

## Other Services

### ▶ Health Liaison Project

We work with health professionals across the Borough including those based at Heartlands and Solihull Hospitals, local GP surgeries and throughout the NHS.

Our aim is that carers will be recognised wherever they are and be reminded that we are here to offer support.

Please call our **Health Liaison Officer, Linda Bonfield** on **0121 788 1143** if you would like to know more

### ▶ Volunteering

We rely on our amazing volunteers to help us provide a wide range of services.

We have opportunities to suit everyone including drivers, administrative help, assisting on trips and activities, befrienders and more. We post our latest vacancies on our website and on the national Do-it website.

Please call our **Volunteer Co-Ordinator, Naomi Perryman** on **0121 788 1143** if you would like to volunteer

## Support Us

### ▶ Fundraising

Most of our services are free of charge. We are only able to do this thanks to the support of our funders and the generous donations we receive. If you are able to support us we have lots of information and resources on our website that can help you. This includes a fundraising pack on the ways people can give.

Please call our **Fundraising Officer, Gina Ward** on **0121 788 1143** if you would like to know more

## Contact Us

### ▶ Our address is:

Solihull Carers Centre, Solihull Fire Station Annexe,  
620 Streetsbrook Road, Solihull, B91 1QY

### ▶ You can drop in to see us:

**Monday - Thursday** 9.30am to 4.00pm



**Friday** - 9.30am to 3.30pm

And until **7pm on Wednesdays for Young Carers** (Contact us for the venue)

▶ **Tel** 0121 788 1143

**Email** [centre@solihullcarers.org](mailto:centre@solihullcarers.org)

**Web** [www.solihullcarers.org](http://www.solihullcarers.org)

 [solihullyoungcarers](https://www.facebook.com/solihullyoungcarers)  [solihulladultcarers](https://www.facebook.com/solihulladultcarers)

 [@carerssolihull](https://twitter.com/carerssolihull)



## Caring for Carers of All Ages



We are Carers Trust - Solihull  
formally known as Solihull Carers Centre



action · help · advice

Charity Number: 1092613

## Who We Are

We are the lead agency for carers within Solihull. We support carers of all ages throughout their caring journey providing services from information and advice to activities and training.

A carer is an individual that looks after someone who requires care.

**Do you look after a relative, child, partner or friend due to their age, physical or mental illness, physical or learning disability or addiction?**

**Have you just become a carer because a family member or friend has had a heart attack or received a diagnosis of Dementia?**

**Have you been caring for many years?**

**Have your school, college or GP identified you as a carer?**

Whatever your situation, we have many services to support you in your caring role.

## Services

### Caring for Young Carers: Age 5–25

- ✓ Face-to-face Support – someone to talk to who understands
- ✓ Events and Activities – a break from caring and a chance to have some fun
- ✓ Information and Advice – an opportunity to find out about services and the help available
- ✓ Young Carers Clubs – meet other children or young people who are caring
- ✓ Training and Workshops – gain knowledge and skills as you continue to care
- ✓ Carers Assessments – talk about your life as a carer and get help to access support
- ✓ Carers Card – recognising you as a young carer with access to some discounts
- ✓ Exploring the future – supporting you to access education, employment and training opportunities
- ✓ Speak up for Young Carers – tell us what we can do differently and shape services for young carers in Solihull

## Services

### Caring for Carers: Age 25+

- ✓ Emotional Support - a listening ear when you need it
- ✓ Events and Activities - we support carers with days trips and short breaks
- ✓ Information and Advice - we offer info & advice and help carers access other support
- ✓ Carers Assessments - helping you to manage your own health and wellbeing
- ✓ Carers Support Groups - offering peer support
- ✓ Training and Workshops - giving you the tools to continue to care
- ✓ Carers Card - recognising you as a carer with access to some discounts
- ✓ Befriending – we link carers with volunteers who assist them in achieving their goals
- ✓ Influencing Change - we will keep an eye on the local and national picture and act as a voice for carers

