

Carers Newsletter

All Age Carers

Autumn Edition



Welcome to the autumn edition

Welcome to the autumn edition of our newsletter, celebrating **the incredible work of carers** across Warwickshire. Whether you are an adult carer, young carer, or parent carer, this season brings new opportunities to connect, recharge, and access support.



Warwickshire County Council All Age Carers Service

Warwickshire County Council commissions [Caring Together Warwickshire](#), delivered by Carers Trust Heart of England, to support carers of all ages across the county. They provide practical advice, emotional support, information on local resources, and opportunities to connect with others, helping carers to manage their caring role whilst maintaining their own wellbeing.

Get your free Carers assessment at www.caringtogetherwarwickshire.org.uk/referral/ or call us on 0800 197 5544.

Support for all carers

[Keeping warm in the winter](#) – Warwickshire County Council's website provides free tips and resources to help you stay healthy, active, and warm during winter, including advice on nutrition, falls prevention, and social connection.

[Act on Energy](#) offers free, impartial advice on reducing energy bills, improving home efficiency, and accessing grants for heating and insulation.

[Warwickshire Rural Community Council](#) (WRCC) has a network of over 30 accredited

warm hubs, which offer food, energy, advice, and opportunities to socialise throughout the year.

[Warwickshire Vision Support](#) supports people with visual impairments through social clubs, equipment advice, IT training, and emotional support across Warwickshire.

[Recovery and Wellbeing Academy](#) delivers free courses on mental health and wellbeing for adults, carers, and families, available online and in-person.

[Warwickshire and Solihull Community and Voluntary Action](#) (CAVA) are the local Voluntary and Community Sector (VCS) Infrastructure Organisation. They provide vital support to volunteers, groups, organisations, enterprises and charities who are working to strengthen communities. Find out what's happening in your local area.

To contact CAVA, phone:

North Warwickshire: 01827 718080

Nuneaton and Bedworth: 024 7638 5765

Rugby: 01788 574258

Solihull: 0121 270 7127

Stratford-on-Avon: 01789 332962

Warwick District: 01926 477512

Kissing it Better in [North Warwickshire](#) and [South Warwickshire](#) create calendars to help older people feel more connected to their local

community. The calendars showcase local events and activities specially designed for older people and carers of all ages.

[Warwickshire Mobile Libraries](#) bring books and audiobooks to rural communities via electric vans, offering accessible services to those unable to visit libraries.

Warwickshire Libraries also offer [audiobooks](#) in CD, MP3, and digital formats through BorrowBox, with home delivery for those who cannot travel. They provide a wide range of [books in multiple languages](#) for adults and children, available through the library catalogue, and plenty of [events and activities](#) including [Let's Make](#) sessions.

[Warwickshire Country Parks](#) offer a diverse and beautiful portfolio of green spaces for visitors to enjoy.

Training, advice and digital support for all carers

The Coventry and Warwickshire GP Gateway – Care Companion provides support specifically for carers coping with dementia or mental health challenges. It offers access to tools like personalised resources, diaries, mood monitoring, to-do lists, and a local address book, all tailored to support informal carers.

Warwickshire County Council's Learning Partnership offers free courses to help individuals explore how one is identified as a carer, what the day-to-day life of a carer looks like and why their contribution to our local community is so important.

Warwickshire Carers Awareness online course
Awareness training course for young carers
Recovery & Wellbeing Academy offers free

courses and workshops to help adults across Coventry and Warwickshire to improve their mental health and wellbeing. Sessions cover topics such as resilience, managing stress, and building confidence, and are available online and in-person. For more details, phone 0300 303 2626.

