

Please share this bulletin with your networks and relevant providers.



CARING TOGETHER WARWICKSHIRE BULLETIN

September 2023

ISSUE: 6

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

Bulletins will be distributed regularly 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

Are you carer aware?

Are you carer aware? To further your understanding of what it means to be a carer, we encourage all our partners to set aside some time to take Warwickshire County Council's free CPD accredited online Carer Aware and Young Carer Aware courses estimated completion time is 30 – 40 minutes each).

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EVENTS

The State of Care in Rugby

Healthwatch Warwickshire are holding a Health and Social Care Forum in Rugby to address the need for services such as local hospital services, doctors, dentists, urgent care and care at home. 2 forum dates are available:

- 18 October 2023 (10.30am – 2.30pm), Benn Hall, Newbold Rd, Rugby CV21 2LN
- 19 October 2023 (6.00pm – 7.30pm), Overslade Community Centre, 68 Buchanan Road Rugby CV22 6AZ

If you live in Rugby, we want to hear from you. We will be asking you what is working well and what is not working well.

The aim of this event is to get a range of perspectives on the state of care in Rugby, so as well as inviting people who live in Rugby, we are asking the people who run local services, to come along to listen and talk, about how they see the situation, and what the future of care will look like for their services.

We will get a picture of the state of care in Rugby that will include the views of residents, the people who run services and the people who commission them. Commissioning is the process of assessing needs, planning and prioritising, purchasing and monitoring health services, to get the best health outcomes.

We will report on the state of care in Rugby to senior decision makers. This includes the Integrated Care Board, the body that commissions most local NHS services, and the Health and Wellbeing Board. The people who sit on these boards are involved in planning for the future health and social care needs of the local population.

This is your opportunity to get your voice heard by the people who can make decisions about services in Rugby.

Everyone is welcome. Refreshments and a buffet lunch will be provided, free of charge. Parking is on site, with Ringo Pay. There is a bus stop nearby with buses

into town. The venue is accessible and we will do our best to support any requests for reasonable adjustments. We want everyone to be able to participate in this event.

Please get in touch if you have any questions or would like to request any reasonable adjustments.

- Tel: 01926 422823
- Email - info@healthwatchwarwickshire.co.uk

To book a place, please click here -

<https://www.healthwatchwarwickshire.co.uk/events?page=2>

Carers Rights Day – 23 November 2023

Carers Rights Day (hosted by Carers UK) is on 23 November 2023. Caring costs in so many ways. It could be the cost to unpaid carers' wellbeing and ability to access health services. Sometimes it's the financial costs associated with looking after someone – or the effects on carers' employment options. Taking care of someone may cost carers the quality of their relationships through not being able to take time out to spend with friends and family or through changes to the relationship with those they care for. And the current cost of living crisis is being felt even more acutely by carers throughout the UK.

That's why on Carers Rights Day organisations and individuals help us to:

- Ensure carers are aware of their rights.
- Let carers know where to get help and support.
- Raise awareness of the needs of carers.

For more information, please click [here](#).

UPDATES

New Hot Meals Delivery Service

A new hot meals delivery service is available for residents in Warwickshire. The links below provide some further information.

- [Hot Meal Service Information](#)
- [Menu Options](#)

The service is not commissioned by Warwickshire County Council, and so, we cannot make any endorsements or guarantees about it. For any residents wishing to use this service, it would be a private arrangement between them and WRCC Rural.

For further details about this service, please email cff@wrccrural.org.uk.

For general information about food support and other meal delivery services available in Warwickshire, please click [here](#).

Free PPE Equipment

Following a recent stock take, WCC PPE Service has identified a number of products where we have excess stock to likely demand over the next year. We want to see them put to good use and are therefore making them available to commissioned services.

The following products can still be used as PPE within specific product guidelines and are available to children and family services and adult social care provision day centres, community services (such as carer drop ins, dementia cafes etc), domiciliary care, supported accommodation and residential provision.

