

# Community & Carer Support Bulletin

## Spring Edition 2023

**May the new year bring you happiness, peace, and good health, wishing you all a wonderful 2023, Happy New Year from all at The Carer Support Team.**

At the Carer Support Team, we provide practical information, guidance, and advice on a range of matters, along with other services such as Carers assessments and the Carers Emergency Card scheme. We can support Carers of all ages including Parent Carers.

**If you require support in your caring role, please contact the Carer Support Team on:**

*Telephone:* **01902 553409**

*Email:* **[carer.support@wolverhampton.gov.uk](mailto:carer.support@wolverhampton.gov.uk)**

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# Pub Lunches 2023.

After a huge success with Carer pub lunches in 2022 we are going to be continuing with them in the new year. The pub lunches are an excellent opportunity for carers to get together and socialise reducing isolation.

## Carers have said:

*'My son doesn't usually do this kind of thing he doesn't like going out, he really looks forward to attending the meals we have made some new friends.'*

*'The meals are lovely; I love meeting new people in similar situations who understand what I am going through.'*

To book onto the **Pub Lunches** please contact **The Carer Support Team** on **01902 553409** and leave your details along with the date you would like to attend, and Charley will be in touch to confirm your space and the time.

**Please note** the meals are limited to spaces and will be bookable on a first come first serve basis, please see the menu options on the next page as these will need to be decided prior to the meal and can't be changed once confirmed.

The meals are available to carers of all ages including parent carers, to attend to meals you must be over 18.

*All meals are hosted at:*

**The Gatehouse Pub**, Donnington Grove Wolverhampton WV10 6EE.

- **Wednesday 29th March 2023** (Afternoon)
- **Monday 17th April 2023** (Afternoon)
- **Tuesday 23rd May 2023** (Evening)



# Hungry Horse Pub Lunche Menu

## CHICKEN PARMIGIANA

Breaded chicken escalope topped with melted cheese and Neapolitana sauce, served with sliced crispy potatoes and fresh garden salad. (available in Monday - Friday Offer for a £2 Supplement)



## MEXICAN SPICED ENCHILADAS

Mexican spiced pulled jackfruit with Ancho chilli sauce. Served with Mexican rice and fresh salad garnish.

## STEAK & RUDDLES ALE PIE

Tender beef in a rich ale gravy served with peas and your choice of chips or mashed potato.



## CLASSIC CHICKEN NEW YORKER

Roast chicken breasts topped with smoked streaky bacon, melted cheese and Texan BBQ sauce. Served with fries, onion rings, peas and half a grilled tomato.

## CHICKEN TIKKA MASALA

Served with basmati rice, poppadom and mango chutney.

## BEEF LASAGNE & SALAD

Served with our fresh garden salad.



## TOPPED FRESH GARDEN SALAD

Dressed salad with tomatoes, cucumber and shredded vegetables. Choose from: Roast chicken breasts / Grilled salmon fillet † 4oz\* 28-day matured rump steak / Grilled halloumi.

## CLASSIC BREADED WHOLETAIL SCAMPI †

Whitby scampi\*\* with chips and tartare sauce. Served with peas or mushy peas.

## MUSHROOM & ALE PIE

Roasted mushrooms, onion and tarragon in a suet style pastry. Served with chips, peas and gravy.



## HAND-BATTERED FISH & CHIPS †

With tartare sauce. Served with peas or mushy peas.

## PLANT-BASED FISH & CHIPS

Plant based fishless fillets coated in a golden batter with ketchup. Served with peas or mushy peas.



## FULL ENGLISH BREAKFAST

A pork sausage, rashers of back bacon, fried free-range egg, half a grilled tomato, mushrooms, baked beans and hash browns.



## MAC 'N' CHEESE

Topped with cheesy breadcrumbs. Served with our fresh garden salad.



# Top Tips to improve your mental wellbeing.

Looking after your mental health is not something we should just do if we are struggling or feeling low and stressed. It's something we should think about all the time and really focus time on just like our physical health.

There are plenty of things we can do to look after our mental health and wellbeing every day - *Make a productive start with these 7 tips:*

## Reframe unhelpful thoughts

Unhelpful thoughts can lead to unhelpful feelings and actions, to overcome this you need to recognise, challenge, and replace them this can help you to look at problems from a different perspective and change the thought to a more positive one.



## Be in the present

Becoming more aware of your own thoughts and feelings and being more aware of the present moment can improve your mental health. *Tip: try mindfulness and meditation to help you be in the present.*



## Get a good night sleep

Good-quality sleep makes a big difference to how we feel mentally and physically, so it's important to get enough.



