



Registered Charity No: 4378042 Charity No. 1092613

Carers Trust Solihull Events Diary
October 2018 - March 2019
Autumn - Winter Edition

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Events Diary

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

Transport

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

- Solihull Fire Station Annexe, 620 Streetsbrook Road, B91 1QY
- North Solihull Sports Centre (car park) Chelmsley Road, Solihull, Birmingham, West Midlands B37 5LA

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.

***To register your interest for an activity or to find out more information about our events and activities, please contact Michelle Stoddard on 0121 788 1143.**



carerstrust
Solihull

action · help · advice

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 to 2.30pm.**

Chelmsley Wood

Bosworth Community Centre, 291a Bosworth Drive, B37 5DP

- Wed 10th Oct
- Wed 14th Nov
- Wed 12th Dec
- Wed 9th Jan
- Wed 13th Feb
- Wed 13th Mar

Balsall Common




St Peter's Church Hall, Holly Lane, Balsall Common, CV7 7EA




- Thurs 18th Oct
- Thurs 22nd Nov
- Dec - no group
- Thurs 17th Jan
- Thurs 21st Feb
- Thurs 21st Mar




Solihull Central

Solihull Fire Station Annexe, 620 Streetsbrook Road, Solihull B91 1QY




- Tues 23rd Oct
- Tues 27th Nov
- Dec - no group
- Tues 22nd Jan
- Tues 26th Feb
- Tues 26th Mar





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| <p>Thursday 4th Oct</p> | <p>Contingency Planning Session</p> <p>Having an emergency plan in place in your caring role can help ease your worry. This session will guide you through this process and give you tips and advice.</p> | <p>10am - 12pm</p> <p>*Please call to book a place</p> | <p>Solihull Carers Centre Solihull Fire Station Annexe 620 Streetsbrook Road, Solihull B91 1QY</p> |
| <p>Tuesday 16th Oct</p> | <p>Carers Views - Health and Social Care</p> <p>Health Exchange are an independent consumer champion for health and social care. This session will give you the opportunity to give feedback and your views on services in Solihull.</p> | <p>1 - 2.30pm</p> <p>*Please call to book a place</p> | <p>Solihull Carers Centre Solihull Fire Station Annexe 620 Streetsbrook Road, Solihull B91 1QY</p>  |
| <p>Wednesday 17th Oct</p> | <p>Parent Carers Relaxation Session</p> <p>Free relaxation treatment available for parent carers. A choice of Indian head massage, Reiki, neck and shoulder massage or Reflexology.</p> <p>*Call to book in for a treatment.</p> | <p>10 - 1pm</p> <p>Booking required</p> | <p>Fordbridge Town Council The Fordbridge Centre Nineacres Drive Fordbridge Birmingham B37 5DD</p> |
| <p>Wednesday 24th Oct</p>  | <p>Trip to Wedgwood Pottery Museum</p> <p>Join us to visit this famous ceramics factory museum. Through demonstrations and factory tour you will explore the history of British craftsmanship.</p> | <p>*Please call to book a place</p> <p>Transport Provided</p> <p>£6 Per Person</p> | <p>Stoke-on-Trent ST12 9ER</p>  |

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| <p>Monday 5th Nov</p> | <p>Learning Disabilities Workshop</p> <p>Working in Partnership with SATA this session will look at disability in a wider context and the impact it has on carers supporting adults with a learning disability. Come along and share your views and experiences.</p> | <p>11– 3pm</p> <p>*Please call to book a place</p> | <p>Solihull action Through Advocacy 11-13 Land Lane Marston Green B37 7DE</p> |
| <p>Tuesday 6th Nov</p>  | <p>Dirty Dancing Theatre Trip</p> <p>Come with us to have the time of your life! This classic love story will have you dancing in your seat with famous hits such as “hungry eyes” and “do you love me”.</p> | <p>7.30pm - 10pm</p> <p>£10 per person Transport provided.</p> <p>*Please call to book a place</p> | <p>The New Alexandre Theatre, Birmingham.</p>  |
| <p>Monday 12th Nov</p>  | <p>Finding Information Online</p> <p>This session will look at what tools and information are available to carers on the Internet and how to access it. You are welcome to bring your tablet or laptop along to this session.</p> | <p>11am - 12.30pm</p> <p>*Please call to book a place</p> | <p>Solihull Carers Centre Solihull Fire Station Annexe 620 Streetsbrook Road, Solihull B91 1QY</p> |


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| <p>Tuesday 13th Nov</p> | <p align="center">Dementia Workshop</p> <p>This session will provide you with a general awareness of Dementia and give you practical tips and information for living with someone with Dementia.</p> | <p>10am - 1.00pm</p> <p>*Please call to book a place</p> | <p>Solihull Carers Centre Solihull Fire Station Annexe 620 Streetsbrook Road, Solihull B91 1QY</p> |
| <p>Thursday 15th Nov</p>  | <p align="center">Carer's Relaxation Day</p> <p>Take some time out for yourself and enjoy a FREE relaxation treatment. Health information and advice will also be available.</p> <p><i>Massage Reflexology Reiki Indian Head massage</i></p> | <p>10am - 2pm</p> <p>*Please call to book an appointment</p> | <p>Fordbridge Town Council The Fordbridge Centre Nineacres Drive Fordbridge Birmingham B37 5DD</p> |
| <p>Thursday 22nd Nov</p> | <p align="center">Chair Based Exercise Session</p> <p>Informal session learning basic exercises that you can do sitting down. Learn ways to incorporate gentle cardio and strength training into your day.</p> | <p>1pm - 2pm</p> <p>*This will be held within our monthly carers group</p> | <p>St Peter's Church Hall, Holly Lane, Balsall Common CV7 7EA</p>  |
| <p>Wednesday 28th Nov</p> | <p align="center">NHS Health Checks for Carers</p> <p>We have partnered up with Solihull Health Exchange to offer carers a NHS health check. This includes Cholesterol, Blood pressure, BMI and Diabetes risk check.</p> | <p>2pm - 4pm</p> <p>*Please call to book an appointment</p> | <p>Bosworth Community Centre 291a Bosworth Drive, Chelmsley Wood B37 5DP</p>  |

