

# Community & Carer Support Bulletin

April 2024 Edition

## National Carers Week 2024

Carers Week is an annual campaign to raise awareness of caring, highlight the challenges unpaid carers face and recognise the contribution they make to families and communities throughout the UK. It also helps people who don't think of themselves as having caring responsibilities to identify as carers and access much-needed support.

*The theme for Carers Week 2024 is:*

**‘Putting carers on the map’.**

**Please see inside for more information on events taking place during Carers Week 2024.**

If you would like to book onto any events please leave a voicemail message for **Charley** on **01902 553409** confirming your full name, address and contact number and which events you would like to attend, your call will be returned if you are allocated a space.

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# Carers Week 2024



Monday 10th June 2024

## Power of Attorney Session.

On Monday 10th June as part of carers week 2024, a representative from **Manby Bowdler solicitors** will be presenting a face-to-face Lasting Power of Attorney information session to carers.

**A Lasting Power of Attorney (LPA)** is a legal document that allows you to give someone you trust the ability to make decisions on your behalf

*This session aims to provide carers with information on:*

- What LPA is
- The process of appointing an LPA
- Costings of LPA
- Benefits of having a LPA
- And much more...

*Date:* **Monday 10th June 2024**

*Location:* **Central Library Wolverhampton,**  
Snow Hill WV1 3AX (Meeting room 1- 1st floor.)

Please call **Charley** on **01902 553 409** to confirm the time and your attendance.



# Carers Week 2024

Tuesday 11th June 2024

## Walk and Talk Event

On Tuesday 11th June as part of Carers Week 2024 we will be hosting carers Walk and Talk event at Wolverhampton’s West Park.

We will meet for a stroll and chat around the park and finish off with refreshments at the parks tea rooms.

**Location: West Park.**

**Date: Tuesday 11th June 2024.**

**Time: 11:30am.**

**Meeting Point:  
Outside the tearoom.**



**If you wish to join us at the Walk and Talk event,**  
*please call or leave a voice mail for the **Carer Support Team**  
on **01902 553 409** to put your name down.*

# Carers Week 2024

CITY OF  
WOLVERHAMPTON  
COUNCIL

Wednesday 12th June

## Wolverhampton City Council **Employee Carers Event**

On Wednesday 12th June as part of carers week 2024 we are hosting an internal Wolverhampton City Council Employee carers event.

This will be an opportunity for WCC staff who are also carers to gain valuable information about being a carer and support they can access.

if you are an employee of Wolverhampton council and have an informal caring role, please contact the Carer Support Team for more information and keep your eyes peeled for the internal comms.

Wolverhampton  
Carer Support Team



# Carers Week 2024

Thursday 13th June 2024

## Carers Craft Session



On Thursday 13th June as part of Carers Week 2024 we will be hosting a carers craft session with **Crafty Happenings in Penn.**

This event is very limited to capacity and must be booked by contacting **Charley at The Carer Support Team on 01902 553409.**

Spaces will be allocated on a first come first served basis and Charley will be in touch to confirm your space and further details of the event.



# Carers Week 2024

## Friday 14th June Pub Lunch

On Friday 11th June as part of carers week 2024 we will be hosting a carers pub lunch. This is an opportunity for carers to get together along with the person they look after to enjoy a delicious meal as well as company from other carers.

This meal is for one carer (known to the team) and one person that they look after, both attending must be adults and over the age of 18.



### Location:

**The Gatehouse, Donnington Grove, WV10 6EE**

Due to limited capacity spaces will be allocated on a first come first served basis, please call 01902 553 409 to put your name forward.

