

Carers Bulletin

AUTUMN 2023

Cost of Living Support



Our city should be a place where everyone has the chance of a **decent and secure life**. Instead, too many people, many from working families, are **struggling to meet their needs**.

Financial hardship means not being able to heat your homes, pay your rent, or buy your essentials.

The constant stress it causes can overwhelm people, affecting them emotionally and depriving them of the chance to play a full part in society.

If you need support during the cost of living crisis please visit <https://www.wolverhampton.gov.uk/cost-of-living-support> for useful links, tips and pointers.

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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 26th September**
Tuesday 24th October
Tuesday 28th November



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'

What is a family Hub?

Wolverhampton is one of 75 areas in England to have benefitted from a share of investment totalling £300million from the Government's Family Hubs and Start for Life programme to create the new Family Hubs.

The hubs act as 'one stop shops', offering guidance and advice on a range of circumstances to support families including:

- Child Development
- Infant Feeding Support
- Emotional Health and Wellbeing
- Stay & Play Sessions
- Parenting Support
- Housing Support
- Benefits & Welfare Rights Advice
- Employment & Training
- SEND Support
- Out of School Activities
- Birth Registrations
- Adult Education

A Family Hub is a place where children, young people and their families can go when they need support.

How do I get help from a family Hub?

Getting help from a Family Hub is simple. You can walk in, telephone or a professional can refer you.

Opening times are 9.00am – 4.30pm Monday to Friday initially, but as we build the support network some services will start to run from the Family Hubs in the evenings and weekends.

Where is my nearest family Hub?

There are 8 new hubs opening across the city you can find your nearest family hub by visiting: wolverhampton.gov.uk/win.

Flu



Flu, also known as **influenza**, is a respiratory illness caused by a virus, usually influenza A or B. The flu viruses constantly change so this winter's flu strains will be slightly different from previous years. **Flu can affect anyone** but if people have a long-term health condition, the effects of flu can make it worse even if the health condition is well managed and they normally feel well.

Flu symptoms come on very quickly and can include:

- a sudden high temperature
- an aching body
- feeling tired or exhausted
- a dry cough
- a sore throat
- a headache
- difficulty sleeping
- loss of appetite
- diarrhoea or tummy pain
- feeling sick and being sick

People with the flu can be infectious 1 day before to 3 to 5 days after symptoms appear and the virus is spread by breathing in droplets coughed out into the air by infected people or by the droplets landing on mucous membranes. Transmission may also occur by direct or indirect contact with respiratory secretions for example, via soiled tissues or from contaminated surfaces. Flu spreads easily in crowded populations and in enclosed spaces.

To reduce the risk of spreading flu

- wash your hands often with warm water and soap
- cover your mouth and nose with a tissue when you cough or sneeze
- bin used tissues as quickly as possible
- get the flu vaccine

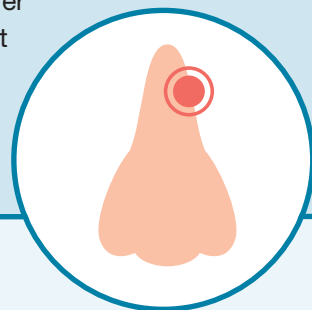


Protect yourself

The risk of infection can be minimised through the flu vaccination. The vaccine is safe and effective and is offered every year through the NHS to help protect people at risk of getting seriously ill from flu.

Flu vaccination for carers

Carers are eligible for a free flu vaccination through the NHS if they receive a carer's allowance or are the main carer for an older or disabled person who may be at risk if the carer gets sick. You should let your GP or pharmacy know that you're a carer when you arrive for your flu vaccine.



Useful resources:

Flu vaccine:

<https://www.nhs.uk/conditions/vaccinations/flu-influenza-vaccine/>

Flu vaccination letter template for at risk patients and carers:

<https://www.gov.uk/government/publications/flu-vaccination-invitation-letter-template-for-at-risk-patients-and-their-carers>

FLU MYTHBUSTERS



Why do we need to have the flu vaccine each year?

There are different types of flu, known as 'strains.' Each year, the flu vaccine must be changed to try and match the strains you can catch that winter. It's also more effective some years than others. This depends on whether the vaccine is a good match for the type of flu going around. Having the flu vaccine each year will give you the best chance of protection.

Do I need to have the flu vaccine?

No. As with all immunisations, flu vaccinations are optional. However, this vaccine will help protect you from what can be an unpleasant illness, as well as stopping flu from spreading to vulnerable friends and relatives who may become seriously ill from the flu.

Will the flu vaccine give me flu?

No, the injectable flu vaccine is inactivated and cannot cause flu in those that are vaccinated.

How does the vaccine work?

The vaccine will help you build up immunity to flu in a similar way as natural infection, but without symptoms.



FLU MYTHBUSTERS



How long does it take for the flu vaccination to work?