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| <p>Thursday 6th Dec</p> | <p>Contingency Planning Session</p> <p>Having an emergency plan in place in your caring role can help ease your worry. This session will guide you through this process and give you tips and advice.</p> | <p>2pm - 4pm</p> <p>*Please call to book a place</p> | <p>Solihull Carers Centre Solihull Fire Station Annexe 620 Streetsbrook Road, Solihull B91 1QY</p> |
| <p>Friday 7th Dec</p> <p></p> | <p>Stratford - Upon - Avon Victorian Christmas Market</p> <p>Explore a wonderful variety of stall filled historic streets, with the colour, sounds and smells of Christmas time.</p> | <p>11pm - 4pm</p> <p>£6 per person Transport provided.</p> <p>*Please call to book a place</p> | <p>Stratford - Upon - Avon</p>  |
| <p>Monday 10th Dec</p> <p></p> | <p>First Aid Session</p> <p>Come along and learn basic first aid skills and to how to deal with emergencies.</p> | <p>10pm - 12pm</p> <p>*Please call to book a place</p> | <p>Fordbridge Town Council The Fordbridge Centre Nineacres Drive Fordbridge Birmingham B37 5DD</p> |
| <p>Tuesday 8th Jan</p> | <p>Understanding Care Costs and Continuing Health Care</p> <p>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.</p> | <p>11pm - 12.30pm</p> <p>*Please call to book a place</p> | <p>Solihull Carers Centre Solihull Fire Station Annexe 620 Streetsbrook Road, Solihull B91 1QY</p> |

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| <p>Thursday 7th Feb</p> | <p>Contingency Planning Session</p> <p>Having an emergency plan in place in your caring role can help ease your worry. This session will guide you through this process and give you tips and advice.</p> | <p>10am - 12pm</p> <p>*Please call to book a place</p> | <p>Bosworth Community Centre 291a Bosworth Drive, Chelmsley Wood B37 5DP</p> |
| <p>Monday 11th Feb</p> <p></p> | <p>Trip to Cosford Air Museum</p> <p>Come with us to explore this great museum dedicated to the history of aviation and the Royal Air Force in particular.</p> | <p>£6 per person Transport provided.</p> <p>*Please call to book a place</p> | <p>RAF Museum Cosford, TF11 8UP</p>  |
| <p>Wednesday 13th,20th Feb</p> | <p>Managing Emotions and Stress</p> <p>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, Aromatherapy.</p> | <p>10am - 12pm</p> <p>*Please call to book a place</p>  | <p>Bosworth Community Centre 291a Bosworth Drive, Chelmsley Wood B37 5DP</p> |
| <p>Wednesday 27th Feb</p> | <p>Dementia Friends Session</p> <p>An informal session learning more about what it is like to live with dementia and turn that understanding into action.</p> | <p>10am - 12pm</p> <p>*Please call to book a place</p> | <p>Bosworth Community Centre 291a Bosworth Drive, Chelmsley Wood B37 5DP</p> |

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| <p>Tuesday 5th Mar</p>  | <p>Carers Relaxation Evening</p> <p>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.</p> | <p>4pm - 8pm</p> <p>*Please call to book an appointment</p> | <p>Solihull Carers Centre Solihull Fire Station Annexe 620 Streetsbrook Road, Solihull B91 1QY</p> |
| <p>Tuesday 12th Mar</p>  | <p>Top Hat Theatre Trip</p> <p>Enjoy an evening of musical entertainment, this show promises to be a lavish and lively affair, performing songs such as “putting on the Ritz” and “lets face the music and dance”</p> | <p>7.30pm - 10pm</p> <p>£6 Per Person</p> <p>*Please call to book a place</p> | <p>Core theatre, Homer Rd, Touchwood, Solihull B91 3RG</p>  |
| <p>Thursday 14th Mar</p> | <p>Cooking Workshop</p> <p>Come along and learn to cook up something great! This is a hands on session where you can learn to cook some simple but nutritious things.</p> | <p>11am - 1pm</p> <p>*Please call to book a place</p> | <p>Venue to be confirmed.</p>  |
| <p>Wednesday 20th Mar</p>  | <p>Will and Power of Attorney</p> <p>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.</p> | <p>10.30am - 12am</p> <p>*Please call to book a place</p> | <p>Solihull Carers Centre Solihull Fire Station Annexe 620 Streetsbrook Road, Solihull B91 1QY</p> |

To note...

- If an event or activity has this  symbol next to it, it means that you can bring the person you care for along to the event. However the person you care for must be over the age of 18. Please be aware that you will be responsible for the wellbeing of the person you care for while on an event.
- **IMPORTANT - Some of our sessions and trips require you to book a place, this is essential as we can keep you updated should there be any changes to the event (venue & times).**

Due to the popularity of our trips we allocate carers places depending on the below criteria...

- 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 contact workers 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?

This programme shows our core events but we sometimes have added sessions and trips over the 6 months. If you would like to keep up to date with our events and activities why not join our mailing list so you don't miss out?

Just email michellestoddard@solihullcarers.org