*Charley will be in touch with you to confirm the time, your space and meal options if you are allocated a space.*

**Please refer to the menu on Page 11 to see the available meal options.**

# Carer Support Groups

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

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

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

*Upcoming Dates:*

- Tuesday 6th August 2024
- Tuesday 3rd September 2024
- Tuesday 1st October 2024
- Tuesday 5th November 2024
- Tuesday 3rd December 2024



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 the **Carer Support Team** on **01902 553409**.*

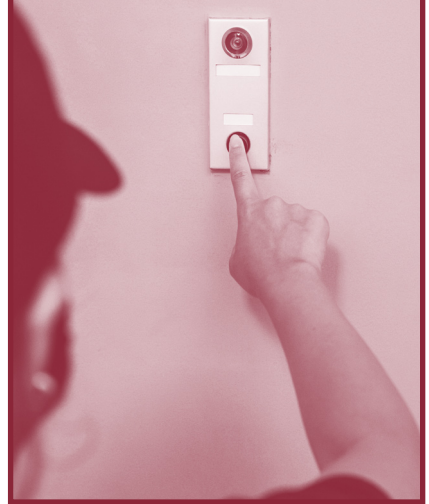
'I love attending the groups, its great to get out the house and socialise with other carers'

'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.'



# Doorstep Scams

If you receive an unexpected visit from a doorstep caller you do not have to answer the door and allow them into your property but if you decide to, it's handy to remember the following:



- Don't feel pressurised into making decisions straight away.
- If you decide to enter into a contract whilst at home you should be provided with a 14 day cancellation period. You should also receive pre-contractual information which specifies the name & address of the seller and which describes the goods or services provided, any guarantees and the cost of such.
- Be wary of One Time Only Special Offers or Today Only Discounts which encourage you to sign up for goods or services straight away.

Think, Did I want or need this yesterday? If the answer to this is no. Why do you have to have it today?

- Genuine callers won't mind if you ask to check their identity or call back later another day.

**City of Wolverhampton Council** has not authorised door knocking on its behalf nor does it work in partnership with or promote contractors or check the quality of work completed.

**Please report concerns to The Citizens Advice Consumer Service, freephone 0808 223 1133.**

*In the unlikely event that you experience aggression or feel threatened or intimidated by a doorstep caller contact the Police on 999.*



# BEWARE OF DOORSTEP CALLERS!

Look out for Clive, does he really need a new drive?

## Top tips to help you and others take a stand against doorstep scams

1. Never use cold-callers.
2. Consumers are legally entitled to a 14-day cooling off period for contracts formed at their home.
3. Check the identity of the caller.
4. Encourage people to ask a trusted person for advice on reputable traders.
5. Everyone should display a "No Cold Calling" sticker.
6. Always report suspicious activity.



Find out more about scams visit [www.friendsagainstscams.org.uk](http://www.friendsagainstscams.org.uk)

If you're not sure,  
don't open the door!



[www.friendsagainstscams.org.uk](http://www.friendsagainstscams.org.uk)



CONSUMER EMPOWERMENT ALLIANCE  
A Section Of The Chartered Trading Standards Institute

For advice on scams call  
Citizens Advice Consumer Helpline:  
**03454 04 05 06**

To report scams contact  
Action Fraud: **0300 123 2040**

**NATIONAL  
TRADING  
STANDARDS**  
Scams Team

# Pub Lunches 2024

The carer support pub lunches are an excellent opportunity for carers to get together and socialise, reducing isolation.

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 a member of the team 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 adult carers, including parent carers, to attend the meals you must be over 18 and known to the carer support team.

*All meals are hosted at:*

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

- **Tuesday 9th July**
- **Wednesday 14th August**
- **Thursday 12th September**
- **Monday 14th October**
- **Wednesday 13th November**



# Hungry Horse Pub Lunch Menu

## CHICKEN PARMIGIANA

Breaded chicken escalope topped with melted cheese and Neapolitana sauce, served with baked jacket potato and fresh garden salad.

## STEAK & RUDDLES ALE PIE

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

## CLASSIC FISH & CHIPS

Hand-battered fish & chips served with peas or mushy peas. (Plant based option available).

## CLASSIC CHICKEN NEW YORKER

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

## ROAST VEGGIE LASAGNE **VE**

A classic roasted vegetable lasagne, served with a fresh dressed garden salad.

## CHICKEN TIKKA MASALA

Served with basmati rice, poppadom and mango chutney.

## CLASSIC BEEF LASAGNE

Served with fresh garden salad.

## CLASSIC BREADED WHOLETAIL SCAMPI

Whitby scampi with chips and tartare sauce, served with peas or mushy peas.

