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| Support for CarersThis list is for guidance only. Please check with the groups themselves for up to date information about the services they provide and dates of meeting. The groups on this list are either only for carers or have a strong element of carers support. Some of the groups are run by carers who do not wish to have their personal details on the website. In those cases the contact is via the Carers Network. We have included some information from organisations that do not run groups but offer supportive services. Do tell us if you know, or run, a group we could add to this list.For more information, contact the Carers Network Team on 01384 818723 or email carers.network@dudley.gov.uk  |

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| **Age UK Dudley** |
| Provides a range of services that will be of interest to older carers and those they care for. Contact Age UK Dudley on 01384 354508. They also run the *LEAP* programme of exercise and other activities including IT lessons at venues across the Borough. Carers can access many activities for free. For information on LEAP, contact: Age UK 01384 343535. Also see [www**.**ageuk**.**org.uk**/**dudley](http://www.ageuk.org.uk/dudley) |
| **Alzheimer’s Society Dementia Café Brierley Hill/Sedgley** |
| Our dementia cafes offer a place where people with dementia and their carers can meet up in a safe and welcoming environment where people may enjoy social activities and helpful talks.Contact Address: Black Country Office, Castle Mill, Burnt Tree, DUDLEY, West Midlands.DY4 7UFTelephone 0121 521 3020 email blackcountryoffice@alzheimers.org.ukWebsite ww.alzheimers.org.uk**Brierley Hill Venue**: Nine Locks Community Centre, Hill Street, Brierley Hill, West MidlandsDY5 2UE2nd Monday of each month 2.00pm-4.00pm**Sedgley Venue:** Beacon Centre for the Blind, Wolverhampton Road East, Wolverhampton, West Midlands WV4 6AZ3rd Friday of each month 2.00pm-4.00pm |
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| Dementia cafes offer a place for people with dementia and their carers to meet in a safe and welcoming environment where they may enjoy social activities and helpful talks.  This dementia café is designed for the specific needs of people diagnosed with dementia before their 65th birthday and their families or supporters.**Working Age Café Venue**: Oakfield Community Centre, 245 Brettell Lane, Brierley Hill, West Midlands DY5 3LTLast Wednesday of each monthly 7 pm – 9 pm |
| [**Carer Aware Information - Online Training Course**](https://www.dudleyci.co.uk/kb5/dudley/asch/service.page?id=ZuPE6EPxyoE&adultchannel=1_7) |
| An online resource for carers of relatives or friends with a disability, a long term illness or who are older and frail. Information on who is a carer, your rights and links to services to support you in Dudley, as well as to useful national sites. Complete the whole course or dip in and out as often as you want.See weblink below for more information and to complete the course.**Website:** <https://www.dudley.gov.uk>24 hour on line resource |
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| [**Carers Drop In - 'Getting Carers Connected' Halesowen**](https://www.dudleyci.co.uk/kb5/dudley/asch/service.page?id=bobIW39nj8c&adultchannel=1_7) |
| A bi monthly drop in service for carers to speak to a member of the Dudley Carers Hub, who will be able to provide information, advice and guidance regarding your caring role.**Contact details**: Dudley Carers Hub, Queens Cross Network, Wellington Road, Dudley, West Midlands. DY1 1RU**Email:** carers.network@dudley.gov.uk website <https://www.dudley.gov.uk/.../carers>**Venue**: Brett Young Dementia Gateway, Old Hawne Lane, Halesowen, West Midlands. B63 3STThis session takes place the 2nd and 4th Tuesday of each month10.30am-3.00pm[**Carers Drop In - 'Getting Carers Connected' Lye**](https://www.dudleyci.co.uk/kb5/dudley/asch/service.page?id=Bgevfbx5vio&adultchannel=1_7)A monthly drop in service for carers to speak to a member of the Dudley Carers Hub, who will be able to provide information, advice and guidance regarding your caring role.**Contact details**: Dudley Carers Hub, Queens Cross Network, Wellington Road, Dudley, West Midlands. DY1 1RU**Email**: carers.network@dudley.gov.uk website <https://www.dudley.gov.uk/.../carers>**Venue:**  Lye Project, 3 High Street, Lye, Stourbridge, West Midlands DY9 8JTThis session takes place the 2nd Monday of each month10.30am-2.00pm |
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| **Carers Direct** |
| Information, advice and support for carers. You can call the **Carers Direct** helpline if you need help with your caring role and want to talk to someone about what options are available to you. The helpline is open from 9.00am-8.00pm Monday to Friday, and from 11.00am-4.00pm at weekends.The helpline is closed on bank holidays.For more information contact the Helpline on 0300 123 1053 or visit<http://www.nhs.uk/conditions/social-care-and-support-guide/pages/carers-direct-helpline.aspx>**Carers Wellbeing Café**Come along and join us at Dudley Carers \Hub for a cuppa and a chat.The Wellbeing Café invites carers to come along to socialise, relax and have a chat. Theres is usually an activity or guest speaker providing useful information to local carers, with a focus on promoting health and wellbeing. Dudley carers staff are also on hand to speak to.The café takes place on the third Thursday of each month 10.30 am – 1 pm at Dudley Carers Hub, Queens Cross Network, Wellington Road, Dudley. DY1 1RB.Simply pop along, make friends and relax. If you are attending for the first time please give us a call and let us know. Carers are welcome to bring the person they care for.To book please contact Dudley Carers |Hub Telephone 01384 818723 or email carers.network@dudley.gov.uk |
