

Community & Carer Support Bulletin

January 2024 Edition



WELCOME TO 2024

If your caring role has changed, your contact details need updating, or if you require further support, please contact the Carer Support Team on 01902 553 409

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Carer Support Groups

Our Carer support groups are based at
Wednesfield Community Centre
on the **first Tuesday of every month.**

Location: Wednesfield Community Centre, 2 Well Lane, WV1 1XT.

Time: 11:30-13:00pm

Upcoming Dates:

- Tuesday 5th March
- Tuesday 2nd April
- Tuesday 7th May
- Tuesday 4th June
- Tuesday 2nd July



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. The Group is held in the upstairs lounge of the community centre there is a lift available.

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

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

'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.'



All Aged Carer Support Team Update

From 1st October 2023 the Carer Support Team became an All-Aged Carer Support Team, meaning that we now support carers of all ages.

As a team we now provide support to all unpaid carers living in Wolverhampton:

- Young Carers (Under 18)
- Young Adult Carers (18-25)
- Parent Carers
- Adult Carers



Who is considered a carer?

A Carer is anyone who provides support for a relative, friend or neighbour without payment. The person that you look after may have a mental health need, learning disabilities, physical and sensory disability or may be an older, vulnerable person.

The Carer Support Team can support you in your caring role by offering the following:

- Practical information, advice, and guidance
- Carer's Assessment/conversation
- Benefits advice
- Signposting
- Emotional support
- Carers Emergency Card
- Carer training
- Carers Group at Wednesfield community centre
- Carer activities and events

Call: **01902 553409**

Email: **Carer.support@wolverhampton.gov.uk**



Wolverhampton
Carer
Support

Pub Lunches 2024

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 menu choice, and Charley will be in touch to confirm your space and the time nearer to the preferred date.

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

If you do not hear back from Charley with confirmation unfortunately the meal is fully booked, and you will be added to a reserve list in case a space becomes available and prioritised for the next available date.

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

All meals are hosted at: **The Gatehouse Pub**, Donnington Grove
Wolverhampton WV10 6EE.

- **Tuesday 27th February 2024** (Afternoon)
- **Wednesday 20th March** (Evening)
- **Thursday 18th April** (Afternoon)
- **Monday 20th May** (Evening)



CHICKEN PARMIGIANA

Breaded chicken escalope topped with melted cheese and Neapolitana sauce, served with baked jacket potato and fresh garden salad (1135 kcal)
Chicken parmigiana available in the '2 for' promotion with a £2 supplement.

AWARD WINNING"

STEAK & RUDDLES ALE PIE

Tender beef in a rich ale gravy served with peas (1031 kcal) and your choice of chips (490 kcal) or mashed potato (328 kcal).

CLASS FISH & CHIPS

Hand-battered fish & chips (1034 kcal).

PLANT-BASED OPTION AVAILABLE **VE**

Omni TM plant-based fishless fillets coated in a golden batter (834 kcal).

Both served with peas (60 kcal) or mushy peas (111 kcal).

CLASS CHICKEN NEW YORKER

Roast chicken breasts topped with smoked streaky bacon, melted cheese and Texan BBQ sauce. Served with fries, onion rings and peas (1162 kcal).

NEW ROAST VEGGIE LASAGNE **VE**

A class roasted vegetable lasagne, served with a fresh, dressed garden salad (360 kcal) Add garlic ciabatta V (183 kcal) for £1.50.

CHICKEN TIKKA MASALA

Served with basmati rice, poppadom and mango chutney (816 kcal).

CLASSIC BEEF LASAGNE

Served with our fresh garden salad (533 kcal).

CLASSIC BREADED WHOLETAIL SCAMPI

Whitby scampi ** with chips and tartare sauce (990 kcal) Served with peas (60 kcal) or mushy peas (111 kcal)

MUSHROOM & ALE PIE

Roasted mushrooms, onion and tarragon in a suet style pastry. Served with chips, peas and gravy (1270 kcal).

FULL ENGLISH BREAKFAST

Pork sausage, rashers of back bacon, fried free-range egg, mushrooms, baked beans and hash browns, (876 kcal).

MAC 'N' CHEESE

Topped with cheesy breadcrumbs. Served with our fresh garden salad. (635 kcal)
Add garlic ciabatta V (183 kcal) for £1.50.

NEW MEXICAN PASTA SALAD

Lightly spiced pasta salad mixed with salad leaves and topped with a spicy herb garnish (407 kcal).

