


Carer Support News Bulletin

March 2016

This information bulletin is for carers, professionals working with carers and other organisations supporting carers. The Carer Support Team supports informal carers in Wolverhampton. The carer might be looking after someone with a physical or sensory disability, mental health need, learning disability; they may be an older frail person or the parent/carer of a child with a disability.

To find out more about the support we provide contact the carers team on **01902 553409**. You can visit our website at **www.wolverhampton.gov.uk/carers**, email us at **carer.support@wolverhampton.gov.uk** or drop in to the **Carers Centre, Blossoms Fold, Off North Street, Wolverhampton, WV1 4HJ**.

Please note: Our office is open from 9.00am till 4.30pm Monday to Friday and closes for lunch from 12.30pm to 13.30pm.



Please feel free to pass this bulletin to anyone you think might find it useful. Alternatively, ask them to contact the Information Officer and be added to the mailing list. The current edition of the City Carer magazine is available to pick one up from the Carers Centre in Blossom's Fold or from your local GP surgery, library or information point.

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A personal invitation to join the carers' conversation

In Wolverhampton it is estimated that there are over 27,000 people that provide care for another person. The support they offer is invaluable, often putting the needs of the person they care for before their own.

Wolverhampton City Council together with the Wolverhampton Clinical Commissioning Group is in the process of developing a new Joint All Age Carer Strategy. With your help the strategy will identify what's important to you as a carer and how we can work together to make a difference to your quality of life and the quality of life of the person you care for. However, we do need your help.

We would like to invite you to join one of our round table 'Conversation with Carers' events where you will be invited to share your views and experiences of being a carer. Each table will be allocated a facilitator to lead the conversation. The facilitator will make notes throughout the course of the conversation however any comments or views from the table will not be attributed to any single individual.

There are five 'Conversation with Carers' events planned, if you would like to attend, please choose the date that suits you best and call the carer Support Team on 01902 553409 to book secure a place for any of the following events:

- Thursday 17th March @ 10.30 am, Committee Room 3, 3rd Floor, Civic Centre,
- Tuesday 5th April @ 10.30 am, Committee Room 3, 3rd Floor, Civic Centre
- Thursday 7th April @ 5.00 pm, Committee Room 3, 3rd Floor, Civic Centre
- Monday 11th April @ 10.30 am, Action for Independence, Albert Road, WV6 0AF
- Tuesday 19th April @ 12.30 pm, EKTA Day Centre, Mander Street, off Penn Road, WV3

If you are unable to attend any of these events, but still wish to take part in the consultation process you can do this by contacting me directly from the details below. The closing date for the consultation process is Thursday 21 April. For more information contact:

Michael Finnegan Lam
Commissioning Officer
Michael. Finnegan- Lam@wolverhampton.gov.uk
01902 555306

Residents Week: Coffee & Chat for Carers

Are you caring for a family member, friend or neighbour with an illness or disability? If the person that you look after lives in Wolverhampton, The Carer Support Team can offer you Information, advice and guidance.

At our Coffee & Chat for Carers event, as part of Residents Week, Informal carers will be able to talk to members of the City Council's Carers Support Team about the support available to them and find out about Carers Assessments. It is also an opportunity to have a chat to other carers that may attend and to have a treat from Café Zest at a discounted rate!

For the duration of the event carers will be able to claim 20% off their bill in the Café Zest Restaurant if they show their carers emergency card (for more information about the Carers Emergency Card or Carers Assessments please contact the team on 01902 553409).

Where: Café Zest Restaurant, House of Fraser (Beatties)

When: Wednesday 16th March 2016

Time: 10.30 am to 12.30 pm

Contact: Melinder Kaur on Melinder.Kaur@wolverhampton.gov.uk or
Call 01902 553429

This event is part of Residents Week a programme of focused activities to empower and support residents to compete for jobs, enhance their skills, live healthier lifestyles and be active in their communities. For further details of all activities visit www.wolverhampton.gov.uk/residentsweek

Access to Business offers **Free Introduction to I.T. Course for Carers and their Clients**

Carers (and their Clients) can now receive a free Introduction to IT. course thanks to sessions provided by Access to Business. The Introductory training sessions are open to anyone in Wolverhampton who live and cares for someone.

There are also free places for any individual who is supported by the Carer. The 3-hour Course will take place at Access to Business Training Centre, 81 Tempest Street, WV2 1AA in Wolverhampton city centre.