- Evans Safe Zone cleaning sprays (use by 10/23). Cases of 6. [Safety data sheet](#)
- Selgiene Extreme cleaning sprays (no use by date). Cases of 6. [Safety data sheet](#)
- Purell Hand Sanitiser 60ml (use by 10/23) Cases of 12
- Ecolab Skinman Hand Sanitiser 500ml (use by 02/25) Cases of 20 [Safety data sheet](#)
- Type IIR masks (use by 11/23) Case of 1000
- FFP3s (various types and use by dates)
- Fit test kits

- FFP2s (use by 8-11/23)
- Type II masks
- Clinical waste bags (yellow, orange and tiger stripe)
- Yellow pedal bins (kitchen bin size)
- Cardboard boxes (packs of 10, c.0.5mx0.5mx0.5m)

If you are interested in having any of these products, please contact CV19PPE@warwickshire.gov.uk, with the product(s) and the number of cases you want. These will then be delivered within Warwickshire free of charge. Please note that we will be distributing these as full cases, and we are not offering any other PPE at this stage. Stock will be allocated strictly on a first come first serve basis.

We also have a number of other products that MUST NOT be used as PPE, but may still be of use in situations where PPE isn't required but extra coverage may be of use. These products are available to any community or voluntary organisation or charities. The products are:

- Sanitiser (5l, 500ml, 250ml, 60ml)
- Gloves: S (nitrile, boxes of 100)
- Coveralls
- Gowns
- Wipes (packs of 100)
- Visors
- Goggles
- Disposable face coverings

If your charity or community organisation is able to use these items, or has any queries about them, [please fill in this form](#) with details of the items they are interested in, including quantities. We will then confirm what will be supplied and delivery will be arranged.

If you have any questions, please contact Natasha Coveney (natashacoveney@warwickshire.gov.uk) who will be happy to help.

Time4Hope Project Using Innovation Fund



Time4Hope delivered a project for Parent Carers using the Innovation Fund. The project included peer group therapy sessions, wellbeing sessions and a ceramics workshop. The impact on carers was extremely uplifting as all group members were able to support each other with the adversity they face on a daily basis.

A positive and trusted connection was created which was gently facilitated by the counsellor to enable parents to explore feelings of being overwhelmed, stressed, isolated, lonely and stigmatised. All parents felt they were able to have gained greater knowledge of services and resources local to their areas, which will benefit their families.

This allowed them to gain much needed emotional and practical support within a non- judgemental space, enabling a new support network to develop with like-minded others.

Four weeks after the sessions were completed, we invited the parents back to a Ceramic workshop and lunch to explore ideas of how they can sustain the group. Fresh ideas were explored and dates for monthly coffee mornings have been arranged, together with ideas. Very positively the project feedback has expressed there is greater family optimism and cohesiveness. The project enabled parents to understand adversity is not only happening to them, which has lessened the isolation and loneliness they often experience. Having a neutral space has enabled parents the opportunity to communicate how they are honestly struggling at times. This has naturally navigated to better parental mental health. This in-turn has allowed parents to support their children / young people to reach their full potential in life.

If you would like to get in touch with Time4Hope please visit www.time4hope.co.uk or email Time4hope@btinternet.com or call 07761 398 041.

WOMENTalk

WOMENTalk is the sister project of MENTalk, the charity's successful men's mental health project. This program is designed to help women suffering with mental health problems, especially following the challenges over the past few years.

WOMENTalk will provide fun activities and social opportunities in community venues. Each session will be led by SBitC's Mental Health Co-ordinator with support from SBitC's professional sports coaches. Course content will vary based on participants' needs but ice-breaking activities and get to know you activities will form part of all courses.

The wide menu of activities that participants can benefit from include warm-ups, stretching, physical activities such as basketball, badminton, table tennis, football, archery, chess and Jenga. WOMENTalk will be co-produced by participants ensuring they choose the weekly activities they take part in.

Beneficiaries will decide which topics they would like to discuss on a 1-1 basis or group workshop. These could cover a range of subjects related to mental health, including goal setting, diet and healthy eating, sleep hygiene, mindfulness, stress management, depression, anxiety, self-compassion, kindness, resilience, positive behaviour, making friends, maintaining positive relationships, teamwork, togetherness, communication, how to voice our opinions positively, loneliness, social isolation, self-confidence, and self-esteem.

For more information, please contact us at george.heaton@sbitc.org.uk or 07845 812 639.

The referral form can be access [here](#). Self-referrals are accepted.

#MakingADifference

WOMENtalk

WOMENtalk is a weekly group session, designed to bring women **together** to provide support and improve their mental health and well-being. Delivered by SBitC's mental health team and professional sports coaches.



