

November

Cost of living has risen and will continue to worry many people over the winter months. See the link below for information on support available from Coventry City Council.

[Cost of living and wellbeing support – Coventry City Council](#)

Your GP (General Practitioner) and primary care team can provide you with invaluable support, advice and information.

A helpful starting point to getting the support you need as a carer is to let your GP know about your responsibilities. You may find it helpful to use this [letter template](#) to help register your role.

CARERS RIGHTS

Carers Rights Day is on **Thursday 24 November 2022.**

Whether you are a new carer or have been caring for someone for a while, we believe that it's important that you understand your rights and are able to access the support that is available to you as soon as you need it.

Carers Rights Day -

**Carers
UK**



Adult Social Care

Find out more and have your say...

Would you like to find out more about support through Adult Social Care? Have a chat and cup of tea with staff and get to know the teams.

Find out more about:

- Having a social care assessment and what to expect
- Support if you're caring for someone
- Technology, equipment and adaptations that can support
- How to get involved and make a difference
- Advice on energy and keeping warm
- Paying for care and what to expect
- Benefits advice
- Working in Adult Social Care
- Shared Lives



Thursday 10 November 2022

Central Methodist Hall (Lower Hall)
Drop in anytime between 10am - 3pm



Website: www.carerstrusthofe.org.uk
Registered charity: 1057024
Company Limited by Guarantee number: 03206963

CARERS TRUST
Heart of England



Group	Time	Where	When
Care and Share (Mental Health Carers Support)	13:30pm – 15:00pm	Zoom	First Monday of each month
Care and Share (Mental Health Carers Support)	10:30am – 12:30pm	Bonds Lodge (Hill Street) CV1 4AN	First Tuesday of each month
Herald Lodge – Carers Social Group	14:00pm – 16:00pm	Herald Lodge Canley Road Coventry CV5 6AR	First Tuesday of Each month
Yoga and Relaxation	11:30am – 12:30pm	Zoom	Every Wednesday
Carers Tea @ 3	15:00pm – 16:00pm	Zoom	Every Wednesday
African & Caribbean Carers Support Group	13:00pm – 14:30pm	Zoom	Second Thursday of each month, next session is 10th November
LGBTQ + Carers	13:00pm – 15:00pm	Zoom	Third Thursday of each month
Milan Social Group (Drop-in Session for BAME carers)	11:00am – 13:00pm	Penny Collard Centre CV1 3AY	Every four weeks on a Friday,
General Carers Social Group	10:30am – 12:00pm	Penny Collard Centre CV1 3AY	Third Tuesday of each month
Male Carer group	13:00am – 14:30pm	Zoom	Second Monday of each month
Drop-in clinic for carers from ethnic communities	09:15am – 13:15pm	Broad Street Hall (Broad Street) CV6 5BG	Next session: 28th November
Ben Centre drop-in session	10:00am-12:00pm	Arthur Wilson House, Humber Road, Coventry CV3 1LL	Last Friday of each month
Carers drop-in session	1:00pm – 3:00pm	Penny Collard Centre, CV1 3AY	Every Tuesday starting 15/11/22
Carers drop-in session	10:00am – 12:00pm	Penny Collard Centre, CV1 3AY	Every Thursday starting 17/11/22

This month...

**CARERS
TRUST**

Heart of England

LEGAL

Carers Rights Day - Protecting your future

Join Sam Passi from Slivertime Legal to understand how to protect yourself and your family. Sam will cover:

- Inheritance tax
- Long term care fees
- Lasting Power of Attorney

(plus other topics to ensure you have everything in place to protect yourself and your loved ones in the future)

Thursday 24 November, 13.00-14.00

at

Penny Collard Centre, Fleet Street, Coventry, CV1 3AY

For further information, contact

E: carergroups@carerstrusthofe.org.uk or **02476 632972** (option 1)

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SILVERTIME
Legal
ESTATE PLANNING SERVICES

**CARERS
TRUST**
Heart of England

