



Registered Charity No: 4378042 Charity No. 1092613

Carers Trust Solihull Events Diary

April - September 2019

Spring - Summer Addition

Tel: 0121 788 1143

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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 Apr
- Wed 8th May
- Wed 12th Jun
- Wed 10th Jul
- Wed 14th Aug
- Wed 11th Sep

Balsall Common




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


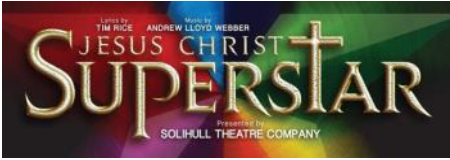
- Thurs 18th Apr
- Thurs 16th May
- Thurs 20th Jun
- Thurs 18th Jul
- Thurs 22nd Aug
- Thurs 19th Sep

Solihull Central

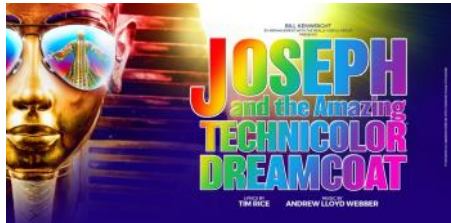
Solihull Fire Station Annexe, 620 Streetsbrook Road, Solihull B91 1QY




- Tues 23rd Apr
- Tues 21st May
- Tues 25th Jun
- Tues 23rd Jul
- Tues 27th Aug
- Tues 24th Sep



<p>Saturday 13th April</p> 	<p>“Under One Roof” Information event for carers</p> <p>Free information event to find out what support and services are available for carers in Solihull.</p>	<p>10.30am - 2.30pm</p> <p>*Drop in</p>	<p>Solihull Christadelphian Hall Grove Avenue, Solihull, B91 2AH</p> 
<p>Tuesday 16th April</p> 	<p>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</i></p> <p><i>Reflexology</i> <i>Reiki</i> <i>Indian Head massage</i></p>	<p>10 – 2pm</p> <p>*Booking essential</p>	<p>Fordbridge Town Council The Fordbridge Centre Nineacres Drive Fordbridge Birmingham B37 5DD</p>
<p>Wednesday 17th April</p>	<p>Contingency Planning</p> <p>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.</p>	<p>1pm - 2.30pm</p> <p>*Booking essential</p>	<p>Carers Trust Solihull Solihull Fire Station Annexe 620 Streetsbrook Road, Solihull B91 1QY</p>




<p>Wednesday 24th April</p> <p style="text-align: center;">●</p>	<p style="text-align: center;">Wightwick Manor and Gardens</p> <p style="text-align: center;">Come with us to explore this Victorian Manor House full of stunning interiors and periodic art work.</p>	<p style="text-align: center;">*Please call to book a place</p> <p style="text-align: center;">*Transport Provided</p> <p style="text-align: center;">£6 per person</p>	<p>Wightwick Bank, Wolverhampton WV6 8EE</p> 
<p>Thursday 9th May</p>	<p style="text-align: center;">Dementia Workshop</p> <p style="text-align: center;">A session learning more about what it is like to live with dementia, coping strategies for carers, information and advice.</p>	<p style="text-align: center;">10am - 1pm</p> <p style="text-align: center;">*Please call to book</p> <p style="text-align: center;">*Booking essential</p>	<p>Carers Trust Solihull Solihull Fire Station Annexe 620 Streetsbrook Road, Solihull B91 1QY</p>
<p>Thursday 16th May</p> <p style="text-align: center;">●</p>	<p style="text-align: center;">Jesus Christ Superstar Theatre trip</p> <p style="text-align: center;">Come and see the iconic musical story that follows the last week of Jesus Christ's life.</p>	<p style="text-align: center;">7.30pm - 10pm</p> <p style="text-align: center;">*Please call to book a place - No transport provided</p> <p style="text-align: center;">£6 per person</p>	<p>The core theatre, Solihull</p> 
<p>Friday 24th May</p>	<p style="text-align: center;">First Aid Session</p> <p style="text-align: center;">Come along and learn basic first aid skills and how to deal with emergencies.</p>	<p style="text-align: center;">10am - 1pm</p> <p style="text-align: center;">*Please call to book a place</p>	<p>Carers Trust Solihull Solihull Fire Station Annexe 620 Streetsbrook Road, Solihull B91 1QY</p>

<p>Tuesday 4th June</p>	<p align="center">Contingency Planning</p> <p>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.</p>	<p align="center">2pm - 4pm</p> <p align="center">*Booking essential</p>	<p>Carers Trust Solihull Solihull Fire Station Annexe 620 Streetsbrook Road, Solihull B91 1QY</p>
<p>Sunday 9th June</p> 	<p align="center">Annual Carers Charity Walk</p> <p>Come and join us for a 5k walk in the Warwickshire countryside. Free entry to Baddesley House and Gardens and all proceeds go to supporting carers in Solihull.</p>	<p align="center">10.30am - 12pm</p> <p align="center">£5 adults £3 Children</p>	<p>Baddesley Clinton Rising Lane Knowle B93 0DQ</p>
<p>Saturday 15th June</p> 	<p align="center">Trip to Western Super-Mare</p> <p>To celebrate Carers Week 2019 we will be taking a trip to the beach. Carers of all ages and there families can come along and enjoy.</p>	<p>*Please call to book a place</p> <p>*Transport Provided</p> <p align="center">£5 Per Person</p>	<p>Western Super-Mare</p> 
<p>Wednesday 19th June</p>	<p align="center">Self Care Workshop</p> <p>This session will explain what self care is and why it is so important to self belief, self confidence and self awareness.</p> <p align="center">Learn how to achieve relaxation, reconnect, respect.</p>	<p align="center">1 - 2.30pm</p> <p align="center">*Booking essential</p>	<p>Bosworth Community Centre 291a Bosworth Drive, Chelmsley Wood B37 5DP</p>