The training takes place over 3 hour sessions and covers a variety of subjects to help build confidence in using IT including:

- browsing the Internet
- sending and receiving emails
- IT security and privacy settings
- using online services
- searching for jobs
- how IT can improve your life

The 3-hour courses are available on:

Thursday 3rd March	:	9.30am – 12.30pm	or	1.00pm – 4.00pm
Friday 4th March	:	9.30am - 12.30pm	or	1.00pm - 4.00pm
Thursday 10th March	:	9.30am - 12.30pm	or	1.00pm - 4.00pm
Friday 11th March	:	9.30am - 12.30pm	or	1.00pm - 4.00pm
Thursday 17th March	:	9.30am - 12.30pm	or	1.00pm - 4.00pm
Friday 18th March	:	9.30am - 12.30pm	or	1.00pm - 4.00pm
Thursday 24th March	:	9.30am - 12.30pm	or	1.00pm - 4.00pm
Friday 25th March	:	9.30am - 12.30pm	or	1.00pm - 4.00pm

Places are limited and must be reserved in advance by calling Access to Business on 01902 572397 asking for either Sue Whittaker or Simon Moore.

Access to Business
81 Tempest Street, Wolverhampton, WV2 1AA
01902 572396
www.access2business.co.uk

Wolverhampton Sickle Cell Care & Social Activity Centre

We are a registered charity located in Bilston, we are set up to support people with Sickle Cell & Thalassaemia and other long term health conditions.

We provide Social Activities, Outreach, and Massage Therapies

Weekly social is held Thursdays at the centre as respite for all of our service users, carers and families. A number of them are unemployed and socially isolated and enjoys coming to meet with other service users. We run a variety of interesting workshops suitable for young people and adults, skill training, dressmaking classes and recreational activities

Socials are open the community and our service users bring their carers, family and friends who are interested to join them at the centre where we provide warm meals and companionship for those who feel isolated. We also offer nutritional workshops and health advice for SC sufferers and their carers.

Our qualified Therapies provide pain management through the use of massage, aromatherapy and other relaxation techniques. We also accept non-sickle cell clients interested in pain management massage at a service to support the charity (there is a charge for this part of the service).

We also provide a range of advocacy support assistance for sufferers to access services such as benefits, PIP –guidance and assistance with applications and other services that might otherwise be difficult for service users to obtain on their own.

For more information about our services please contact us on **01902 498274** or email your enquiry to **marketing@sicklecellcare.net**

Care Quality Commission (CQC) Event

Thursday 17 March 2016, 10am-3pm, Ibis Hotel, Birmingham

This one day workshop is for people with learning disabilities and their families to find out more about how the Care Quality Commission (CQC) works.

The CQC wants many more people to tell them about the quality of services for people with learning disabilities.

The CQC says it is 'very keen to get your feedback - good or bad - about any service that you have used'. They want people to think about the services they use at the moment and give as much feedback as possible.

There will be a CQC Inspector at the workshop. This will give you a chance to tell the Inspector about any issues you have with services at the moment.

Each person who has a learning disability and each family carer will receive a £15 gift voucher for attending the workshop.

If you would like to attend the event contact: chrissholl@yahoo.co.uk or call 07947 917554.

Tettenhall Wood School

The next Tettenhall Wood School coffee morning is on Tuesday 8th March 9.30-11.30am. This is an opportunity for the parents and carers of children and young people with autism to meet; share similar experiences and gain information from experienced professionals. The meetings are informal and there is no need to book a place, just simply drop in for a chat any time during the session. Your child does not have to attend Tettenhall Wood School for you to go along to these coffee mornings.

Parent and Carer Workshop

As well as providing training and support to mainstream schools and specialist settings, Tettenhall Wood Outreach Service also offer support for the parents and carers of children with a diagnosis of autism. One way they provide this support is through parent and carer workshops.

The next workshop is on Wednesday 16th March 9.30-11am. **Communicating with Pictures** – Focussing on how pictures can be used to help children to not only communicate effectively but improve their communication over time. This is led by Helen Moore.

Call Tettenhall Wood School, Regis Road, Tettenhall, WV6 8XF on 01902 556519 or email enquiries@tettenhallwoodschoo.org.uk

Alzheimer's Society: Caring for Me and You

'Caring for Me and You' is an online therapy package designed specifically to support people caring for someone with dementia. It has been developed by the Alzheimer's Society and psychologists working at Oxford Health NHS Foundation Trust.

Caring for someone with dementia can be stressful and carers can sometimes feel anxious or depressed. We are currently conducting a trial comparing different types of online support, to see whether they are helpful in reducing carer's feelings of distress.

If you are interested in taking part in the trial please visit the link below to register and find out more information.

Technical equipment required: Please note that to participate in the study and access the online programme you will need to use a PC or a laptop. The programme is not configured to run on Apple machines or devices, and has not been optimised for tablets or smart phones.

