



Welcome to this issue of the Caring Together Warwickshire Bulletin. For general information on support available for carers and young carers, please visit www.warwickshire.gov.uk/carers.

Warwickshire County Council Carers Webpage

Warwickshire County Council has recently redesigned its 'support for carers' webpage in order to improve its layout and to make it easier to use. Here you can find information about support services available, training available and financial assessments as well as many other topics. The new webpage can be accessed via the following link: <https://www.warwickshire.gov.uk/carers>

Carers Trust Heart of England 50th Anniversary

This October, Carers Trust Heart of England are celebrating their 50th anniversary, and they are celebrating it in style. They would love it if you could join them on Friday 11 October 2024 from 7pm at the Windmill Hotel, Coventry, CV5 9AL.

To book your seats or table, please click [here](#) and fill in the form. They will be in touch to confirm your booking. No booking is valid until it has been confirmed and verified by the Carers Trust Heart of England over email. Tickets are £50 per person or £450 for a table of 10.

For more information, please visit

<https://www.caringtogetherwarwickshire.org.uk/news/celebrating-50-years-of-carers-trust-heart-of-england/?category=main>

The screenshot displays the Warwickshire County Council Carers Webpage. At the top, there is the Warwickshire County Council logo, a 'Subscribe for updates' button, and a search bar. Below the header, there are eight service tiles arranged in a 2x4 grid:

- Being a carer**: Learn more
- Adult and Young Carer**: Learn more
- SEND**: Learn more
- Financial Assessment**: Learn more
- Online Support**: Learn more
- Carers Assessments**: Learn more
- Breaks for Carers**: Learn more
- Parent Carer**: Learn more

At the bottom of the page, there are three logos: Warwickshire County Council, Caring Together Warwickshire, and Young Carers Warwickshire.

Carers Connect Winter Expo

As a valued community partner, we are thrilled to invite you to join us at our Carers Connect Winter Expo – a special event that brings together services across Coventry and Warwickshire dedicated to supporting unpaid carers

- ★ Raise awareness about the vital work you do.
- ★ Network with other organisations that support unpaid carers.
- ★ Collaborate with community partners and learn about available resources



Tuesday 12th November
Coventry Cathedral
3pm-7:30pm



Introducing the Carer Counselling Support Service

Carers Trust Heart of England are thrilled to announce the launch of their new Carer Counselling Support Service, dedicated to providing mental health and wellbeing support to carers. This service offers free, confidential counselling and emotional support tailored to the unique challenges faced by carers.

Whether you're feeling overwhelmed, isolated, or are simply in need of someone to talk to, their counsellors are there to help. The service includes one-on-one counselling sessions, group support, and a range of resources designed to support your mental and emotional wellbeing.

They understand the vital role that carers play and are committed to ensuring you receive the support you need. If you or someone you know is caring for somebody and could benefit from their services, please reach out today.

For more information or to book a session, please email Counselling@carerstrusthofoe.org.uk or call 02476 632972.



Singing for Wellbeing

Boost your wellbeing with our free singing course. Join us for a singing workshop series for Coventry and Warwickshire adults looking for creative coping strategies to improve mental wellbeing. Suitable for beginners.

For further details, please see the images below and on the right.

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COURSE DETAILS

12 weeks FREE
Tuesdays 7-8.30pm

1, 15, 22, 29 October,
5, 12, 19, 26 November and
3, 9, 10, 17 December

Venue: The Life Community
Church, Charlotte St,
Leamington Spa, CV31 3EB

Optional sharing performance
on 9 December

Free refreshments follow each session



A fun and effective way to improve your mental wellbeing



Singing for Wellbeing, is designed to uplift your spirits and improve your mental health.

Under the guidance of experienced choir leader Claire Fowler, you'll have the opportunity to explore the therapeutic benefits of singing in a supportive and welcoming environment.

No singing experience is necessary and everyone is welcome to join our friendly group as we sing along to familiar songs. Connect with others and experience the collective joy that comes from performing as a group.

Learning Outcomes:

- Gain a better understanding about how singing can benefit your well-being.
- Feel more confident about singing in a group and learn breathing and singing techniques.
- Meet new people and help each other.



Book now at
www.artsuplift.co.uk/wellbeing-courses

For further information
email Beth info@artsuplift.co.uk
or call Beth on **01926 504 212**

Carers Forum Meeting (13 November 2024)

The next carers forum meeting will take place on 13 November 2024 (9.30am to 11.00am) via Microsoft Teams.

The meeting is open to providers, partners, adult carers, young carers and parent carers. It will be an opportunity to share news and updates, to network, ask questions and request guest speakers. We would encourage all invitees to attend if possible.

If invitees have any ideas for potential guest speakers at the forum, please let us know by emailing peoplestrategyandcommissioning@warwickshire.gov.uk.

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 online [Carer Aware](#) and [Young Carer Aware](#) courses (estimated completion time is 30-40 minutes each).

Further information and contributing to bulletin

The Caring Together Warwickshire Service (commissioned by Warwickshire County Council and provided by Carers Trust Heart of England) has a website (www.caringtogetherwarwickshire.org.uk) where you can find updates about the service, and information and support for all carer age groups.

Further information about services available for carers can be seen here: <https://www.warwickshire.gov.uk/carers>.

If you would like to submit any information for inclusion in future bulletins, please submit it to ranbirjohal@warwickshire.gov.uk.

Helping to Keep You and Your Loved Ones Safe / Saving Money

When you care for a person with a long-term health or mental health condition, or who is frail, it's important to have measures in place in case of an emergency. Please click [here](#) for further guidance from the Carers Trust Heart of England.

For money saving tips, please click [here](#).