## FULL ENGLISH BREAKFAST

Pork sausage, rashers of back bacon, fried free-range egg, mushrooms, baked beans and hash brown.

## MAC 'N' CHEESE

Topped with cheesy breadcrumbs, served with fresh garden salad.

## MEXICAN PASTA SALAD

Lightly spiced pasta salad mixed with salad leaves and topped with a spicy herb garnish. Choose from: roast chicken breasts/grilled salmon fillet. Vegetarian option also available.

## MUSHROOM & ALE PIE

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



# Wolverhampton Fathers' Group

Inviting all fathers and male carers to join in a regular coffee morning to share and talk about being a father in a safe environment.

**Come and be part of a group where we will offer support and be part of developing activities, outings and ongoing learning.**

**When: Saturday 23rd March**

**Saturday 29th April**

**Saturday 25th May**

**Saturday 29th June**

**Saturday 27th July**

**Drop-in between 10:00-12:00**

**Contact if interested:**

**Dave 07771836558**

**or Ian 07779974955**

**Where: Bingley Family Hub,  
Norfolk Road, WV3 0JE**

# Wolverhampton NHS Talking Therapies

**Wolverhampton NHS Talking Therapies** is a psychological therapies service for people who are experiencing common mental health problems including depression, anxiety, low mood and stress.

If you are aged 16 years or older, are registered with a GP in Wolverhampton and are not already accessing another service to support your mental health, please get in touch. We accept self-referrals or referrals from professionals, and once you have been assessed and we have agreed how we are best able to meet your needs, our service offers you a choice of treatments. This is a very practical and effective approach to help people manage their difficulties.

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**We provide a variety of services which  
our clients find helpful.**

Please visit our website at [www.wolverhamptontalkingtherapies.nhs.uk/](http://www.wolverhamptontalkingtherapies.nhs.uk/) for further information, useful resources, downloads, contacts, and web links, or give us a call on: **0800 923 0222** between **9am - 5pm, Monday to Friday** (excluding bank holidays).



# Carers Week Wordsearch

Unpaid carers can often feel like they are 'hidden'. They do so many things for the person they care for, often without recognition. Can you find all the hidden words below that relate to some of what carers do and how they can feel.

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

Washing

Collecting prescriptions

Listening

Administering medicine

Family

Isolation

Carers week

Tearful

Proud

Mowing the lawn

Attending appointments

Cleaning

Emotional support

Journey

Cooking

Fearful

Alone

Dedicated

Shopping

Personal care

Errands

Rollercoster

Loneliness

Shielding

Overwhelmed

Strong

# Short Break Caravan Holidays



**Porthmadog, North Wales  
& Burnham-on-sea, Somerset**

## Eligibility

*To be eligible to use the caravans all of the following must apply:*

- The Carer must have had a recent Carers Assessment
- The Carer must be looking after a person with a disability, illness, or mental health need.
- The person you care for must live in Wolverhampton.

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## Facilities

The static caravan sleeps up to six people, with an en-suite double bedroom, a twin room and a double pull out bed in the lounge. The accommodation is fully furnished and equipped for your stay. Sheets and pillows are included in the rental fee. The mobile home has a large accessible decked area which is gated and secure for young people to enjoy being safe outside.

- Ramped access fully adapted caravan.
- The hire cost includes electric and gas
- Sleeps up to 6 people
- Parking available next to the caravan
- Includes 6 entertainment passes.

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## Booking

*For further details and booking enquires please contact the Carer Support Team.*

*Telephone: 01902 553 409    Email: [carer.support@wolverhampton.gov.uk](mailto:carer.support@wolverhampton.gov.uk)*

**Please note:** Carer Support is unable to pay any transport costs of getting to and from the caravans or any travel expenses incurred during your stay.

# 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  
or emailing [translations@wolverhampton.gov.uk](mailto:translations@wolverhampton.gov.uk)

**wolverhampton.gov.uk 01902 551155**

  WolverhamptonToday  Wolverhampton\_Today  @WolvesCouncil

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Wolverhampton WV1 1SH