

Please share this bulletin with your networks and relevant providers.



Caring Together Warwickshire Bulletin

March 2023

ISSUE: 2

Welcome to this issue of the **Caring Together Warwickshire** Bulletin.

Bulletins will be distributed every month and will showcase updates, events and opportunities specific to all partners who support people with caring responsibilities. This includes, social care, health and community sectors as well as carers themselves.

We encourage all partners to contribute to this bulletin by sending in your news stories and how your service supports Warwickshire's caring residents' health and wellbeing.

We want to hear feedback from those who look after someone as well as partners on what they would like to see in this bulletin going forward.

For general information on support available for adult caring for adults, young and young adult carers and parent carers of children with SEND please visit www.warwickshire.gov.uk/carers.

If you have a suggestion or comment then please email Ranbir Johal, Commissioning Support Officer at Warwickshire County Council at ranbirjohal@warwickshire.gov.uk

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EVENTS

CONTRIBUTOR: WCC

CONTACT: Ranbir Johal - ranbirjohal@warwickshire.gov.uk

Caring Together Warwickshire Conference (the new All Age Carers service) - 22 March 2023



Caring Together Warwickshire Conference (the new All Age Carers service) - 22 March 2023

Just a reminder that Warwickshire County Council will be holding it's Caring Together Warwickshire conference (the new All Age Carers service) on 22 March 2023 at The Benn Hall in Rugby.

The conference will host guest speakers and will have information stalls from various WCC teams and partner organisations.

A free buffet lunch will be provided. If you are interested in attending, please [CLICK HERE](#) to book via the Eventbrite link for questions and information please email peoplestrategyandcommissioning@warwickshire.gov.uk

Young Carers Action Day (15 March 2023)



Just a reminder that Young Carers Action Day will be on 15 March 2023. The theme this year will be Making Time for Young Carers. We will be highlighting the support for young and young adult carers throughout the county.

Campaign details will be shared with partners and we encourage all to share your plans with us so we can amplify the message. If you have not done so already why not take the Young Carer Aware CPD Accredited E-learning click here to access the course and encourage your colleagues and networks to do the same. Adult Carer Aware CPD Accredited E-learning is also available.

Young Carers Caring Together Warwickshire can support young carers please call 0800 197 5544 or go to www.caringtogetherwarwickshire.org.uk to make a referral or to find out more about support available.



Health and Wellbeing Event – Ramadan (12 March 2023)

The Coventry Muslim Forum would like to invite you to an event taking place on **Sunday 12 March 2023, 10.30am to 2.00pm at the Coventry Muslim Resource Centre, Coventry, CV6 5EE.**

NHS services staff will be on hand to offer information, advice and support about type 2 diabetes and managing your condition, cancer screening programme, stopping smoking, vaccinations, physical health

and healthy eating. There will also be free blood pressure checks, blood glucose testing and cholesterol tests.

To learn more please click [here](#).

CONTRIBUTOR: Age UK Coventry & Warwickshire

CONTACT: Jo Judges - jojudges@ageukcovwarks.org.uk

Living Longer, Better Conference (29 March 2023)

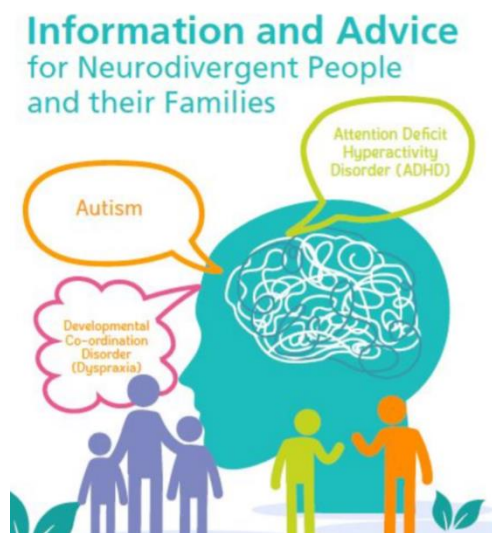
Age UK Coventry & Warwickshire and Think Active are holding a Living Longer, Better Conference on 29 March 2023 (10.30am to 3.30pm) at the Radcliffe Conference Centre, University of Warwick. The conference aims to shake things up and help get people moving later in life. Inactivity costs the health system £1.6 billion each year even though simple physical, cognitive and emotional activity can help reduce this issue and increase people's health span.

This event aims to bring together key partners, stakeholders and audience representatives to commit to improving systems, recommending and prescribing activity and changing attitudes to ageing. There will also be high profile speakers.

You can book a place at the conference here - bit.ly/LLBconference

Autism Acceptance Week

This year Autism Acceptance Week falls between Monday 27 March – Sunday 2 April 2023. Partners across Coventry and Warwickshire are currently organising a schedule of activities and information sharing locally so please look out for this on Coventry and Warwickshire social media channels.



For local information and advice for neurodivergent people and their families visit the news page of the Dimensions of Health and Wellbeing website link <https://dimensions.covwarkpt.nhs.uk/News.aspx?NID=26> or through the QR code below.



Find out more about what autism acceptance through the [National Autism Society webpage link](#)

UPDATE

Healthwatch Warwickshire

Healthwatch Warwickshire's purpose is to understand the needs, experiences, and concerns of people who use health and social care services (such as dentists, GP practices, hospitals, pharmacies, and residential care homes). Healthwatch make sure NHS leaders and other decision makers hear your voice and use your feedback to improve care.

