact:

Olivia on 07597 945290

or

*Carers Trust Solihull* using the contact details below.

CARERS TRUST SOLIHULL IS THE TRADING NAME OF SOLIHULL CARERS CENTRE:  
REGISTERED COMPANY NO: 4378042 CHARITY NO:1092613

## VOLUNTEER WITH US

I started volunteering to help build confidence around others and to gain skills.

There are a range of volunteering opportunities available at **Carers Trust Solihull**:  
• Helping to fundraise • Supporting *Carers Clubs*  
• Befriending • Events and activities • Office-based work  
Please visit our website or call to find out more.

0121 788 1143

centre@solihullcarers.org

www.solihullcarers.org

@solihullcarers

# SUPPORT FOR CARERS

## CONTINGENCY PLANNING

**Do you feel prepared if there was an emergency? Do you have a plan in place?**

As a carer it is important to know that if an emergency happens, replacement care will be arranged speedily and efficiently. *Carers Trust Solihull* provides **free Contingency Planning Workshops** for carers to help you think about different types of emergencies and create an emergency plan. We look at what resources are available and tools that can help in a crisis. For example, having a key safe, pendant alarm or an emergency contact in place. Having a plan in place will help to ease your worries if you are not able to care for the person you look after at any point in the future.

We also offer **one to one appointments** with carers where we can help to create a contingency plan with you to meet your individual needs.

You can find the dates of future workshops in our events and training programme. If you would like a one to one meeting to discuss a contingency plan, please call us (details below).

## CARERS SUPPORT GROUPS

*Carers Trust Solihull* hold three groups a month to give carers the opportunity to take a break and socialise with other carers. Many carers become isolated due to their caring role and often feel they are alone in the struggles they face. Our groups offer a friendly and welcoming space for you to chat to other carers in similar situations. Feedback from our groups has shown that carers really value the peer support they get from attending the groups.

### GROUP VENUES

BOSWORTH COMMUNITY CENTRE  
ST PETERS CHURCH HALL  
CARERS TRUST SOLIHULL

The agenda for the groups are carer-led and we often have speakers on carers' related topics or have activities such as learning hand massage or mindfulness.

If you are interested in coming to a group please find the dates in the **main events and training programme**. Or if you have any questions please contact **Michelle Stoddard** on our **telephone number below**.

## SOLIHULL COMMUNITY ADVICE HUBS

Any adult who lives full time in Solihull can visit the hubs for information, advice and support. A visit to your local hub will introduce you to organisations in Solihull and around the local area that provide services to meet your individual needs or the needs of the person you care for.

### YOU CAN MAKE AN APPOINTMENT BY EMAIL:

admin@solihullcommunityhub.org.uk or  
by calling 0121 709 7590

You can also simply drop in to the hubs. If it is busy though, you may need to make an appointment to come back later. The two hubs are open throughout the year:



### SOUTH SOLIHULL HUB

FIRST FLOOR  
THE CORE  
SOLIHULL  
B91 3RG

### MONDAY TO FRIDAY

10.00AM TO 4.00PM

(WEDNESDAYS UNTIL 3.00PM)

### NORTH SOLIHULL HUB

CHELMSLEY WOOD LIBRARY  
10 WEST MALL  
CHELMSLEY WOOD  
B37 5TN

### MONDAY TO THURSDAY

10.00AM TO 4.00PM

(WEDNESDAYS UNTIL 2.00PM)