**Better Health** every mind matters



## Connect with others

Spending quality time with friends or family, talking to someone about how we are feeling or finding ways to help other people can all help stop you from feeling lonely and improve your mental health and wellbeing. This can be online, by phone or seeing someone in person.



## Live a healthy life

Being active, enjoying the outdoors and having a healthy, balanced diet all impact how we feel. Also, binning bad habits like smoking, and cutting down on alcohol and caffeine can have a positive effect on our mood.



## Do something you enjoy

From enjoying your favourite hobby, learning something new or simply taking time to relax, it's important to do things that make you happy, like trying a new hobby or learning a new skill.



## Write a letter to your future

When you're feeling good, think about what you would want to tell your future self if things get harder and you find you need more support. Reminding yourself of what's keeping you feeling positive right now can help you through those more difficult times in the future.



For more information on improving your mental help visit:

[www.nhs.uk/every-mind-matters/](http://www.nhs.uk/every-mind-matters/)



# Carer Support Groups

After great success and the easily accessible location our carer support groups will be based at **Wednesfield Library** on the **last Tuesday of every month**.

**Location:** **Wednesfield Library, 2 Well Lane, WV11 1BW**

**Time:** **11:30-13:00pm**

**Upcoming Dates:** **Tuesday 28th March**



**Tuesday 25th April**

**Tuesday 30th May**

**Tuesday 27th June**



You are not required to book the carer support groups, please turn up for **11:30am** if you wish to attend, refreshments will be available.

For any queries or questions regarding the carer support groups please contact **Charley Bond** on **01902 553409**.



*'I attend the groups to improve my social life, its wonderful meeting new people, I try to pop into Bentley bridge afterwards to do my shopping too.'*

*'I love attending the groups its great to get out the house and socialise with other carers'*

# AutonoMe

Are you a parent or carer for someone with learning disabilities or autism who needs support in **independent living skills** (cooking, life skills, using appliances) or **supported employment** (attaining and sustaining) to help them thrive in their lives?

## What can AutonoMe enable people with learning disabilities or autism to do?

### Gaining and Sustaining Meaningful Employment

Our **supported employment programme** combines human support with assistive technology to enable people with learning disabilities and autism to gain and sustain employment. Our support is flexible and unlike a traditional in work support AutonoMe is discrete and available 24/7.

People can use our easy to access app to view our instructional videos designed to address barriers to employment. We can help people to learn specific skills needed in work such as; how to write a CV, what to expect in an interview, understanding body language and working in a team.

We can also create bespoke videos specific to someone's job working with employers; for example, we created a how to check customers IDs video for someone working in a brewery's shop.

### Improve Independent Living Skills

Our service blends technology and human support to help build confidence and independence, teaching people practical skills for life at the pace that's right for them.

Our easy to access app gives learners access to more than 200 step-by-step instructional videos specifically made for people with learning disabilities and autism. They are clear, easy to follow and designed to teach people the skills they need to be more independent in the home.

Our videos have various levels of difficulty from how to make a cup of tea to how to roast a chicken or how to work a specific appliance such as washing machine or cooker.



**AutonoMe**

*Email:* [info@autono.me.uk](mailto:info@autono.me.uk)

*Tel:* 0117 205064

*Web:* [www.autono.me.uk](http://www.autono.me.uk)

*or scan the QR code to visit our site*



# VOICE4PARENTS

'giving a voice to parents & carers of children  
& young people (0-25) with additional needs'

VOICE 4  
PARENTS  
WOLVERHAMPTON

## Reminder for all members...

### **V4P have launched their Annual Survey**

Now that Ofsted has happened and we know where areas across the city need to improve, we feel that now, more than ever the Parent Carer voice needs to be strong and more importantly heard. The only way this can happen is if we get the feedback direct from the families that know what they need!

It is essential we have your recent views and opinions to ensure we are best representing you and how it feels for you and your family over the past 12/18 months.

We appreciate that you have offered us a lot of insight and feedback into your experiences over the last few months and may we just reciprocate our appreciation and gratitude for you taking the time to try and help improve and shape services in Wolverhampton.

