



Hello Everyone and Welcome to our Carers News Bulletin.

I hope this bulletin finds you all well and staying safe? We understand that this is a particularly anxious time for everyone who is waiting to hear about getting their Covid-19 vaccine. We have had several calls from concerned carers about priority groups and the vaccine rollout. We are waiting for accurate information. We are endeavouring to answer your queries over the coming weeks with confirmation about the priority groups and rollout for unpaid carers in Coventry and Warwickshire.

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Coming Up Next Week.....

#### Carers Mental Wellness Workshop

There is still time to register for our free online Carers Mental Wellness workshop with tips on how to cope. The workshop runs on Wednesday 27th January from 10:00 – 11:00am. Run by Nicola Benyahia, a qualified accredited member of the BACP (British Association of Counsellors and Psychotherapists).

Nicola has worked in a variety of settings including charity agencies, GP surgeries, schools and Further Education colleges as well as running her own private practice in Birmingham, where she counsels individuals, couples and families.

Our mental wellbeing is dependent on what is going on in our lives at that time whether at home or work.

The pandemic and lockdown restrictions have brought unprecedented changes to our lives, that have created a lot of worry, uncertainty and feelings of anxiety, resulting in increased stress and challenging moments for all of us.

Join us for a workshop and discussion with tips on how to cope.

Sign up to our free online workshop where working together we can address and make sense of thoughts and feelings you may be experiencing. Sharing your anxiety is the first step to making it more manageable.

To book onto this workshop, please email [contactus@carerstrusthofe.org.uk](mailto:contactus@carerstrusthofe.org.uk) or call 024 7663 2972 option 1. You will be provided with the Zoom link details once your booking is confirmed.

If you are new to using Zoom, our team will be happy to help.

#### Come Connect

Join us for Come Connect, our monthly online Zoom sessions for Coventry and Warwickshire carers!

Taking place on the last Friday of each month, Come Connect brings together our Coventry and Warwickshire Wellbeing teams, our Young Carers team plus a guest professional every month.

The Come Connect Zoom link is

<https://us02web.zoom.us/j/89595545822?pwd=cZlFdElkMGJzckw5c1lXREgzZGVFZz09>

January's session takes place on Friday 29th between 10am till 12noon and we are pleased to be joined by Judy Best from Act on Energy who will be sharing advice on energy saving and answering any questions you may have!

Workshops 2021

Grief, Loss and Change Support Workshops – Mindfulness and Compassion – 27th January 2021 6:30pm – 8pm

This course will be facilitated by Dr Liz Sparkes and explores grieving and difficult emotions cultivating self-compassion and includes support materials. This will take place via Zoom. We are now taking bookings for the next block of workshops starting Wednesday 27th January 2021. For booking carers on to these workshops, please contact [Susan.Murray@carerstrusthofe.org.uk](mailto:Susan.Murray@carerstrusthofe.org.uk)

Our Calendar for Virtual Support Groups in 2021

I regularly update details of the groups we have running. If you are interested in joining any of the groups and would like to be added to a particular group, please let us know. This will ensure you receive a reminder e-mail when the group is running. I have checked the Zoom links to ensure they are working. Should you experience difficulty joining a group please e-mail: [Michael.howard@carerstrusthofe.org.uk](mailto:Michael.howard@carerstrusthofe.org.uk) I will be only too happy to assist you with joining a Zoom session.

Carers Tea @ 3 - Every Wednesday at 3pm – 4pm via Zoom next date 27/01/2021

Join Zoom Meeting

<https://us02web.zoom.us/j/81506219591?pwd=SmRoNU9oVEt2eStvT0RwZDR4akVmdz09>

Yoga - Every Wednesday at 11:30am – 12:30pm via Zoom next date 03/02/2021.

Join Zoom Meeting

<https://us02web.zoom.us/j/84187698648?pwd=MWc0V2Rpak1YczBRQ3Z5UFZPWIZZQT09&from=addon>

LD/ASC Group - Every 2nd Wednesday Monthly at 10am – 11:30am via Zoom next date 10/02/2021

Join Zoom Meeting

<https://us02web.zoom.us/j/88298703044?pwd=aW1oUTVvL3hORU1KUEVVUGUvR1Nidz09>

MILAN (South Asian Carers Support Group) Every Fortnight Friday 10:15am – 12:30pm via Zoom – next date 19/02/2021

Join Zoom Meeting

<https://us02web.zoom.us/j/87587880628?pwd=UkRoTmRtMlRYa1ZabEpiQ1NLWk1CZz09&from=addon>

Care and Share (Mental Health Support) Every 1st Thursday Monthly 10:30am – 12:00pm via Zoom next date 04/02/2021.

Join Zoom Meeting

<https://us02web.zoom.us/j/88624440478?pwd=YnBBeUNQS3VSdWZ4S0dtOWt2SThpdz09&from=addon>

Rugby Carers Support Group - Every 3rd Tuesday Monthly 2:30pm – 3:30pm via Zoom next date 16/02/2021.

Join Zoom Meeting

<https://us02web.zoom.us/j/81370482210?pwd=NWN0cW82YTRlaxRCK2tlaExRSnFuZz09&from=addon>

Warwick Carers Support Group - Every 6 weeks on a Tuesday at 2pm – 3:30pm via Zoom next date 23/02/2021

Join Zoom Meeting

<https://us02web.zoom.us/j/87439174001?pwd=U3NIMVJ4SzIGUnBZWIE1cGJJMy8zZz09>

National and Local Information for Carers:

<https://www.gov.uk/government/publications/guidance-on-shielding-and-protecting-extremely-vulnerable-persons-from-covid-19>

[https://www.coventry.gov.uk/info/76/carers\\_support/3578/carers\\_and\\_covid-19\\_coronavirus](https://www.coventry.gov.uk/info/76/carers_support/3578/carers_and_covid-19_coronavirus)

<https://www.warwickshire.gov.uk/carers>

<https://coventry.foodbank.org.uk/>

<https://www.trusselltrust.org/>

<https://www.coventryrugbyccg.nhs.uk/Be-Healthy/COVID-19-vaccination/Roll-out-plan-in-Coventry-and-Warwickshire>

<https://www.rightsnet.org.uk/welfare-rights/news/item/dwp-confirms-that-all-claimants-who-are-to-have-their-pip-award-automatically-extended-due-to-covid-19-will-receive-notice-of-the-extension-by-early-2021>

Useful Numbers

Carers Trust Heart of England 024 7663 2972 press 1 for Coventry and 2 for Warwickshire.

Samaritans 116 123

Mental Health Helpline 0800 616171

Silverline 0800 470 80 90

Gas Board 0800 111 999

Power Cut 105  
Water Board 0800 783 4444  
Non-Emergency Police Number 101  
Emergency 999  
Health Care Advice 111  
COVID 19 Testing 119

New Website

You will find it easier to navigate around our new website which has lots of useful information about our services and support available. Please click on the following link to check out our website: <https://www.carerstrusthofoe.org.uk/>

Warmest Wishes

Mike Howard  
Partnership Development Manager  
Carers Trust Heart of England.

[Mental Health Wellness](#)

[New Zoom Yoga](#)

[Come Connect](#)

*Michael Howard*

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