The Stour Health and Wellbeing Partnership (SHWP) helps improve the health and wellbeing of all residents in the Shipston on Stour area through better partnership working and signposting of services. Their website aims to encourage, engage and enable every member of the local community to access information which can help improve quality and longevity of life. Here is SHWP's upcoming activities in January 2026:

JANUARY 2026

Contact details for activities in Shipston on Stour

Warm Hub, Toy Library and Bereavement Cafe 01608 61129 rowena@shwp.org.uk
 Strictly Fitsteps 07764 496947 michellefitsteps@gmail.com
 Seated and Standing Tai Chi 07808 921899 juliareeves21@gmail.com
 Pilates for Beginners 07854 289446 suebotting@outlook.com
 Pilates on Mondays 01608 661410 sophie.mobberley@swft.nhs.uk



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
1st Week	Warm Hub 10-12 Seated Exercise 10:30 or 11:30 Toy Library 11-12	Pickleball 1:30-3:30 Pilates 6-7	Strictly Fitsteps 10-10:45 Bereavement Cafe 11-1	Seated Tai Chi 9:30 Standing Tai Chi 10:30 <i>Booking required</i> Indoor Curling 2-3	Warm Hub 10-12 Cooking with Wendy <i>Booking required</i> Toy Library 11-12 Annual Membership £5	Pilates for Beginners 9:30-10:15
2nd Week	Warm Hub 10-12 Seated Exercise 10:30 or 11:30 Toy Library 11-12	Pickleball 1:30-3:30 Pilates 6-7	Strictly Fitsteps 10-10:45	Seated Tai Chi 9:30 Standing Tai Chi 10:30 <i>Booking required</i> Indoor Curling 2-3	Warm Hub 10-12 Cooking with Wendy <i>Booking required</i> Toy Library 11-12 Annual Membership £5	Pilates for Beginners 9:30-10:15
3rd Week	Warm Hub 10-12 Seated Exercise 10:30 or 11:30 Toy Library 11-12	Pickleball 1:30-3:30 Pilates 6-7	Strictly Fitsteps 10-10:45 Yoga 11:30-12:30	Seated Tai Chi 9:30 Standing Tai Chi 10:30 <i>Booking required</i> Indoor Curling 2-3	Warm Hub 10-12 Frailty Nurse Drop in Sessions Toy Library 11-12 Annual Membership £5	Pilates for Beginners 9:30-10:15
4th Week	Warm Hub 10-12 Seated Exercise 10:30 or 11:30 Toy Library 11-12	Pickleball 1:30-3:30 Pilates 6-7	Strictly Fitsteps 10-10:45	Seated Tai Chi 9:30 Standing Tai Chi 10:30 <i>Booking required</i> Indoor Curling 2-3	Warm Hub 10-12 Bereavement support from SHN Toy Library 11-12 Annual Membership £5	Pilates for Beginners 9:30-10:15

VENUES

Community Wellbeing Hub @ the Ellen Badger Hospital, CV36 4AX

Townsend Hall CV36 4AE

Scout Hut CV36 4EW

KEY

Paid

Free

Need to book. Waiting list

Places to visit and social activities for all carers

- Jephson Gardens in **Leamington Spa** for peaceful walks and family outings.
- Gilbert Richards Centre in **Coventry** for arts, crafts, IT courses, and dementia-friendly sessions. Contact grc@ageukcovwarks.org.uk
- Men in Sheds in **Rugby** for weekly social sessions for older men.
- From December to March, the **Rugby** Warm Hub programme, including warm lunches at Rogers Hall which runs until 26 March 2026 (rugby.gov.uk).
- For ongoing community support, visit the Memory Lane Café in **Bedworth** every fortnight on [Fridays](#) and the Memory Café Plus in **Warwick** on the 1st and 3rd [Mondays](#) of each month. The Warwickshire Vision Support Centre in **Nuneaton** also offers activities and support weekly on [Thursdays](#).



Support for adult carers

Dementia Connect, provided by the Alzheimer's Society and funded by Warwickshire County Council, offers free personalised support for anyone affected by dementia. Help is available by phone, email, online or face-to-face, covering practical advice, emotional support and links to local services. Call 0333 150 3456 or email dementia.connect@alzheimers.org.uk for more information.

