

Save the date

Carers Week 2023

5th-11th June 2023

Carers Week 2023 is taking place between **5th-11th June 2023**.

This is an opportunity for charities, organisations, and individuals to get together to show support for the millions of unpaid carers in the UK, and to spread the word about the challenges they face each day and what needs to be done to improve their daily lives.



Carers Week is an annual campaign to raise awareness of caring and to help people who don't think themselves as having caring responsibilities to identify as carers and access much needed support.

If you live in Wolverhampton and have caring responsibilities but do not receive any support, call the Carer Support Team today on 01902 553 409.

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Carer Support Groups

Our Carer support groups are 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 25th July**

Tuesday 29th August

Tuesday 26th September

Tuesday 24th October



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'



Carers Week 2023 is running between **5th-11th June 2023**, at the **Carer Support Team** we will be hosting a range of different events through this week for carers to get involved in to highlight the vital role carers play in our communities.

All events during this week **EXCLUDING** the networking event at Bantock Park must be booked and are available on a first come first serve basis.

To book please contact the **Carer Support Team** on **01902 533409** stating which events you would like to book onto you and **Charley Bond** will be in touch to confirm your space and give you further details.



Time to Craft

We are going to be crafting **mini motivator stitch kits** which you can take home with you. A little stitch kit with a big message can be a wonderful unique gift for a loved one once completed, or a small exercise in mindfulness for those in need of a creative boost. **The stitch task will be simple to complete and ideal for beginners.**



Location:
Central Library,
WV1 3AX

On Monday 5th June we will also be hosting a Carers Evening Meal.

Location: The Gatehouse Pub, Donnington Grove, Wolverhampton, WV10 6EE.
To attend this meal, you must be 18+

Please find menu on page 9

Carers Afternoon Pub Lunch

A great opportunity to socialise and enjoy a meal with the company of other carers.

To attend this meal, you must be 18+

Location: **The Gatehouse Pub,
Donnington Grove,
WV10 6EE**



Young Adult Carers Bowling Session



We would like to invite young adult carers to join us for a fun filled evening of bowling and refreshments.

To attend this session, you must be a Young Adult Carer aged between 16-25 currently providing an unpaid caring role.

Location: **Hollywood Bowl, Bentley Bridge Park,
Wednesfield, WV11 1BP**

All events during this week **EXCLUDING** the networking event at Bantock Park must be booked and are available on a first come first serve basis.

Wednesday 7th June 2023

Walk and Talk

The Walk and Talk event is a great opportunity to enjoy the outdoors and meet up with other people for a chat followed by refreshments from the park's tea rooms.



Location: **Meeting at West Park Band stand area**



To book please contact the **Carer Support Team** on **01902 53409** stating which events you would like to book onto you and **Charley Bond** will be in touch to confirm your space and give you further details.

All events during this week **EXCLUDING** the networking event at Bantock Park must be booked and are available on a first come first serve basis.

THURSDAY 8TH JUNE 2023

Network Information Event

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

Date: **Tuesday 7th June 2023**

Location: **Bantock Park Coach House,
Finchfield Road, Wolverhampton, WV3 9LQ**

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An opportunity to chat with professionals and get to know more about a variety of support services available to carers within Wolverhampton.

Refreshments provided

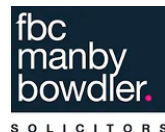
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CITY OF
WOLVERHAMPTON
COUNCIL



Face to Face Power of Attorney Session



Power of attorney definition: The authority to act for another person in specified or all legal or financial matters.

Location: **Penn Library, Coalway Avenue, Penn, WV3 7LT**

A representative from Manby Bowdler Solicitors will be hosting a power of attorney session to carers of all ages.

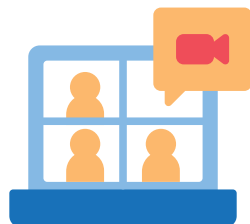
Due to the sensitive subject we will not be offering a Q&A opportunity during this session, if you have any questions in regards to **Power of Attorney** please send them to carer.support@wolverhampton.gov.uk or call **01902 553409** before **Friday 2nd June 2023** and they will be covered during the presentation.

To book please contact the **Carer Support Team** on **01902 553409** stating which events you would like to book onto you and **Charley Bond** will be in touch to confirm your space and give you further details.

Welfare Rights Zoom Session

Nitta Patel Welfare Rights Officer will be presenting a session focusing on benefits available to carers, there will be time after the presentation for any questions regarding benefits.

The session will be between 2pm-3pm via Zoom, please contact Charley Bond for the joining details.



Pub Lunches



The carer support 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. You must not turn up to the meal without confirmation that you have been booked on.

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

All meals hosted at:

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

- **Wednesday 19th July 2023**
- **Tuesday 15th August 2023**
- **Monday 18th September 2023**



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.



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HUNGRY
HORSE

Pub Lunche Menu

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.



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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.

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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.

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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



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



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.

Wolverhampton Telecare Service



What is Telecare and how can it help me?

Telecare consists of a range of personal and environmental sensors that enable people to remain safe and independent in their own home for longer. It aims to provide reassurance 24 hours a day to those living on their own or caring for vulnerable people, helping you to stay safe and providing the right support in crisis.

Telecare may be able to help you if you are:

- At risk of falling
- Recently discharged from hospital and requiring additional support and assistance at home
- Living alone
- Caring for someone that needs extra help
- Living with disabilities
- Living with a long-term health condition such as dementia.

