



EVENTS & TRAINING

OCT '19 TO MARCH '20

Caring for carers of all ages

Carers Trust Solihull aims to provide our registered carers with a variety of opportunities for respite, information and support to assist them within their caring role.

@solihullcarers



To book or to find out more please contact us on:

📞 0121 788 1143

✉ centre@solihullcarers.org

🌐 www.solihullcarers.org


carerstrust
Solihull
action · help · advice

OCTOBER

Contingency Planning

THURSDAY 10TH OCTOBER
10.30AM-12PM

CARERS TRUST SOLIHULL

Having an emergency plan in place can help ease your worry. This session will guide you through this process and give you tips and advice.

*The Sound Of Music Theatre Trip

WEDNESDAY 16TH OCTOBER
7.30PM

£6 PER PERSON

THE CORE THEATRE SOLIHULL

Come and join us for a night enjoying this classic musical story.

Stress Management

MONDAY 21ST OCTOBER
11-12.30PM

CARERS TRUST SOLIHULL

We have partnered with the *Improving Access to Psychological Therapies* team who will be delivering this session on stress management.

NOVEMBER

Carers' Relaxation Day

TUESDAY 12TH NOVEMBER
10AM-2PM

**FORDBRIDGE TOWN COUNCIL
NINEACRES DRIVE B37 5DD
BY APPOINTMENT ONLY**

Take some time out for yourself and enjoy a FREE relaxation treatment. Treatments available Reiki, Reflexology, Indian head massage and neck/shoulder massage.

*BBC Tour Birmingham

TUESDAY 19TH NOVEMBER
£6 PER PERSON

TRANSPORT PROVIDED

Dementia Workshop

WEDNESDAY 20TH NOVEMBER
10AM-1PM

CARERS TRUST SOLIHULL

A session learning more about what it is like to live with dementia, coping strategies for carers, information and advice.

Learn Hand Massage

TUESDAY 26TH NOVEMBER
1-2.30PM

CARERS TRUST SOLIHULL

Come along to our monthly support group and learn basic hand massage. This is a tool that can be used to aid relaxation for you and the person you care for.

DECEMBER

*Upton House Christmas Craft Fair

SUNDAY 1ST DECEMBER
£6 PER PERSON

Join us and get in the festive spirit, there are lots of stalls to explore and find some unique Christmas gifts.

Transition into Adult Services

TUESDAY 3RD DECEMBER
10AM-11.30PM

CARERS TRUST SOLIHULL

A presentation regarding the transition process and an opportunity to find out what support is available and ask questions.

Carers' Views Evening

FRIDAY 6TH DECEMBER
5.30PM-7.30PM

CARERS TRUST SOLIHULL

We would like to gather your views on services in Solihull for Carers. We will also be sharing some of our future plans for our service. A buffet dinner will be provided.

Wills and Power of Attorney

THURSDAY 12TH DECEMBER
11AM - 12.30PM

VENUE TO BE CONFIRMED

A session looking at some of the important legal aspects of caring. The session will give you the opportunity to have your questions answered and access information by a professional.

JANUARY

*Snow White & the Seven Dwarfs Panto

WEDNESDAY 8TH JANUARY
2PM

£10 PER PERSON

W/CHAIR ACCESSIBLE COACH

Join us on our annual panto trip to the Birmingham Hippodrome. Music entertainment and lots of laughs.

First Aid Awareness

MONDAY 13TH JANUARY
10AM-1PM

£10 REFUNDABLE DEPOSIT

CARERS TRUST SOLIHULL

St Johns Ambulance will demonstrate basic emergency first aid.

Contingency Planning

THURSDAY 23RD JANUARY
9.30- 11AM

BOSWORTH COMMUNITY CENTRE

Having an emergency plan in place can help ease your worry. This session will guide you through this process and give you tips and advice.

Understanding Human Responses in Dementia

MONDAY 10TH FEBRUARY
10AM-1PM

CARERS TRUST SOLIHULL

Information, questions and answer session for carers to understand behavioural changes in people with dementia.

*Coughton Court

FRIDAY 14TH FEBRUARY
£6 PER PERSON

TRANSPORT PROVIDED

Join us to explore this beautiful National Trust Property.

Carers' Relaxation Day

THURSDAY 20TH FEBRUARY
10-2PM

**CARERS TRUST SOLIHULL
BY APPOINTMENT ONLY**

Take some time out for yourself and enjoy a FREE relaxation treatment. Treatments available - Reiki, Reflexology, Indian head massage and neck/shoulder massage.

Transition Into Adult Services

WEDNESDAY 26TH FEBRUARY
10AM - 11.30AM

BOSWORTH COMMUNITY CENTRE

A presentation regarding the transition process and an opportunity to find out what support is available and ask questions.