| **Carers UK** |
| A national organisation for carers, offering advice and support - the voice of carers.For more information contact the Advice Line on 0808 808 7777 or email comms@carersuk.org or visit[http://www.carersuk.org](http://www.carersuk.org/) |
| **Cancer Support, White House** |
| Support for people with cancer and their families and carers. The Carers’ Group meets on the second Monday of every month at 10.00am. The White House has Branch Groups in Brierley Hill, Halesowen, Sedgely & Gornal and Stourbridge. They have Specialist Groups for people with bowel, breast, prostate, skin and ovarian cancer. They run a Bereavement Support Group. The White House also offers information services, alternative therapies and social events and support at its large and comfortable premises. For more information contact the Whitehouse Cancer Support on 01384 231232, or email info@support4cancer.org.ukwww.support4cancer.org.uk |
| **Cerebral Palsy Midlands (CPM)** |
| Cerebral Palsy Midlands is a charity which supports and helps to empower people with CP and related disabilities throughout Birmingham, Solihull, Sandwell and Dudley. They provide drama, music, art, group exercise, literacy and numeracy and educational classes, an advocacy project and a wheelchair recycling project. For more information call 0121 427 3182, or go to [www.cpmids.org.uk](http://www.cpmids.org.uk/) **Chatterbox – Action Against Loneliness**Free telephone befriending service supporting carers, former carers, the bereaved, the frail-elderly and the socially isolated. Lonely clients are carefully matched to trained volunteer befrienders and receive regular support phone calls.Telephone 01743 245088 E-mail chatterbox@amega.uk.net Website http://www.omega.uk.net |
| **Crossroads – Caring for Carers** |
| Dudley Crossroads can help carers of those with a physical disability or sensory impairment, living in the Borough of Dudley. By providing a trained a trained carer support worker to take over their duties for a few hours, we can provide a free break to enable carers to recharge their batteries and assist them to continue in their caring roleFor more information contact Crossroads Dudley on 01384 298513 or email dudleycrossroads@gmail.com For information on Crossroads nationally see [www.crossroads.org.uk](http://www.crossroads.org.uk) |
| **Cruse Bereavement** |
| Cruse Bereavement care provides bereavement support. They provide a telephone helpline and email service; one-to-one, face-to-face support and counselling to adults, young people and children. Wolverhampton branch 01902 420055 Email dudleywolves@cruse.org.ukFor more information contact the National Helpline on 08088081677 or email info@cruse.org.uk or visit [www.cruse.org.uk](http://www.cruse.org.uk)Young People’s Freephone helpline on 0808 808 1677 or email info@RD4U.org.uk or visit [www.RD4U.org.uk](http://www.RD4U.org.uk)  |
| **C-Saw - Woodside** |
| The group is for carers of people with mental health issues who attend Woodside Day Centre. The group offers support to carers in group sessions or by appointment on a one to one service is offered.  They organise events for carers and for carers and the person they care for.  In the past the group have been on holiday, meals out, shopping trips and most recently to the pantomime.  Guest speakers are invited to speak to the group.  Events are held at Woodside for fund raising and are very well supported by the Dudley carers.For more information contact Janine Willetts on 01384 813415 or email janine.willets@dudley.gov.uk |
| **Deafblind UK - Group for people with both sight and hearing loss and their carers** |
| Deafblind UK is keen to set up a monthly support group to support anyone over the age of 18 who has a dual sensory loss. For more information on dates, times and venues, call the free information line on 0800 132 320 or contact Jessica on 07940 895575, or email at jessica.evans@deafblind.org.ukSent email for confirmation.**Dudley Advocacy – Care Act Advocacy**Care Act Advocacy referrals are made via the local authority and for support with any stage of the assessment, planning, care review, safeguarding enquiry or safeguarding adult review. If it appears to the authority that a person has care and support needs, then a judgement must be made as to whether that person has substantial difficulty in being involved and if there is an appropriate individual to support them. An independent advocate must be appointed to support and represent the person for the purpose of assisting their involvement if these two conditions are met and if the individual is required to take part in one or more of the following processes described in the Care Act:* a needs assessment,
* a carer’s assessment,
* the preparation of a care and support or support plan,
* a review of a care and support or support plan,
* a child’s needs assessment,
* a child’s carer’s assessment,
* a young carer’s assessment,
* a safeguarding enquiry,
* a safeguarding adult review,
* An appeal against a local authority decision under Part 1 of the Care Act (subject to further consultation).