CHOOSE FROM ROAST CHICKEN BREASTS

(168 kcal)/Grilled salmon fillet (370 kcal)
Vegetarian option available V (407 kcal).



Wolverhampton free swimming for 8–15 year olds

All under 8's are free of charge with a paying adult at all Leisure Centres without an application. Wolverhampton Swimming and Fitness Centre also offer this, however there is a £2 initial card charge to set a profile up on their system. All under 8's should be accompanied by an adult as part of the leisure centres safe swimming policy.

Which centres offer free swimming?

- WV Active Bilston – Bert Williams
 - WV Active Central
 - Wolverhampton Swimming and Fitness Centre (Bentley Bridge)
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How to apply at WV Active centres

Simply visit your local **WV Active centre** and sign up for under 15s free swimming at reception. *Proof of residency will be required.*

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How to apply at Wolverhampton Swimming and Fitness Centre

Applicants for all 8–15-year-olds should download, complete and return the application form which can be found under Downloads to any of the above swimming centres. Application forms are also available at the centre. Proof of residency will be required.

Terms and conditions

- If you would like to swim for free at both WV Active centres and Wolverhampton Swimming and Fitness Centre, because they are a partner leisure centre, you will need to make a separate application.
- Completed forms must be returned in person.
- You must provide a recent council tax bill as proof of Wolverhampton residency.
- A parent signature is required.
- We would also advise parents of young people aged 14 to 15 years old, or any child that looks older than their age, to be prepared to prove the age of the child.

2024 NEW YEAR WORD SEARCH

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

Balloons | Confetti | Midnight
Calender | Countdown | Newyear
Celebrate | Goals | Noisemaker
Cheers | Happy | Party
Clock | January | Resolution

Wolverhampton City Council Participation Officers

We would like to introduce ourselves to the Carers Forum.

Faye Hall and **Rephenous Watson** are newly appointed **Adult Participation Workers** within the Co-production and Engagement Team in the City of Wolverhampton Council.

We are both very excited to be in post, and to have the opportunity to develop our new roles. This will involve working closely, and in partnership with residents and members of Wolverhampton, to explore jointly, how services can be co-produced, be responsive to needs and delivered in an effective and timely manner in terms of adult social care provision.

We are very keen to meet with local people and groups who have experience of adult social care and who would like to work together with us. We are in the early stages of developing an adult voice group that will be meeting monthly and will be spending the next few months developing our networks by getting out into the community.

If you are interested in getting involved or would like more information please feel free to contact us:

Faye Hall

Telephone: 07773 189235

Email: Faye.hall@wolverhampton.gov.uk

Rephenous Watson

Telephone: 07971 639308

Email: Rephenous.watson@wolverhampton.gov.uk



Wolverhampton Information Advice and Support Service (WVIASS)

Parent online workshops for Spring/Summer 2024:

SEN support – a graduated approach

Find out what support you can expect from your child's school setting, including targeted and specialist support services and how you should be involved.

28th February 10-11am

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EHCP - Annual Reviews

Understand the Education, Health and Care plan Annual Review process, including the timeline, who should contribute towards the review and how you will be involved.

23rd May 10-11am

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Education Health and Care (EHC) needs assessments.

Understand the EHC needs assessment process, what happens when, who should contribute and how you will be involved.

2nd July 10-11am

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*Book your place by visiting IASS Training Events,
Wolverhampton Information, Advice & Support Service
(wolvesiass.org)*

*Find out more about the IASS 2024 community events
Community Outreach Events, Wolverhampton
Information, Advice & Support Service (wolvesiass.org)*



@wolvesiass



@wolvesiass



@wolves.iass

Disability Access Card

What is a access card?

A universal access registration scheme to support you to communicate your evidenced access requirements across providers in the UK and beyond.

The Access card (sometimes referred to as the CredAbility or Nimbus card) translates your disability/impairment into symbols that highlight the barriers you face and the reasonable adjustments you might need.

The Card is powered by a universal access registration scheme which lets you inform providers quickly and discreetly about the access you need and may gain you access to things like concessionary ticket prices and complex reasonable adjustments without having to go into loads of personal detail.

It's all based on your rights under the Equality Act and providers' responsibilities.

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Is there a cost?

The card cost £15 for 3 years.

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How do I register?

Visit www.accesscard.online/apply/ to register for an access card.

Here you will be asked a series of questions regarding specific access requirements.



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

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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Wolverhampton WV1 1SH