*It is estimated that this survey will take 40 minutes to complete and as such for every completed survey we will enter you into a prize draw for the following:*

- **1st Prize – £100** Supermarket of your choice Voucher
- **2nd Prize – £50** Supermarket of your choice Voucher
- **3rd Prize – £25** Supermarket of your choice Voucher

*This Survey will Close on March 31st 2023.*



*To fill out this survey, please visit the link below  
or scan the QR code:*

**<https://forms.office.com/r/uXU9gdTAXN>**



Contact **Voice4Parents** at:  
**Admin@Voice4Parents.co.uk**



Follow **Voice4Parents** on Facebook  
**Voice4Parents-Wolverhampton**



# Young Carers Action Day

**Young Carers Action Day** (YCAD) will be celebrated on March 16th 2023. YCAD is a nationwide event organised by the Carer's Trust aimed at raising awareness of the struggles and importance of young carers across the country.

**It is believed that as many as 1 in 5 secondary school-aged children have been or will be put in the position of a young carer, often being responsible for a family member who is ill or disabled.**

Therefore, many young people suffer from issues relating to caring at such a young age including, a difficult or damaged social life, isolation, and a negative impact on their education.

The theme of Young Carers Action Day 2023 is **Make Time for Young Carers**. Carers Trust UK liaised with young carers which helped them to create this year's theme, when speaking with young carers the main issue they identified was how important their own health and well-being is to them, they also identified that:

- **Improved support in schools**
- **More access to breaks**
- **Better access to counselling support**
- **And more financial support**

Would help young carers to feel less overwhelmed, happier, and healthier.

**Make Time for Young Carers** highlights 2 main things that are important to young carers:

1. *The need for professionals and responsible adults to make more time to listen to young carers to explain the challenges they face as young carers, so they can better understand the support they need.*
2. *Once they understand the sort of support that's required, to take time and put the support in place.*

if you are aged 8-18 and help to look after someone at home speak to your parents/guardians, relatives, or teacher to help you get support from Spurgeon's Wolverhampton.

*Spurgeon's provide:*

- Advice and support
- Extra activities during the holidays
- 1:1 support and much more...
- Monthly groups
- Outings and trips



**Tel: 01902 877550 Email: [wolverhamptonyoungcarers:spurgeons.org](mailto:wolverhamptonyoungcarers:spurgeons.org)**

**The Workspace, All Saints Road, Wolverhampton, WV2 1EL**



# Memory Matters

*Do you have moments when you just can't remember someone's name? Are you concerned about your relative or friend, who seems to be getting more forgetful?*

**If the answer is yes, then Memory Matters could help.**

Memory Matters is a friendly informal, telephone or face to face service, offering support and guidance to people with concerns about their memory pre-diagnosis. It is also aimed at relatives or friends that have concerns about someone and want to find out more information about the support that is available.

A trained professional is on hand to signpost and offer advice and information.

*Guidance and support about the following;*

- **Initial contact with GP and the importance of early diagnosis**
- **Improving the home environment**
- **Encouraging an active mind/hobby**
- **Stimulating active social life through support groups in the community**
- **Healthy diet and nutrition**
- **Telecare equipment/Assistive technology solutions to remain independent for as long as possible**
- **Support for Carers**
- **Information & Signposting to relevant organisations.**

Please give **Joe Evans** a call on **01902 551852** or contact **The Community Support Service** for further information.

**Community Support Service**

# INTERNATIONAL WOMEN'S DAY 2023

**International Women's Day** takes place every year to celebrate women's rights and inspire people to act in the ongoing fight for gender quality. International Women's Day celebrates women's contributions to society, raises awareness around gender parity and encourages support for organisations that help women globally.

The theme for **International Women's Day 2023** is:

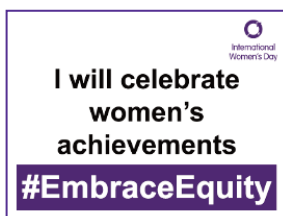
## #EmbraceEquity

For **International Women's Day** and beyond let's all fully  
**#EmbraceEquity**, Equity isn't just a nice to have it is a must have.

### Get involved:

At the Carer Support Team in aid of International Women's Day we would like female carers to share their stories and experiences of being a female carer and any struggles you may have crossed along the way.

Please share your stories to: [Carer.support@wolverhampton.gov.uk](mailto:Carer.support@wolverhampton.gov.uk)



# Starfish

**Starfish Social Hubs** tackle social isolation and loneliness as well as alleviate mental distress using an alternative refreshing mental healthcare model, one which refocuses on social health- where engaging in meaningful activity and gaining positive social support are key.

**The Wolverhampton Social Hub** has a lot of activities and resources on offer including group sessions, peer mentor training, volunteer training and community-based courses to help people recover from mental health issues.