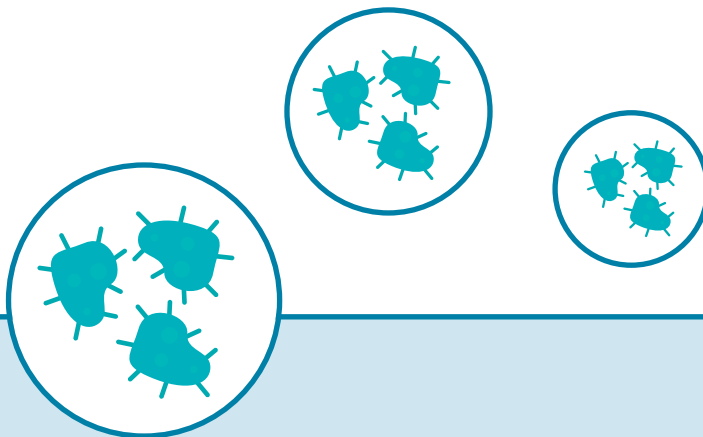
The flu vaccine takes 14 days to develop a full immune response.

What are the side effects of the flu vaccine?

Flu vaccines are very safe. Side effects are mild and do not last long. They can include a sore arm (or thigh) where the injection was given, a slightly raised temperature and aching muscles. Side effects for both types of vaccination usually last for 1 and 2 days.

Can I catch the flu if I've been vaccinated?

Having a flu vaccine is the most effective way to reduce your risk of catching flu. However, having the flu vaccine doesn't guarantee that you won't catch the flu. Anyone who catches flu after vaccination is less likely to be seriously ill or be admitted to hospital.



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.

- **Monday 18th September 2023**
- **Wednesday 18th October 2023** (evening)
- **Tuesday 21st November 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.



VG

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.



VG

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.

VG

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.

V



Christmas Meals

Christmas is just round the corner and will be here in no time. **The Gatehouse Christmas 2023** menu has been published.

We will be hosting two christmas meals; one afternoon and one evening in December, please see the menu below.

If you would like to attend one of the meals with the person you care for please call the **Carer Support Team** on **01902 553409** to put your name down, Charley will make contact with you in due course to confirm your place, date, time and your menu choices.

Mains & Desserts

Sleigh ride steak

A rump steak loaded with garlic prawns and served on a bed of sizzling peppers and onions with a side of chips and Christmas slaw.

The jolly Christmas burger stack

A poppy seed bun layered with tangy cranberry salsa, lettuce and red onion, topped with two Beyond Burgers and Violife™ cheese* and served with fries.



Happy holiday burger

The ultimate Christmas burger. A toasted brioche bun loaded with a succulent beef burger, smoked streaky bacon, pulled smoked turkey, tangy cranberry salsa, melted cheese, lettuce, mayo and red onion. Served with fries and pig in blanket.




Fairytale New Yorker

Buttermilk fried chicken breasts, covered with pulled smoked turkey and Texan BBQ sauce, melted cheese and smoked streaky bacon. Served with fries, onion rings*, coleslaw and peas.

Rockin' triple mac 'n' cheese

An indulgent three cheese mac, packed with chopped pigs in blankets, topped with sage & onion stuffing breadcrumbs and served with a Christmas salad.

 option available - also served with a red onion chutney.

Traditional Christmas dinner

Traditional turkey breast, served with sage & onion stuffing, pig in blanket, Yorkshire pudding, roast potatoes, seasonal veg, cranberry sauce and a rich gravy.

Our famous chocolate fudge cake

A silky indulgent chocolate fudge cake, lightly dusted with sugar snow and served warm with rich chocolate orange liqueur ice cream.

Raspberry trifle cheesecake

A light vanilla sponge, layered with raspberry jam, baked vanilla custard cheesecake and topped with cream and white chocolate shavings. Served with raspberries and vanilla flavour ice cream.

Santa's Christmas pudding brownie

Christmas pudding sponge with mixed peel, raisins, sultanas and spices, surrounded by rich chocolate brownie and decorated with sugar icing and a dark chocolate ganache. Served warm with custard.

Mincepie bakewell

A shortbread base, topped with a generous layer of brandy-laced vegan mincemeat and smothered in brandy almond frangipane. Sprinkled with toasted almonds and lightly dusted with sugar snow. Served with vegan vanilla flavour ice cream.

Caramelised white chocolate & mulled cider gateau

Three layers of toffee flavoured sponge, soaked with Somerset cider, layered with caramelised white chocolate frosting and spiced cider apple filling, covered in white chocolate frosting. Served with vanilla flavour ice cream and Crunchie pieces.