<p>Wednesday 26th June</p>	<p>Wills 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>11 - 12.30pm</p> <p>*Booking essential</p>	<p>Carers Trust Solihull Solihull Fire Station Annexe 620 Streetsbrook Road, Solihull B91 1QY</p>
<p>Tuesday 2nd July</p>	<p>Understanding Universal Credit</p> <p>With the introduction of Universal Credit, come along and find out how it may affect certain benefits and get your questions answered.</p>	<p>10.30 - 12pm</p> <p>*Booking essential</p>	<p>Venue to be Confirmed</p>
<p>Wednesday 10th July</p> <p style="text-align: center;">●</p>	<p>Joseph and the Amazing Technicolour Dream Coat</p> <p>The famous musical with songs from Andrew Lloyd Webber and Tim Rice.</p>	<p>7.30pm</p> <p>*Booking essential</p> <p>*Transport Provided</p> <p>£10 per person</p>	<p>Birmingham Hippodrome</p> 
<p>Tuesday 16th & 23rd July</p>	<p>Managing Emotions and Stress</p> <p>Two sessions over 2 weeks that will introduce you to tools you can use to manage negative emotions and stress. Including such tools as Emotional Freedom Technique & Mindfulness.</p>	<p>10 - 12pm</p> <p>*Booking essential</p>	<p>Carers Trust Solihull Solihull Fire Station Annexe 620 Streetsbrook Road, Solihull B91 1QY</p>

<p>Thursday 25th July</p> 	<p>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</i> <i>Reiki</i> <i>Indian Head massage</i> <i>Reflexology</i></p>	<p>10 – 2pm</p> <p>*Booking essential</p>	<p>South Solihull - Venue to be Confirmed</p>
<p>Monday 5th August</p> 	<p>Trentham Estate and Gardens</p> <p>Join us to visit this award winning garden and estate. Explore the new expanded shopping village, cafes and enjoy the beautiful scenery.</p>	<p>10 – 4pm</p> <p>*Booking essential</p> <p>£6 Per Person</p> <p>*Transport Provided</p>	<p>The Trentham Estate, Stone Road, Trentham, Staffordshire ST4 8JG</p> 
<p>Wednesday 7th August</p>	<p>Contingency Planning</p> <p>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.</p>	<p>1 – 2.30pm</p> <p>*Booking essential</p>	<p>Bosworth Community Centre 291a Bosworth Drive, Chelmsley Wood B37 5DP</p>

<p>Thursday 8th August</p>	<p>Understanding Continuing Health Care and Care Costs</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>11am - 12.30pm</p> <p>*Booking essential</p>	<p>Carers Trust Solihull Solihull Fire Station Annexe 620 Streetsbrook Road, Solihull B91 1QY</p>
<p>Tuesday 13th August</p>	<p>First Aid Session</p> <p>Come along and learn basic first aid skills and how to deal with emergencies.</p>	<p>10am - 1pm</p> <p>*Booking essential</p>	<p>Fordbridge Town Council The Fordbridge Centre Nineacres Drive Fordbridge Birmingham B37 5DD</p> 
<p>Tuesday 3rd September</p>	<p>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>*Booking essential</p> 	<p>Carers Trust Solihull Solihull Fire Station Annexe 620 Streetsbrook Road, Solihull B91 1QY</p>

<p>Friday 6th September</p> 	<p>Trip to Twycross Zoo</p> <p>Immerse yourself and explore the animal world, with indoor and outdoor habitats, Interactive experiences and fun, exciting encounters with over 500 animals, from 125 different species.</p>	<p>10 - 4pm</p> <p>£6 Per Person</p> <p>*Transport Provided</p> <p>*Booking essential</p>	<p>Burton Rd, Atherstone CV9 3PX</p> 
<p>Tuesday 10th September</p>	<p>Finding the Care Session</p> <p>This session will look about different types of care, from residential to care within your own home. It will give you the opportunity to have your questioned answered if you are thinking about care.</p>	<p>1– 2.30pm</p> <p>*Booking essential</p>	<p>Carers Trust Solihull Solihull Fire Station Annexe 620 Streetsbrook Road, Solihull B91 1QY</p>
<p>Thursday 19th September</p>	<p>Employment Advice Session</p> <p>This session will look at what is available to help you get back into work. It will also advise you on what support and training may be available to you.</p>	<p>10 - 11.30pm</p> <p>*Booking essential</p>	<p>Venue to be confirmed</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.
- **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.**

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?

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

Just email michellestoddard@solihullcarers.org