Their [website](#) has reliable and trustworthy information and support on a range of issues, including an anonymous form to leave feedback, and lists local events that they are involved in.

Dementia Active – Sky Blues in the Community

MENTalk – Sky Blues in the Community

Improve **Healthier** **Happier** **Positive** **New skills** **Empowered**
Make friends **Confidence** **Enjoyment**
Resilient **Grow** **Reach potential**

MENtalk

#MakingADifference

MENtalk is a weekly group session, designed to bring men together to improve their wellbeing. Delivered by mental health specialists, professional sports coaches and expert activity instructors



MENtalk is delivered in four locations:

WARWICK - Tuesdays
• St Nicholas Park Leisure Centre, Banbury Rd, CV34 4QY
• 12.00pm - 14.00pm

RUGBY - Wednesdays
• Rugby School Sports Centre, Horton Cres, CV22 5DJ
• 10.00am - 12.00pm

COVENTRY - Thursdays
• Moat House Leisure Centre, Winston Ave, CV2 1EA
• 12.00pm - 14.00pm

NUNEATON - Fridays
• Jubilee Sports Centre, Greenmoor Rd, CV10 7EZ
• 12.00pm - 14.00pm



If you'd like to get involved with one of our friendly MENtalk sessions:
robert.chandler@sbitc.org.uk
07845 812639

SKYBLUES
in the COMMUNITY

COMMUNITY FUND

07845 812639
robert.chandler@sbitc.org.uk

OPPORTUNITY

CONTRIBUTOR: Healthwatch

CONTACT: Robyn Dorling - robyn@healthwatchwarwickshire.co.uk

Invitation to talk about Adult Social Care (17 April 2023)

Adult social care offers support to people in a wide range of circumstances. If you live in Warwickshire and are currently receiving support from Adult Social Care Services, Healthwatch Warwickshire would like to invite you join a discussion about your experiences. Relatives and carers are also welcome. Discussions will take place online on **17 April 2023, 2.00pm to 4.00pm**.

[Click here for more information and booking.](#)

Chris Bain, Healthwatch Warwickshire's Chief Executive, will be facilitating the online discussion with the aim of gathering residents' experiences of receiving adult social care. All you need to do is come along and tell us what it is like for you or the person your care for. This is an opportunity for your experiences to be heard by the people who can make a difference.

How can sharing your story help?

- You get the advice or help you need with your issues being followed up by the relevant team, who will be able to look at why this might have happened and any actions that could be taken to address it.
- Everyone to get a better service. Warwickshire County Council will use the feedback to understand, learn and improve. This will be through sharing any themes with the management team, in bulletins for staff, informing training and guidance and changing

processes to make them work better for the people who use the services

NEWS

Director of Public Health Annual Reports

The Director of Public Health Annual Report is a vehicle for informing local people about the health of their community as well as providing information for decision-makers in local health services and authorities on health gaps and priorities that need to be addressed.

The theme of this year's report is health and the high cost of living in Warwickshire. There is evidence that the rising cost of living is already starting to impact on the health and wellbeing of all residents across Warwickshire. However, it holds the risk to exacerbate some of the health inequalities which already exist. This is because those who are already disadvantaged are more likely to experience difficulties with the increasing costs, which may impact on their ability to keep their home warm and eat nutritious meals.

This year's report is vital to raise awareness of the impact that wider determinants of health (such as income, expenditure, employment and education) can have on the health and wellbeing of Warwickshire's

residents. The Annual Report highlights the breadth of activity taking place to mitigate against the impact of the rising cost of living.

The learn more about this please click [here](#).

SPOTLIGHT

Young Carers Caring Together Warwickshire

Did you know the Young Carers Caring Together Warwickshire service was launched on 1 October 2022 by Carers Trust Heart of England and is commissioned by Warwickshire County Council.

Many young carers don't think of themselves as a carer. A young carer will likely look after one of their parents or care for a brother or sister. Young carers may do extra jobs around the home like cooking, cleaning or helping someone get dressed and move around. They may also give physical help to a parent, brother or sister who's disabled or ill.

The service can provide:

- Provide information and advice on everything around informal carers.
- Arrange activities that young carers can get involved in to meet new friends and have some time to themselves.
- Provide one-on-one support with regards to mental wellbeing.
- Help to signpost to a network of support services to further help young carers with their caring duties.

Caring Together Warwickshire is commissioned by the Council to carry out an assessment with the young person to see how their caring role affects them.

Assessments can be carried out at school, home or anywhere the young person feels most comfortable. Ultimately, it can provide the support a young carer needs to help themselves and the person they care for.

To learn more please click [here](#).



GET INVOLVED

CONTRIBUTOR: WCC

CONTACT: Ranbir Johal - ranbirjohal@warwickshire.gov.uk

Caring Together Warwickshire website

We now have a brand new name for the All-Age Carers Service,
Caring Together Warwickshire.

The Caring Together Warwickshire service (provided by Carers Trust Heart of England) has set up a website,
<https://www.caringtogetherwarwickshire.org.uk>.

Here you can find updates about the service and information and support for all carer age groups. **This is a work in progress and will have new features as the website develops.**

Submitting Information for Inclusion in Bulletin

If you would like to submit any information for inclusion in future bulletins, please submit it to ranbirjohal@warwickshire.gov.uk by the 24th of each month (for inclusion in the following month's bulletin). Please ensure the word limit not exceed 250 words.

THANK YOU



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Wanted to join to learn more about Carers.

Our mailing address is:

Warwickshire County Council
Shire Hall
Warwick, Warwickshire CV34 4RL
United Kingdom

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