



December Activities – Please note places must be booked

SPOTLIGHT ON

Warm Welcome from Brett Young Carers Hub

Brett Young Carers Hub is now a designated 'Warm Welcome' hub for unpaid carers and the local community to access during the day. As the weather starts to get colder and people are concerned about energy costs a warm welcome' offers a safe and warm place for people to come, we will provide a free hot drink and a non-judgemental space for people to stay during the day. We will also offer a range of information sessions and activities for people to participate in if they wish, including

- Tuesday's – Carer Support and Welfare & financial information and advice sessions
- Thursday's - Relaxation and Digital Skills support
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Our Warm Welcome is available Monday to Friday 10am – 4pm at Brett Young Carers Hub, Old Hawne Lane, Halesowen, B63 3TB. The hub will be open during the Christmas period 28th, 29th and 30th December.

<https://www.dudleycvs.org.uk/warm-welcomes/>

Cost of Living and Winter Wellbeing for Carers – Tuesday 6th December 2022, 10am – 12pm and 1pm – 3pm

Carers can pop in to Brett Young Carers Hub to access free, impartial and confidential information, advice and support, if they are concerned about the cost of living and staying well during the winter, such as

- Talking to an advisor on a one to one basis about support with the cost of living and your individual needs.
- Support from our Wellbeing Advisors regarding benefits and access to grants if eligible.
- Energy Advice from Winter Warmth



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- Living Well Feeling Safe – keeping safe during the winter
- Public Health – infection prevention, staying healthy during the winter,
- What to do if there is a power failure - Keep wind up battery/solar powered equipment.

Carers may be worried about how they will manage this winter particularly with the cost of living rises and how this may impact on them and their family. We can provide information and advice and access to financial support during the winter such as household support payment and foodbank vouchers.

For more information or to book onto one of the sessions please call the team on 01384 818723 or email dudleycarershub@dudley.gov.uk

Arts & Crafts Session – Christmas Cards – Monday 12th December, 11am – 12.30pm

Join one of our Wellbeing Advisors – Tehmina for an arts and crafts session making Christmas cards (all materials are provided)

Coming in January 2023 – Pilates Course for Carers, in partnership with Adult and Community Learning

A 12-week programme of Pilates starting on Monday 23rd January 2022 at 10.30am – 11.30am (1hr) at Brett Young Carers Hub Old Hawne Lane, Halesowen, B63 3TB.

Pilates supports your core, which is the centre of the body from which all movement stems from, it supports your body and can help to:

- Reduce stress and increase energy
- Tone your body
- Improve your posture and balance



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- Degrease back pain
- Relieve tension

Discover the amazing hidden structure of your body, all with gentle movements. Places are limited and MUST be pre booked

For more information on any of the above events or activities or if carers wish to book onto any of the sessions call 01384 818723 or email dudleycarershub@dudley.gov.uk

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| 6 th Dec | Tuesday | Brett Young Centre Halesowen 10am – 3.30 pm | Wellbeing Advisor | Book an appointment with one of our Wellbeing Advisors for a face to face consultation. Our advisors give advice and support to help you in all aspects of your caring role. If you require an appointment outside of these times please speak to our team. | Carers Hub & Wellbeing Service 01384 818723 or email dudleycarershub@dudley.gov.uk |
| 6 th Dec | Tuesday | Brett Young Centre Halesowen 11am – 12:30pm pm | Ladies Group | Opportunity to take part in various activities and meet other carers. Today is a Pamper Day | Call Tehmina 07523 515125 or Carers Hub & Wellbeing Service 01384 818723 or email dudleycarershub@dudley.gov.uk |
| 6 th Dec | Tuesday | Brett Young Centre Halesowen 10.00 am – 12 pm 1 pm – 3 pm | Cost of Living and Winter Wellbeing support | Drop in to Brett Young Carers Hub to access advice and support, if you are concerned about the cost of living. Support available includes- <ul style="list-style-type: none"> • Talking to people about support with the cost of living. Confidential discussion on a one to one basis to discuss individual needs. • Support from – Wellbeing Advisors supporting with benefits and access to grants if eligible. • Energy Advice from Winter Warmth | Carers Hub & Wellbeing Service 01384 818723 or email dudleycarershub@dudley.gov.uk |



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| | | | | <ul style="list-style-type: none"> • Living Well Feeling Safe – keeping safe during the winter • Falls Prevention advice • Public Health – infection prevention, staying healthy during the winter, • You may be worried about the cost of living and how this may impact on you and your family. Access to financial support during the winter such as household support payment and foodbank vouchers. • What to do if there is a power failure - Keep wind up battery/solar powered equipment. Do not use candles. Find out where your fuse box is. • Telecare equipment? • Stuart, Wellbeing advisors, two of the team • Prize Draw (50 voucher)? | |
| 7 th Dec | Wednesday | Brett Young Centre Halesowen 1 pm – 3pm | RITA Group | | Carers Hub & Wellbeing Service 01384 818723 or email dudleycarershub@dudley.gov.uk |
| 8 th Dec | Thursday | Brett Young Centre Halesowen 12:30 pm – 2:30 pm | Wellbeing & Relaxation | Opportunity to take part in various activities and meet other carers. | Call Stuart on 07486 380590 or Carers Hub & Wellbeing Service 01384 818723 or email dudleycarershub@dudley.gov.uk |
| 8 th Dec | Thursday | Brett Young Centre Halesowen | Edible Gifts |  Christmas Cake Slices iced and decorated, cool and gift wrap. Also Cranberry and Ginger Tiffin, cool and gift wrap.  | Carers Hub & Wellbeing Service 01384 818723 or email dudleycarershub@dudley.gov.uk |