[Living Well with Dementia in Warwickshire](#) is a comprehensive hub offering guidance, local support services, dementia cafés, activity groups, and advice about commissioned services like Dementia Connect. [Find your nearest local support services here.](#)

We currently fund five providers to deliver [day centre opportunity services](#) for people aged 65 years and over, and people living with dementia, in their local community.

[Age UK Coventry and Warwickshire](#) is a local charity dedicated to improving the lives of people aged 50+ years by offering free, confidential support, advice, and services. This includes welfare benefits help, home support, befriending, and activities aiming to promote independence and improve quality of life.

- Phone 02476 231999
- Email info@ageukcovwarks.org.uk
- [Discover local community events](#)

[Rugby Borough Council's Warm Hubs](#) are running until 26 March 2026 across multiple venues, offering the opportunity to socialise, enjoy crafts, get IT help, and receive warm lunches. Locations include Rogers Hall, Rugby Library, Benn Partnership Centre, and Baptist Church. [Download the Warm Places in Rugby Guide \(PDF\)](#).

Dementia Cafés provide friendly support, activities and advice. [The Memory Lane Café in Bedworth](#) runs fortnightly on Fridays from 1:30-3pm at All Saints Church. [The Memory Café Plus in Warwick](#) meets on the 1st and 3rd Mondays of each month from 2-4 pm at All Saints Church in Emscote.

For those with visual impairments, the [Warwickshire Vision Support Centre](#) in Nuneaton offers sessions every Thursday, 9:30-11:30am at Newtown Community Centre. This includes talks, equipment demonstrations, and peer support.

[Breaks for carers \(CRESS\)](#) is a service delivered by Carers Trust Heart of England. It provides free emergency and planned cover to help support carers across Coventry and Warwickshire to ensure that your health

and wellbeing needs are being met. For more information:

Phone 02476 632972

Email contactus@carerstrusthofe.org.uk

[Follow Carers Trust on Facebook](#)

[Health Exchange](#) supports adults in Warwickshire by connecting them to local groups and services that improve wellbeing, reduce isolation, and build confidence. They have a Social Prescribing service to ensure individuals can have company, interests or changes of scene to make them feel more connected, motivated and purposeful. Young Carers can also be referred to this service via a GP referral.

[Mental Health and the Menopause](#) is an eight-week online course delivered by the NHS, and the next one will begin on Monday 19 January. The course provides information and teaches skills to help understand how mental health might be impacted by the menopause, how low mood and anxiety is maintained and how this can be changed.



Mental Health & Menopause

**Are you living with menopause or perimenopause?
Are you feeling low, anxious or stressed?**

Our 8-week Mental Health and Menopause group may be helpful for you.



**Starting Monday 19 January 2026
5:30pm to 7:30pm**

**To join the group, self-refer to Talking Therapies by
calling **024 7667 1090** or by registering on our **website**.**

Please note: An assessment with a clinician is required before a place can be offered.
Please contact ttgroups@covwarkpt.nhs.uk for more information.

To join, you must self-refer to Talking Therapies by phoning 02476671090 and have an assessment in order to be considered for the course.

Support for parent carers

[Warwickshire Parent Carer Voice](#) is an independent, parent carer led organisation for everyone with a child or children with special educational needs and/or disabilities aged 0-25 years. Their aim is to gather the voices of Warwickshire parent carers to let these be heard and ensure that services meet the needs of Warwickshire children and families.

Phone 01788 593159

Follow on [Facebook](#) and [X \(previously Twitter\)](#)

[Compass](#) provides health and wellbeing services for children, young people, and families across Warwickshire including mental health support teams in schools. If you are a parent or carer of a child in school, you can text a school nurse on 07520 619 376, Monday to Friday, from 9am - 5pm. For parents or carers of 11-19 years olds, you can text a school nurse on 07507 331 525, Monday to Friday, from 9am to 5pm. For more information:

Visit www.compass-uk.org

Email info@compass-uk.org

Phone 02475 186206

[Turning Point](#) provides specialist learning disability services to empower individuals with a learning disability or autism aged 16 and over, so that they can live independently and confidently. [Read Rhys' story](#) to learn more about this service.