AUTUMN

Word Search

E	A	X	W	A	L	R	S	T	S	T	Z
T	K	W	Q	U	E	E	F	G	C	N	Y
F	B	O	O	T	S	F	A	E	I	D	L
H	A	E	A	R	C	I	L	S	K	A	I
M	F	E	O	E	A	P	L	S	C	S	E
A	W	H	H	E	P	U	M	P	K	I	N
S	I	H	K	A	R	B	E	T	P	R	D
E	A	A	N	E	Y	N	M	R	O	A	C
O	R	J	X	K	V	S	N	C	G	R	Q
H	L	E	A	F	S	C	A	R	F	I	O

SCARF
TREE
ACORN
HAY

APPLE
FALL
PUMPKIN
SWEATER

BOOTS
RAKE
PIE
LEAF

Carers Emergency Card

Informal carers in Wolverhampton are offered a **Carer's Emergency Card** when they receive a carers assessment/conversation.

This scheme offers peace of mind for carers. It aims to ease carers' fears about what would happen to the person they carer for if they were suddenly taken ill, involved in an accident or emergency and were unable to say that someone is dependent on them.

The benefits for carers of the Emergency Card are:

- Carers feel less anxious
- Carers have peace of mind that someone that they have identified as an emergency contact will be notified if something was to happen to them
- Many organisations recognise the card and therefore support carers
- The card can be used as carer ID at selective places to gain free or discounted carer entry.

If you are a carer in Wolverhampton and currently have a Carers Emergency Card, your card should look the same as the one in the photo below, if you have another colour card, please contact The Carer Support Team on 01902 553 409 for an updated card and to check your emergency contact details are still relevant and correct.

IN CASE OF ACCIDENT OR EMERGENCY

CITY OF
WOLVERHAMPTON
COUNCIL

Carer Support Team

Please comply with
the request on the
reverse of this card

The bearer of this card is a carer and is
looking after someone who may be in need
of urgent assistance at home.

Please contact the telephone number below
and quote the Personal Reference number

Telephone: 01902 551199 (9am-5pm)
01902 552999 (out of hours)

Personal Reference number

Craft Sessions

Carers are invited to join a **free carer craft session** with The Carer Support Team



The crafting consists of completing a mini motivator embroidery hoop which you can take home with you.

Location: **Central Library, Snow Hill, Wolverhampton**

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

Date: **Wednesday 11th October 2023**

To book a space please contact Charley Bond at the Carer Support Team on 01902 553409.

Carers enjoying the crafting session during Mental Health Week.



All Aged Carers Update

Our Commitment to All Aged Carers update

In Wolverhampton there are **5,324 people** known to the council to care for an ill, frail, or disabled family member, friend, or partner. **Carers play a vital role in society**, not only in providing care to a person, but also helping the health and social care system to meet rising demand in care needs. Carers help to improve quality of life for the people they care for, family and friends. It is estimated that nationally, **carers save the economy £132 billion per year**, an average of £19,336 per carer

As part of the development of this plan, which sets out our commitment to carers of all ages living in Wolverhampton and sets out the strategic direction for support for carers, extensive consultation has been carried out with partners including, most importantly, carers, the experts by experience. The feedback, knowledge and experience of participants has shaped **Our Commitment to All Age Carers plan**. Our Commitment to All Age carers describes the Council's priorities for carers and the cross-cutting values that will underpin all the work undertaken to implement it. Implementation will be co-produced by a steering group with representation that reflects the wide range of partners, all with a commitment to the provision of support for carers that enables them to maintain their own health and wellbeing while carrying out their caring role

You can read more and view the 'Our Commitment to All Age Carers' by visiting: wolverhampton.gov.uk/news/strategy-reveals-commitment-citys-unpaid-carers.

Carers Priscilla Chana, Colleen Bernard, Mohinder Singh, and Kashmir Pawar with Councillor Linda Leach (Cabinet Member for Adult Services) Helping to launch the All-Aged Carers Strategy.





Community Support Service

The Community Support Team offers information and advice to people living in Wolverhampton to improve their independence and wellbeing.

The team works with people offering 'bespoke' support, reconnecting with local neighbourhoods and communities to reduce isolation and promote positive social wellbeing.

Working closely with communities and local voluntary groups the team have been able to link people to activities that are happening in their local areas. This had had a positive outcome for people who have been able to continue living in their own homes in their local neighbourhoods.

'I didn't know so much was happening on my doorstep, I haven't had anyone to speak to for months since coming out of hospital. The luncheon club is great, and they play bingo to,'

'I have been on my own for a while, I didn't know how lonely I was. Now I have a weekly telephone call arranged by the community team, thank you'.

The team works with people to identify what they need to improve their social wellbeing, this varies from access to shopping and cleaning services to linking with social groups and befriending services.

If you would like further information or would like to speak to a member of the team, please call 01902 553445 or email community.support@wolverhampton.gov.uk

 Wolves Community Support

 @CommunityOffer

CITY OF
WOLVERHAMPTON
COUNCIL

Notes and 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

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 or emailing
translations@wolverhampton.gov.uk

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