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| | | 11 am – 12:30 pm | | Please note: If you have an allergy to certain foods, let us know so the recipe can be adapted for you. (Limited spaces please book early) | |
| 8th Dec | Thursday | Kingswinford Library 10 am – 12 pm | Information session | A drop-in session where carers can come for a chat or for advice and information to help them in their caring role. | Call Jenny on 07523515122 Or Carers Hub & Wellbeing Service 01384 818723 or email dudleycarershub@dudley.gov.uk |
| 8th Dec | Thursday | Brett Young Centre Halesowen 2:30pm – 3:30 pm | Young Adult Carers | A place for young adult carers to come together, have their voice heard and socialise. | Call Sara on 07801569174 or call Carers Hub & Wellbeing Service 01384 818723 or email dudleycarershub@dudley.gov.uk |
| 8th Dec | Thursday | Brierley Hill Library 1pm – 3pm | Information session | A drop-in session where carers can come for a chat or for advice and information to help them in their caring role. | Call Mandi on 07714739883 Carers Hub & Wellbeing Service 01384 818723 or email dudleycarershub@dudley.gov.uk |
| 12th Dec | Monday | Brett Young Centre Halesowen 11 am – 12.30pm | Christmas Cards | Please join us in making Christmas Cards all materials will be provided. | Call Tehmina 07523 515125 or Carers Hub & Wellbeing Service 01384 818723 or email dudleycarershub@dudley.gov.uk |
| 13th Dec | Tuesday | Brett Young Centre Halesowen 10am – 3.30 pm | Wellbeing Advisor | Book an appointment with one of our Wellbeing Advisors for a face to face consultation. Our advisors give advice and support to help you in all aspects of your caring role. If you require an appointment outside of these times please speak to our team. | Carers Hub & Wellbeing Service 01384 818723 or email dudleycarershub@dudley.gov.uk |



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| 13 th Dec | Tuesday | Brett Young Centre Halesowen 11am – 1pm | Ladies Group | Opportunity to take part in various activities and meet other carers. Today we are doing Yoga for Carers | Call Tehmina 07523 515125 or Carers Hub & Wellbeing Service 01384 818723 or email dudleycarershub@dudley.gov.uk |
| 14 th Dec | Wednesday | Brett Young Centre Halesowen 11 am – 12:30 pm | Dementia Group | A group for people caring for someone with dementia, meet other carers and have a chat and learn about support that available to you. | Call Mandi on 07714739883 Carers Hub & Wellbeing Service 01384 818723 or email dudleycarershub@dudley.gov.uk |
| 14 th Dec | Wednesday | Brett Young Centre Halesowen 1 pm – 3pm | RITA Group | | Carers Hub & Wellbeing Service 01384 818723 or email dudleycarershub@dudley.gov.uk |
| 15 th Dec | Thursday | Brett Young Centre Halesowen 12:30 pm – 2:30 pm | Wellbeing & Relaxation | Opportunity to take part in various activities and meet other carers. | Call Stuart on 07486 380590 or Carers Hub & Wellbeing Service 01384 818723 or email dudleycarershub@dudley.gov.uk |
| 15 th Dec | Thursday | Brett Young Centre Halesowen 10.30 am – 12 am | Wellbeing Café – Christmas Music | Please come to the final Wellbeing Café of the Year and join in with Carol our professional musician for a Christmas Singalong followed by Mince Pies. | Call Jenny on 07523515122 Or Carers Hub & Wellbeing Service 01384 818723 or email dudleycarershub@dudley.gov.uk |
| 20 th Dec | Tuesday | Brett Young Centre Halesowen 10am – 3.30 pm | Wellbeing Advisor | Book an appointment with one of our Wellbeing Advisors for a face to face consultation. Our advisors give advice and support to help you in all aspects of your caring role. If you require an appointment outside of these times please speak to our team. | Carers Hub & Wellbeing Service 01384 818723 or email dudleycarershub@dudley.gov.uk |



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| 20th Dec | Tuesday | Brett Young Centre Halesowen 11am – 1pm | Ladies Group | Opportunity to take part in various activities and meet other carers. Join us for the End of Year Party | Call Tehmina 07523 515125 or Carers Hub & Wellbeing Service 01384 818723 or email dudleycarershub@dudley.gov.uk |
| 22nd Dec | Thursday | Brett Young Centre Halesowen 12:30 pm – 2:30 pm | Wellbeing & Relaxation | Opportunity to take part in various activities and meet other carers. | Call Stuart on 07486 380590 or Carers Hub & Wellbeing Service 01384 818723 or email dudleycarershub@dudley.gov.uk |

The Carers Hub and Wellbeing Service is located at:

- Brett Young Carers Hub, Old Hawne Lane, Halesowen B63 3TB
- Queens Cross Carers Hub, Wellington Road, Dudley, DY1 1RB

Please call for more information or to book a place on any of the activities

Sign up for our free newsletter and e bulletins by completing our online registration form at <https://adultsocialcare.dudley.gov.uk/> or call **01384 818723** to speak to an advisor