[Warwickshire Family Information Service \(FIS\)](#) supports families across Warwickshire with advice and information. To access the service please complete the online [FIS Referral Form](#). For more information or guidance:

Watch the [FIS YouTube video](#)

Phone 01926 742274 (available Monday – Friday, 9am - 5pm)

Email fis@warwickshire.gov.uk

Follow Warwickshire FIS on [Facebook](#)

[AskSARA](#) is an award-winning online self-help guide providing expert advice and information on products and equipment for residents of all ages. [Start your self-assessment here.](#)



Make life easier



AskSara is an easy-to-use website that can advise you on clever equipment and other solutions that can make life easier for you and those you care for – from cooking and bathing to taking medication, or doing hobbies and chores.

For smart ways to help make life easier, it's simple. AskSARA.

Visit warwickshire.gov.uk/AskSARA



Mum feels independent and safe. She has a medication dispenser, a night light and a personal alarm that she can press to call for support is she needs it.”



Warwickshire’s Holidays and Activities (HAF) Winter Programme offers free activities and meals for children in Reception through Year 11 who are eligible for benefits-related Free School Meals, including those with special educational needs or disabilities

(SEND), with 1:1 support or SEND-specific providers available. Families can sign up using a HAF code, giving access to up to four sessions over the winter period. [Learn more about the HAF Winter Programme.](#)



Are you a **PARENT** or **CARER**, who would like support with your child?

We are offering the following **ONLINE FREE** workshops

These workshops are for any parents/carers who would like to develop their understanding in order to support their child.

Understanding Anxiety

Tuesday 6th January from 12 – 1:30pm
Thursday 15th January from 4 – 5:30pm

Understanding Neurodivergence

Tuesday 10th February from 12 – 1:30pm
Wednesday 18th February from 4 – 5:30pm

Understanding Self-harm

Tuesday 10th March from 10:30 – 12pm
Tuesday 17th March from 4 – 5:30pm

Understanding BIG Emotions

Monday 27th April from 10 – 11:30am
Wednesday 29th April from 4 – 5:30pm

Booking is essential! [Click here](#) to book.



02475 186206



compass.cypeip@nhs.net

Support for young carers

[Warwickshire Young Carers](#), run by Carers Trust Heart of England offer emotional support, activities, and advice tailored to young carers' needs.

[The Benn Partnership Centre](#) in Rugby provides weekly activities including arts, education, and employment support for children and young people. For more information:

Email info@bennpartnership.org.uk

Phone 01788 553033

Follow on [Facebook](#) and [Instagram](#)

[Sense](#) offer support and activities for young carers and siblings of disabled people. This includes virtual and in-person activities, wellbeing sessions, and peer support for young carers and siblings of disabled family members.

[The STARS for Children and Young People](#) Saturday Club, delivered by Carers Trust Heart of England, offers fun, inclusive, and engaging activities for children and young people with severe and multiple disabilities. In Coventry and Warwickshire, this takes place every Saturday at the AT7 Centre, 12 Bell Green Rd, Coventry, CV6 7GP, from 10am–12pm, and 1pm–3pm. It costs £12 per session. Run by qualified Play Assistants in small groups with a high staff ratio, it's a safe and supportive space for fun and friendship. For more information:

Email Kelly.Urquhart@carerstrusthofe.org.uk

Phone 02476 632972

[Caring Together Warwickshire](#) listens to young carers when they want to talk, providing them with information, advice, and help to arrange trips and activities to have a break from caring responsibilities.

Carer recognition

Carer's Rights Day

Carers Rights Day, the national campaign led by Carers UK, took place on Thursday 20 November, with the theme of 'know your rights, use your rights'.

