**St Luke’s Surgery**

**Pinfold Health Centre**

**Field Road**

**Walsall**

**WS3 3JP**

**Tel: 01922 775136**

**Email:** **Clinicalinfo.m91647@nhs.net**

Carer’s are entitled to a **FREE flu vaccination** every year. If you haven’t already received your flu vaccination this winter please phone us on 01922 775136 to book an appointment.

During this uncertain and difficult time I thought I would pass on a few contact details for services in Walsall that may help support you:

1. **Mental Health Support**

Support line for adults, older adults and children suffering with low mood, depression, anxiety and stress during COVID.

**Walsall Talking Therapies,** [**www.dwmh.nhs.uk/walsall-talking-therapies-service**](http://www.dwmh.nhs.uk/walsall-talking-therapies-service)**, Tel: 0800 953 0995**

**Another useful mental health support group can be found at -** [**https://www.nhs.uk/oneyou/every-mind-matters/**](https://www.nhs.uk/oneyou/every-mind-matters/)

1. **Making Connections Walsall**

A local community response to COVID-19 (coronavirus) and is a friendly service for vulnerable people and families. If someone needs practical help with, shopping, picking up prescriptions, food parcels, advice on financial help and reassurance calls / befriending they can be contacted by **emailing COVID-19communityhelp@walsall.gov.uk or calling 0121 380 6690.**

**3. Help with Stopping Smoking**

By stopping smoking, you’ll be protecting the health of your non-smoking friends and family, too. Second hand smoke doubles the risk of children getting chest illnesses, including pneumonia, ear infections, wheezing and asthma. Phone 01922 444 044 for support in stopping.

More useful information is available from Walsall Council, this shows what support is available for residents in the borough and updates to service provision due to COVID-19, this can be found at: [**https://go.walsall.gov.uk/covid-19\_information**](https://go.walsall.gov.uk/covid-19_information)

I have included more support services for Carers on the next page however, some of these services may be running differently during COVID circumstances.

Government guidance for those who provide unpaid care to friends or family can also be found at: <https://www.gov.uk/government/publications/coronavirus-covid-19-providing-unpaid-care/guidance-for-those-who-provide-unpaid-care-to-friends-or-family>

**SUPPORT FOR CARER’S IN WALSALL**

If you look after a relative or friend of any age, who because of illness or disability, cannot manage without your help – then you are a carer.

The Walsall Carers’ Centre is a charitable company that brings together statutory and voluntary sector resources and expertise. Their aim is to provide real support to carers within the Borough of Walsall, and give their needs and their contributions the recognition and status they deserve.

**They can give advice, help or information about:**

 •Activities and Clubs •Advocacy

 •Breaks •Brokerage and Support Planning

•Carers shaping policy and service •Caring Support and training

 •Changes and transitions •Education

•Emergency planning and support •Emotional support and counselling

 •Health and wellbeing services •Housing Support

•Information •Money and Benefits Advice

•Peer and community support •Whole-family support

•Work and training

**The Walsall Carers Centre can be contacted using the below methods:**

**Telephone Numbers:** 01922 610810 (office) 01922 636663 (helpline)

**Fax Number:** 01922 610810 **Email**: contact@walsallcarers.org

**Write to them at:** Walsall Carers’ Centre, 1st Floor, The Crossing at St Paul’s, Darwall Street, Walsall, WS1 1DA, England.

**Or visit them**: They are right next to the bus station in Walsall town centre.

**Opening Times**

Monday to Friday

9.00am – 4.30pm (excluding Bank Holidays)