People will be helped to form and design the support groups that they want to use, some will have a social or activity focus whilst others will help people to cope with mental health issues.

After a while, if people wish and are able to, they may become a peer that supports other people within a group, progressing to a trained and accredited volunteer with the Open College Network (OCN Level 2).

*For more information on workshops and groups please email **info@thesocialhub.org.uk** or follow us on Facebook.*

*We also have **virtual volunteer opportunities available**. If you would like to know more, please email: **connect4@starfishservices.co.uk***

## **Contact details:**

**Telephone:** 07949 290036 or 01902 771776

**Email:** [info@thesocialhub.org.uk](mailto:info@thesocialhub.org.uk)

**Website:** [www.starfishsocialhubs.co.uk/wolverhampton](http://www.starfishsocialhubs.co.uk/wolverhampton)

**Facebook:** **Wolverhampton Social Hub**



*Wolverhampton Social Hub is part of Starfish Health & Well-Being.*

*You can self-refer or get a Professional referral via your GP or local social prescriber.*

# Wolverhampton Information Advice and Support Service (WVIASS)

**WVIASS is a statutory service offering information, advice and support on matters relating to a child or young person's special educational needs or disability (SEND).**



The service is for children and young people with SEND from birth to 25 years and/or their parents and carers. It is an impartial and confidential service, and jointly funded by Wolverhampton Local Authority and the NHS Integrated Care Board. Every local authority in England must provide impartial information, advice and support for children and young people and their parents/carers about SEND. The Wolverhampton service was established in 1995 when it was known as Parent Partnership Service and has seen lots of changes in the world of SEND since then. The small yet dedicated staff team has a wealth of knowledge and experience and always happy to offer advice and support where appropriate.

WVIASS aims to empower young people, parents, and carers so they are able to express their views wishes and feeling on SEND related matters and fully participate in all decision-making processes regarding their educational and other outcomes.

*The service offers information, advice, and support about:*

- **Education, health and social care matters and relevant law**
- **Support available in schools, early years, and post 16 settings**
- **Funding arrangements**
- **How needs are identified and met**
- **Disagreements and moving forward**

There is a variety of helpful resources, including booklets and factsheets on processes, visiting schools, and preparing for meetings, on the WVIASS website Factsheets & Booklets | Wolverhampton Information, Advice & Support Service ([wolvesiass.org](http://wolvesiass.org))

You will also find information about community sessions WVIASS will be attending where the team will be happy to answer any questions.

*For more information follow **WVIASS** on **Social Media @wolvesiass** or visit the website, where you will find lots of helpful information as well as a contact form Home | Wolverhampton Information, Advice & Support Service ([wolvesiass.org](http://wolvesiass.org)).*

# BILSTON MEMORY CAFÉ

A social support group for anyone living with dementia and their family, friends, or carers.

Time: **12:00pm-2:00pm**

Date: **2nd Tuesday of every month**

Location: **Bilston Sports & Social Club**  
**Wellington Road, Bilston, WV14 6BA**

We understand how lonely it can be when you have been diagnosed with dementia or are helping to care for someone living with it.

The memory café aims to offer a friendly meeting place for people still living at home who may feel isolated. This meeting is for carers and the cared for person to attend together.

People who are worried about dementia can contact the **Alzheimer's Society** for information and support either via the **Dementia Connect Helpline** on **0333 150 3456** or by visiting **Alzheimer's Society website**.

**[www.alzheimers.org.uk](http://www.alzheimers.org.uk)**



*Memory Café member Margaret Nash, aged 84, is joined by Stuart Richmond, President of Bilston and Willenhall Lions Club, and Councillor Linda Leach, the City of Wolverhampton Council's Cabinet Member for Adult Services, to officially open the Bilston Memory Café.*

# Notes & Doodles

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## Carers and Community Support social media accounts

 @WolvesCarers

 @CommunityOffer

 WolvesCarers

 Wolves Community Support

 Wolves-Carers-106695631107531

## Carers and Community Support contact details:

*email: [carer.support@wolverhampton.gov.uk](mailto:carer.support@wolverhampton.gov.uk)*





*email: [community.support@wolverhampton.gov.uk](mailto:community.support@wolverhampton.gov.uk)*

*Tel: Carer Support Team: 01902 553409*

*Tel: Community Support Team: 01902 553445*

You can get this information in large print, braille,  
audio or in another language by calling 01902 551155

**wolverhampton.gov.uk 01902 551155**

  WolverhamptonToday  Wolverhampton\_Today  @WolvesCouncil

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Wolverhampton WV1 1SH