Warwickshire County Council understands that as a carers it is important you know what support and benefits you are entitled to and to feel confident asking for what you need. This also includes feeling empowered enough to challenge when your rights are not being met, whether that is in the workplace, education, accessing health or social care, or when interacting with other professionals or at home.

[Read more on the Warwickshire County Council website.](#)





Coventry and Warwickshire celebrate local heroes at the Carers Trust Heart of England Carer Awards 2025

Last month Warwickshire County Council's commissioned service for carers support, Carers Trust Heart of England, hosted its annual Carer Awards at St Mary's Guildhall in Coventry. The evening was dedicated to honouring the many remarkable carers and community champions across Coventry and Warwickshire.

The annual event was a great opportunity to celebrate the selfless work unpaid carers across the region, as well as extraordinary organisations such as businesses, schools, and health practitioners, and fundraisers and volunteers who go out of their way to help and support others and make a difference in someone's life.

This year's awards ceremony was jointly presented by Pete Fahy of Coventry City

Council and Jodie Cotterrell from Carers Trust Heart of England, who led an inspiring evening all about compassion, resilience, and community spirit.

Carers Trust Heart of England also used the event to unveil Bear2Care, a brand-new mascot created to support young carers in schools across the region. The character was designed by Lily, a talented young carer whose creativity and imagination saw her deservedly win a competitive design competition. The mascot will now play a central role in engaging and supporting young carers across Coventry and Warwickshire through school-based initiatives.

The official event sponsor, Severn Trent, also sponsored the Carer of the Year Award, which was won by Bernie O'Brien (Coventry), and James Morrison (Warwickshire). The full list of winners can be found below:

THE WINNERS

THE JANET JONES-LEGG AWARD FOR YOUNG CARERS

Khloe Patrick
George Huskinson

YOUNG ADULT CARER AWARD

Jahnavi Yadav
George Wyburn

SEVERN TRENT CARER OF THE YEAR AWARD

Bernie O'Brien
James Morrison

GP/HEALTH PRACTITIONER AWARD

Gemma Hicks - Allesley Village Surgery
Avonside GP Practice

EMPLOYER OF THE YEAR AWARD

Coventry City Council
Dani Pathirage - Runwood Homes: Parkview

CARER FRIENDLY SCHOOL OF THE YEAR AWARD

Courthouse Green Primary School
Michael Drayton Junior School

VOLUNTARY ORGANISATION OF THE YEAR AWARD

The Albany Theatre
Bidford Dementia Hub

VOLUNTEER OF THE YEAR AWARD

Vivien Robinson

CTHOFE TEAM RECOGNITION AWARD

Customer Service Team

CTHOFE EMPLOYEE OF THE YEAR AWARD

Elaine Noonan

For more information about Carers Trust Heart of England:

Visit www.carerstrusthofe.org.uk/

Email contactus@carerstrusthofe.org.uk

Phone 02476 632972

Follow on [Facebook](#)

To find out more about the support available to unpaid carers across Warwickshire, [visit www.warwickshire.gov.uk/carers](http://www.warwickshire.gov.uk/carers)

Carer Story – A Voice from Warwickshire

“Being a carer is a journey of love, patience, and resilience. I care for my mum who has dementia, and while it’s not always easy, the support from Caring Together Warwickshire has made a huge difference. The coffee mornings and wellbeing sessions give me a chance to breathe and connect with others who understand.”

– Jaspreet, Nuneaton

Jaspreet’s story is one of many that highlight the strength and compassion of carers across Warwickshire. If you would like to share your experience, visit the Carers Voice webpage on the Caring Together Warwickshire website.

To discover more stories, watch the Carers tell their stories in their own words YouTube video, produced by Carers Trust Heart of England.

Thank You

Thank you for everything you do. We hope this newsletter helps you feel informed, supported, and connected throughout the autumn season.