MARCH

*Webbs Garden Centre & Falconry Centre

MONDAY 2ND MARCH
£6 PER PERSON

TRANSPORT PROVIDED

Come with us to looking this popular garden centre and enjoy a birds of prey display.

Contingency Planning Session

THURSDAY 5TH MARCH
1 - 2.30PM

CARERS TRUST SOLIHULL

Having an emergency plan in place can help ease your worry. This session will guide you through this process and give you tips and advice.

Understanding Universal Credit

THURSDAY 12TH MARCH

VENUE TO BE CONFIRMED

Come along and find out more about Universal credit, how it may affect certain benefits and get your questions answered.

Carers Relaxation Evening

MONDAY 16TH MARCH
4-8PM

CARERS TRUST SOLIHULL

Evening treatments available for carers who are unable to make our day sessions due to caring or work commitments. Free treatments including *Reiki*, Indian head massage *Reflexology* and neck and shoulder massages available.

FEBRUARY

Understanding Continuing Healthcare & Care Costs

THURSDAY 6TH FEBRUARY
1-2.30PM

CARERS TRUST SOLIHULL

This is an informative session around care costs and continuing health care. You will be able to ask questions and have advice from professionals working in this area.

Managing Emotions and Stress

WEDNESDAY 5TH & 12TH
FEBRUARY
1PM-2.30PM

BOSWORTH COMMUNITY CENTRE

Two sessions over two weeks that will introduce you to tools you can use to manage negative emotions and stress. Including such tools as *Emotional Freedom Technique* & *Mindfulness*.

You can bring the person you care for to any event marked with this * but they must be over 18. Please note that you will be responsible for the wellbeing of the person you care for while on an event.

BOOKING IS ESSENTIAL please contact:

📞 0121 788 1143 ✉ centre@solihullcarers.org 🌐 www.solihullcarers.org

PLEASE NOTE **ANY TEXT IN THIS COLOUR IS A VENUE.**

Bookings & Allocating Places

Carers Trust Solihull work to make our events and activities accessible to all carers. If transport to a session is a problem for you please let us know. Depending on the situation and resources we may be able to help. Unless stated otherwise all our activities are FREE to registered carers.

All our events and activities require you to book a place so that we can keep you updated should there be any changes to the event.

When we are oversubscribed for our trips we allocate carers places depending on the criteria below:

- If a carer is new to our service;
- If a carer has attended a similar trip or activity before;
- If a carer is referred by one of our carers practitioners as a priority due to having a high level of need.

If all of the above has been considered and we are still oversubscribed, carers will be picked out randomly.

We make every effort to make sure all our registered carers have an opportunity to attend our events and activities.

Do you have an email address?

If you would like to keep up to date with our events and activities why not join our mailing list?

Just email: centre@solihullcarers.org

Transport

When we provide transport we have pick up points in both the north and south of the Borough which are:

TUDOR GRANGE LEISURE CENTRE

BLOSSOMFIELD ROAD
SOLIHULL B91 1NB

NORTH SOLIHULL SPORTS

CENTRE CHELMSLEY ROAD
SOLIHULL B37 5LA

BOOKING IS ESSENTIAL

To book or to find out more please contact us on:

📞 0121 788 1143

✉ centre@solihullcarers.org

🌐 www.solihullcarers.org

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

CARERS SUPPORT GROUPS

Come and join us for an informal, friendly chat and meet other carers. The groups give carers the opportunity to meet, share experiences, information or to take time out and relax.

ALL GROUPS RUN FROM 1PM-2.30PM

CHELMSLEY WOOD

BOSWORTH COMMUNITY CENTRE

291A BOSWORTH DRIVE
B37 5DP

On Wednesdays:

9TH OCTOBER 2019
13TH NOVEMBER 2019
11TH DECEMBER 2019
8TH JANUARY 2020
12TH FEBRUARY 2020
11TH MARCH 2020

BALSALL COMMON

ST PETER'S CHURCH HALL

HOLLY LANE
BALSALL COMMON CV7 7EA

On Thursdays:

17TH OCTOBER 2019
21ST NOVEMBER 2019
19TH DECEMBER 2019
16TH JANUARY 2020
20TH FEBRUARY 2020
19TH MARCH 2020

SOLIHULL CENTRAL

CARERS TRUST SOLIHULL

620 STREETS BROOK ROAD
SOLIHULL B91 1QY

On Tuesdays:

22ND OCTOBER 2019
26TH NOVEMBER 2019
DECEMBER- NO GROUP
21ST JANUARY 2020
25TH FEBRUARY 2020
24TH MARCH 2020