Telecare sensors can detect events such as:

- Serious falls (e.g., fall detectors/bed sensors)
- Leaving the house and not returning (e.g., door sensors)
- Fire and smoke
- Floods
- Seizures



Contact Telecare today to make a referral.

You or someone who supports you can make a referral to the telecare service. To make a referral you will need to give information on the person it is for and the reasons for the referral.

Once the referral has been made a telecare representative will get in touch to discuss how the service can help you.

Email: telecare@wolverhampton.gov.uk • Telephone: 01902 553585

To see a wide range of telecare solutions please visit: win.wolverhampton.gov.uk/telecare

Recovery Near You



Wolverhampton's Substance Misuse Service

We support young people under the age of 18 with advice and support for drinking and/or drug use.

And children 5 yrs+ who are impacted by a family member's drinking and/or drug use.

Making a Referral:

If you are a professional that wants to make a referral:

- 1) **Visit our website: www.recoverynearyou.org.uk**
- 2) **Download our referral form.**
- 3) **Return via the e-mail address on the form.**

Contact us on **0300 200 2400**

We have a live chat on our website that everyone can access confidentially.

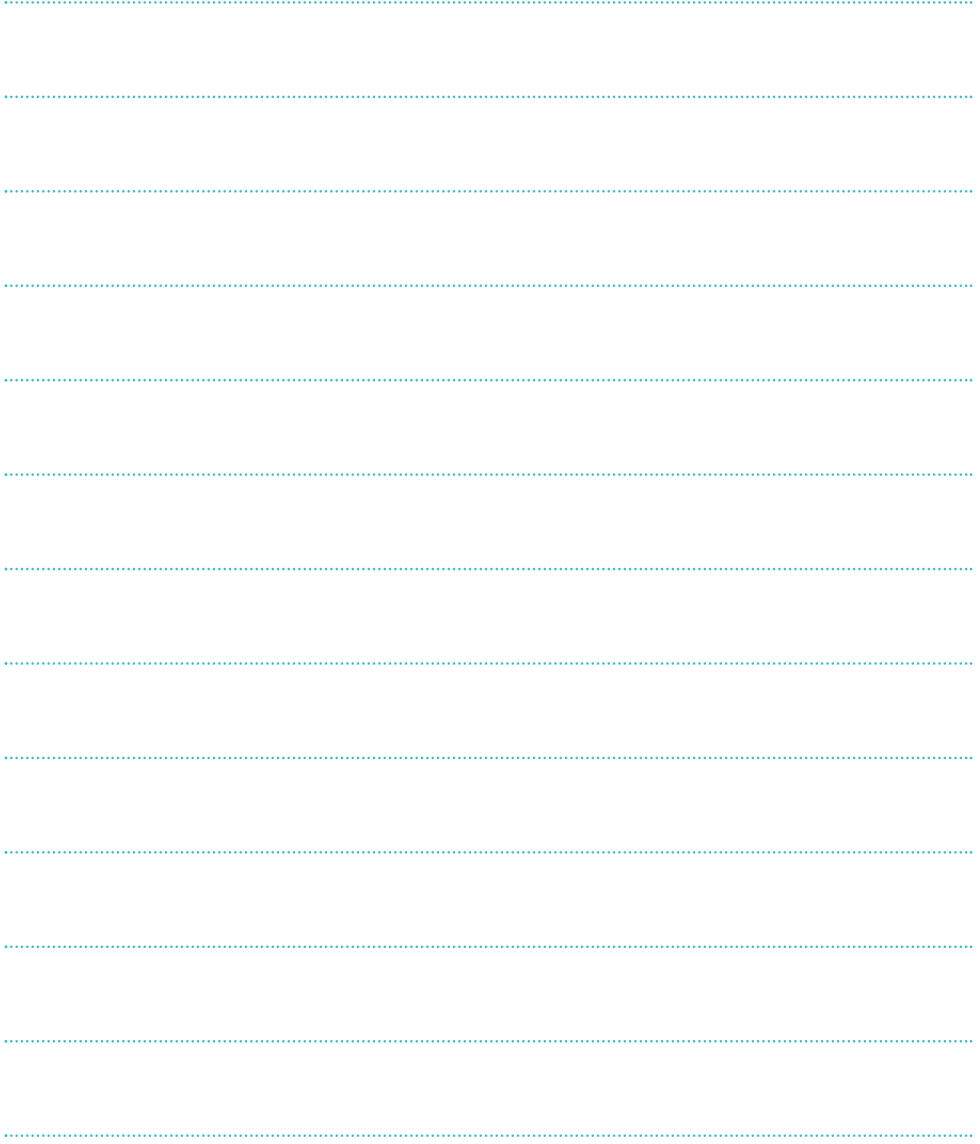
SUIT offers wraparound face-to-face support for adults whose lives have been affected by drug and alcohol addiction. You can also attend **SMART Recovery and wellbeing groups** at the **Recovery Hub**, facilitated by SUIT's team of lived experience staff and volunteers.

More information on how to volunteer or for support can be found on the SUIT website: suitrecoverywolverhampton.com Or call them on **01902 328 983**.

Affected Others Service

Support for adults affected by someone else's drinking and/or drug use.
If you need advice, call our support line.

Notes and Doodles



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Notes and Doodles

A series of 15 horizontal dotted lines spaced evenly down the page, providing a guide for writing notes and doodles.

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

Email: 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

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