<https://www.caringformeandyou.org.uk/home/information/>

Creative Support Service

Floating Support Service

Creative Support offers personalised services with a focus on promoting recovery, wellbeing and greater independence. We enable people to make their progress by recognising and building on their strengths, coping abilities, social networks and natural support systems. The service runs from 8am till 10pm, seven days a week and is open to anyone living in Wolverhampton over the age of 18 who has a housing related or mental health support needs. To access the service, you can complete a referral form or ask a professional to complete one for you and we will contact you for an initial assessment. For further information contact Creative Support on 01902 458797 or email admin.wolverhampton@creativesupport.org.uk

Community and Wellbeing Hub Service

Community and Wellbeing Hub delivers preventative and wellbeing services for anyone over the age of 18 in the Wolverhampton community who wants to improve their emotional and mental wellbeing. Host providers, Creative Support, work in partnership with ACCI, BME Housing Consortium, Rethink and the WVSC to provide support that focusses on enabling people to live a fulfilled life.

The Hub operates from Epic Café, right in the heart of the city centre, with some evenings and weekends, to suit the needs of the community and our members. We offer a wide range of generic and specific sessions to help you develop your skills, confidence and wellbeing, build social and support networks and develop personal effectiveness. These include sessions, workshops and one-off talks, delivered by our partners and external agencies.

We also offer a short term Recovery Programme that runs alongside the Sessions and Wellbeing Café at the Hub. The Recovery Programme offers additional short-term support, at times when you need more help to stay well and to move forward in your recovery. This support will be led by you and your Key Worker, with help from our Peer Support Specialists.

Core Sessions:

- Employability skills workshops
- IT skills
- Money management and benefits advice
- Work experience and training opportunities through the Hub Café
- Wellbeing programmes and workshops
- Culturally specific support and advice
- Safe-space drop in sessions
- Complimentary therapies
- Basic cooking skills and healthy eating workshops
- PAMH Steering groups

To find out more contact:

The Community and Wellbeing Hub

Epic Café

11 - 13 Lichfield Street

Wolverhampton

WV1 1EA

Tel: 07811 848 819

Email: emma.vickers@creativesupport.org.uk



Life direct

a world of information for later life



South East

Information event

Living Well with Dementia

Monday 14 March 2016

1.30pm - 4.30pm

**Oxford Street Seventh Day Adventist Church,
Warwick Street, Horseley Fields, WV1 3SD**

Come along to our FREE Awareness Event

- Speaker from Alzheimer's Society
 - Become a Dementia Friend
- Fun taster session of Circle Dancing – a simple inclusive activity to achieve feelings of togetherness

**Life direct advisors on hand giving
free advice and information**



Contact us now on 0845 155 0307

or visit www.lifedirect.org

A service provided by whg for Wolverhampton City Council

If you do not have access to the internet but would like to access any information from the links included in this bulletin about please get in touch with the Carer Support Team. Please also let us know if you have any feedback about the content or format of the bulletin so that we can make sure we are supporting you in the best way possible.

Deadline for submissions to next bulletin:

Wednesday 23 March 2016

For more information about this bulletin contact:

Melinder Kaur,

Information Officer

Carer Support Centre, Blossoms Fold, Wolverhampton, WV1 4HJ

Tel: **01902 553429**

Email: **Melinder.Kaur@Wolverhampton.gov.uk**

www.wolverhampton.gov.uk/carers

www.wolvesnet.info

wolverhampton.gov.uk 01902 551155

 WolverhamptonToday  @WolvesCouncil  WolverhamptonToday

City of Wolverhampton Council, Civic Centre, St. Peter's Square,
Wolverhampton WV1 1SH

Training for Informal Carers

'Everyday First Aid'
training for Carers



Training for informal carers:

'Everyday First Aid' training for Carers

The Carer Support Team in association with the British Red Cross is offering Everyday First Aid Training for informal carers. British Red Cross believes everyone can learn a few simple skills that could help someone that you care for during an emergency. Everyday First Aid is a simplified and easy way to learn basic first aid skills.

Choose from one of the dates:

- **10.00am till 12.00pm on Thursday 12 May 2016**
- **10.00am till 12.00pm on Thursday 19 May 2016**
- **10.00am till 12.00pm on Thursday 9 June 2016**
- **10.00am till 12.00pm on Thursday 23 June 2016**

All the above training courses take place at:

- **Merridale Fire station Community Room,
Merridale St, Wolverhampton, West Midlands WV3 0RE**

Places are limited so to book either, call **01902 553409**, complete the form below, or email **carer.support@wolverhampton.gov.uk**

Booking Form



Name;

Address:

Contact Phone Number:

Email:

Name of person that you care for:

Please indicate which date and venue you would like to book:

Thursday 12 May 2016 Thursday 19 May 2016

Thursday 9 June 2016 Thursday 23 June 2016

Are there any specific questions that you would like to be discussed:

Detach and return this form to:

Carer Support Team, Blossom's Fold, Off north Street, Wolverhampton, WV1 4HJ