**Useful Contact Numbers**

|  |  |  |
| --- | --- | --- |
| **Service** | **What we provide?** | **Contact Details** |
| **Walsall Carers' Centre** | If you need help, advice or information about: Caring at home, Respite care, Caring for yourself, Having a break, Money matters & Benefits. Legal matters, Adaptions & Aids in the home. Housing & residential care. Holidays, Coping with Bereavement or if you just need someone to talk to, then we can help | **Tel:** 01922 610810**E-mail:** info@walsallcarers.org **Website**: www.walsallcarers.org**Address:** The Crossing at St Paul's, Walsall, WS1 1DA |
| **Parkinsons UK** | Support group that offers information, friendship & support to local people, their families & carers. We organise regular events & social activities. Join us & meet other people affected by Parkinson's in your area. | **Helpline:** 0808 800 0303**Website:** https://www.parkinsons.org.uk/.../walsall-support-group |
| **Alzheimer's Society** | Services for people living with dementia & their carers including support with understanding of dementia, Carer's Information Support Programmes (CriSP), Sing with Us for people living with dementia & their Carer’s, home & day support & sign posting to additional support services. | **Tel**: 0121 521 3028 **Email:** blackcountrydementiasupport@alzheimers.org.uk **Website:** www.alzheimers.org.uk**Address:** St Chad's Hall, Edison Road, Beechdale, Walsall, WS2 7HT |
| **Sure Care** | Our care workers can provide various respite services, including:•Management of all care needs •24 hour complex care support•Providing individuals living alone with friendly company | **Tel**: 01902 902059/07881287408 **E-mai**l: enquiries@surecarewolverhampton.co.uk**Address:** Office 7 Flexspace, Middlemore Road, West Bromwich, B21 0AL |
| **Palliative Care Centre** | •A Specialist Day Hospice Facility •Community Oncology & Chemotherapy Service •Specialist Community Palliative Care Service •Complementary Therapy Service •Specialist Therapies Teams •Cancer & Palliative Information & Support Services •Specialist Lymphoedema Services •Voluntary Services •Psychology •Bereavement Services •An Outpatients Department offering a range of consultation facilities •Benefits Advice | **Tel:** 0800 7839050 or 01922 602610 **Website:** https://www.walsallhealthcare.nhs.uk/.../palliative-care-centre-1.aspx**Address**: Walsall Palliative Care Centre, Goscote Lane, Walsall, WS3 1SJ |
| **Walsall Information, Advice & Support Service (SEND)** | If you have concerns about special educational needs (SEN) we can provide: Free, impartial, confidential information, advice & guidance for parents/carers of children with SEN & guidance for young people with SEN in education aged 16 – 25. | **Tel:** 01922 650330 **E-mail:** Iasssend@walsall.gov.uk **Website:** walsallparentpartnership**Address**: Blakenall Village Centre, Thames Road, Blakenall, Walsall, WS3 1LZ |
| **Pathways 4 Life Dementia and Memory Problems Support** | Our support worker can provide free specialist support for people with memory problems or dementia, their carer’s & family members in a language that suits them best. From general information to helping to identify specific needs & services, our support workers are on hand to help you or a loved one. | **Tel:** 07788385446 **E-mail:** sadat.hussain@accordha.org.uk **Website:** accordgroup.org.uk**Address:** Apna Ghar, Ford Street, Pleck, Walsall, WS2 9BW |
| **Age UK** | The services we provide are: Advocacy, Direct Payment Support, Community Engagement, Help at Home, Information & Advice, Pathways 4 Life, Trading, Volunteering, Friendship Support Service, & a Carers' Support Service. | **Tel:** 01922 638825**E-mail:** enquiry@ageukwalsall.org.uk**Address:** 10 The Bridge, Walsall, WS1 1LR |
| **Walsall Council Welfare Rights Service** | The service helps Walsall residents with benefit assessment & checks to ensure they are receiving everything they are entitled to, We help people make claims for new or increased benefits & where the need arises we represent at the independent tribunal service in the County Court. | **Tel:** 01922 652250**E-mail:** welfarerights@walsall.gov.uk **Address:** The Welfare Rights Service, Walsall Council, 1st Floor Civic Centre, Darwall Street, Walsall, WS1 1XU |
| **Macular Society** | The Macular Society is the national charity for those affected by central vision loss. We provide free information & services to improve lives today & fund research to find a cure. | **Tel**: 07717192513 **E-mail:** neal1947@hotmail.co.uk **Website**: www.macularsociety.org/**Address:** Walsall Society for The Blind, Hawley House, 11 Hatherton Road, Walsall, WS1 1XS |
| **Walsall Society for the Blind Community Team** | We have a Community Team who can offer information, support & advice on a whole range of topics that affect those with sight loss, their families & carers, including welfare benefits, aids & equipment, adaptation housing, blue badges, bus passes, relevant agencies & support services. Home visits are available.  | **Tel:** 01922 627 683 **E-mail**: hawleyhouse@wsftb.co.uk **Website:** www.walsallblind.org **Address:** Walsall Society for the Blind, Hawley House, 11 Hatherton Road, Walsall, WS1 1XS |
| **Supported Employment Service** | Employment Services within Walsall Council’s Adult Social Care, supports residents with health and social care needs, in order to develop pathways, which will help individuals, access, Employment, Education & Training opportunities.Individuals referred to the service & who meet the eligibility criteria, will be allocated a specialist Employment Adviser, who will meet with you to discuss your circumstances, identify your aspirations & goals & start building your individual development plan to help you move forward | **Tel:** 07535354766/01922 658001 **E-mail:** supportedemployment@walsall.gov.uk**Address:** Civic Centre (3rd Floor Zone 3E), Walsall, WS1 1TP |
| **Shared Lives (Adult Placement Scheme)** | Shared Lives is a service provided by individuals & families, shared lives carers in local communities. Shared lives carers are recruited on the basis that they can offer accommodation & support in their own homes to an adult with a learning disability. The aim is to offer short breaks on a flexible basis to meet individual needs, daytime support, overnights or long-term accommodation & support. | **Tel:** 01922 652497 **E-mail:** sherrie.cremin@walsall.gov.uk**Address:** Shared Lives, Zone 3E, 3rd Floor, Civic Centre, Darwall Street, Walsall, WS1 1TP |