Scan here to
complete
referral form



WOMENtalk is delivered in: **Coventry | Nuneaton**

Question regarding WOMENtalk? please get in touch today:
george.heaton@sbitc.org.uk | 07845 812 639

MONDAY:

AT7 Centre,
COVENTRY, CV6 7GP:
12:00 – 14:00pm

WEDNESDAY:

Jubilee Sports Centre,
NUNEATON, CV10 7EZ:
10:00 – 12:00pm

Together • Improve Confidence • Chat • Multi-sport Activities • Meet New People



02476 786 349
sbitc@sbitc.org.uk

OPPORTUNITIES

Help for Warwickshire Residents Struggling to Pay Utility Bills

The Government's Household Support Fund has been set up to provide support to vulnerable households in most need of support to help with significantly rising living costs, specifically food, energy and water bills.

Warwickshire's allocated funds for this will be distributed through the existing Local Welfare Scheme.

Vulnerable residents in Warwickshire who are struggling financially can apply for support by contacting the Local Welfare Scheme directly on 0800 4081448 or 01926 359182.

All applications must be made by 22 September 2023.

For further information please visit:

- <https://www.warwickshire.gov.uk/localwelfarescheme>
- <https://www.costoflivingwarwickshire.co.uk/>

Draft All Age Carers Action Plan Briefing for Stakeholders

The link below shows the All-Age Carers Action Plan Briefing update for stakeholders. If you would like to provide any feedback, please send it to peoplestrategyandcommissioning@warwickshire.gov.uk by 30 September 2023.

[All Age Carers Action Plan Briefing Warks Update to Stakeholder FINAL.docx](#)

Healthwatch would like to hear your experience of healthcare during the menopause

Have your say on menopause support services in Warwickshire. Following local feedback, we want to hear the views of people (including carers) experiencing menopause in Warwickshire including those who have experienced an early menopause or menopause due to medical treatment. The aim is to help people get the menopause support they need.

Please click [here](#) to complete our survey.

For more information, please contact us at 01926 422 823 or info@healthwatchwarwickshire.co.uk.



Have your say on Menopause support services in Warwickshire

We want to hear your experience of care
during the menopause and perimenopause

To complete the
survey scan the
QR code or call
us before
January 1st



healthwatch
Warwickshire

Telephone: 01926 422 823
www.healthwatchwarwickshire.co.uk

NEWS

Carer's Leave Act 2023

Informal carers and those with a caring responsibility now have a statutory right to 5 days of unpaid leave as a result of a new law that was passed in Parliament in May 2023. All employers should be supporting working carers to balance work and caring. To find out more about this new law, Carers Leave Act 2023 visit <https://bills.parliament.uk/bills/3199>

SPOTLIGHT

Caring Together Warwickshire - Young Carers



Our garden at the Penny Collard Centre was brought to life as a part of our exciting Yarn Bombing project! Our Young Carers and the local community came together to decorate the garden, rejuvenating it with colourful displays which have added some colour to the centre's picturesque outdoor area.

The Yarn Bombing used to decorate the garden was donated by both carers and members of the public, who got involved after seeing our request for donations. The power of social media meant anyone and everyone could play their part and we were overwhelmed to receive donations from all of the world, including as far away as Canada!

Jodie Cotterrell, our Young Carers manager, who taught herself how to crochet in lockdown was the brains behind the idea. A jubilant Jodie was

delighted with how the project went, commenting: "Yarn-bombing is where we allow people to be as creative as possible – it brings communities together and celebrates that creative flair."

She added: "Crochet and knitting is quite cathartic and is very good for mental health and well-being and it is something we have started to implement with our young carers."

The colourful display at the Penny Collard Centre caught the eye of a several locals who joined service users not only to check out what was going on but to get involved in crafts, learn about our work and enjoy some refreshments and music!

Thank you to everyone who got involved in the project, whether it was donating your work, helping us decorate, or stopping by to chat – your support is very much appreciated!





GET INVOLVED

CONTRIBUTOR: WCC

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

Caring Together Warwickshire website



We now have a 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.

If you wish to be involved in the development of this website, please contact us at peoplestrategyandcommissioning@warwickshire.gov.uk.

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. 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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You can [update your preferences](#) or [unsubscribe from this list](#).