Address: Dudley Advocacy, Noah Hingley Suite, The Savoy Centre, Northfield Road, DUDLEY, West Midlands DY2 9ESTelephone 01384 456877 Email info@dudleyadvocacy.org Website www.dudleyadvocacy.org |
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| **Dudley Café Neuro** |
| The Black Country Neurological Alliance are inviting everyone to come along to Queens Cross Network in Wellington Road, Dudley, starting on Thursday 3rd August at 2pm for a couple of hours chit chat over a cuppa. The café will take place every 1st Thursday in each month.The idea is for service users to meet together informally, and hopefully have some service providers and others there should any queries arise.No need to book, just turn up and ask at reception for directions to the meeting. Please see the poster for more information.For more information contact 01384 573381 or email info@dudleycvs.org.ukSee [www.dudleycvs.org.uk](http://www.dudleycvs.org.uk) **Dudley Carers Alliance**There are over 38,000 carers living across Dudley borough. Caring can happen at any time in someones life and can be an ongoing or a temporary role.As a carer you may provide unpaid support for a family member, friend, partner or neighbour who could not manage without your support.Dudley Carers Alliance understand and recognise the impact caring can have on a carers health and wellbeing and are here to help and support carers with information, signposting and practical assistance.Dudley Carers Alliance meets bimonthly at venues across the Dudley borough, it provides an opportunity for carers to be involved in reviewing and planning future support for carers in the borough.For more information visit the Dudley Carers Alliance website contact Dudley Carers NetworkTelephone 01384 818723 Email carers.network@dudley.gov.uk website https://www.dudleycarersalliance.org.uk**Dudley Carers Forum****Dudley Carers Forum** is an independent peer led group. By carers for carers. We share information and experiences at our monthly meetings. You are welcome to bring the person you care for with you. We also run a lively social programme of events aimed at giving carers a little respite. For full details of all our activities please check our website, which is updated regularly.Dudley Carers Forum is a [Community Information Point](https://healthwatchdudley.co.uk/infopoints/).Address: Queens’s Cross Network, Wellington Road, DUDLEY, West Midlands. DY1 1RB(Please note that Queens Cross is used for meetings only.)1st Wednesday of the month 11 am – 2pm |
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| **Dudley Carers Hub** |
| Located at Queens Cross Network, Dudley, the hub offers information, advice and a range of support to anyone caring for a family member or friend. Many people who provide care often do not recognise themselves as a carer, and are therefore unaware of the support available to them.  We aim to empower carers to make informed choices and provide specialist advice and support including: * Information on financial and legal rights
* Advice on respite services
* Advice on accessing social care and health and wellbeing services
* Emotional support
* Support with getting out and about, including social groups and carers groups
* Help with arranging a carers assessment
* Specialist training courses for carers

Pop in and see us at the hub Mon-Fri 9.30am - 3.00pm, or call to book an appointment outside of these times. For more information contact the Carers Network on 01384 818723, or email carers.network@dudley.gov.uk , or visit [www.dudley.gov.uk/carers](http://www.dudley.gov.uk/carers)[**Dudley Carers' Hub - Pre and Bereavement Group**](https://www.dudleyci.co.uk/kb5/dudley/asch/service.page?id=KZmFOTCHdAc&adultchannel=1_7)An informal peer support group for carers who are bereaved or caring for someone who is ‘end of life’.  An opportunity to chat with other carers who have been or are going through bereavement. For more information contact the Carers Network on 01384 818723, or email carers.network@dudley.gov.uk , or visit [www.dudley.gov.uk/carers](http://www.dudley.gov.uk/carers) Address: Queens’s Cross Network, Wellington Road, DUDLEY, West Midlands. DY1 1RB11.00am-1.00pmThis group meets the last Monday of each month |
| **Dudley African Caribbean Carers and Disability Support Group** |
| To provide a support network to address the needs of the older African Caribbean carers and those being cared for. We protect the rights and promote the interest of the African Caribbean community Monday 10.30am-2.30pm, Wednesday 10.30am-3.00pm**Costs:** £5.00 meal £3.00 transport £1.00 membershipFor more information contact the service on 07812264629 or email ddacc89\_@yahoo.co.uk**Dudley Dementia Gateway Services**Dudley MBC has two 'Dementia Gateways' situated in central and south of Dudley borough. The gateways support people diagnosed with dementia, their families and carers. They are staffed by people from Dudley NHS, the council's adult social care team and work closely with 'Alzheimer's Society' and the wider community.The Gateways offer access to a wide range of support for a person living with dementia. It is intended that once an individual has been referred to a gateway, contact and support will be maintained indefinitely. The support offered focuses around three key areas;* Prevention - providing information about dementia; advice, support and guidance on living well with dementia and signposting to other helpful services (i.e. telecare, home safety, support groups. Support to advocate on behalf of someone concerned about losing their memory who may seek advice from their GP and may need support whilst undergoing medical assessments to obtain a confirmed diagnosis of dementia is also available,
* Daytime respite (short or longer term) - each gateway offers support sessions according to the need of the person. There is a menu of day time opportunities that a person with dementia can access either on a "pop-in" basis, a short period of time or attend more regularly. This service also provides respite to carers from their care responsibilities. There is a range of activities and therapies on offer i.e. craft, exercise, music, gardening to name a few. A mid-day meal can also be provided.
* End of life support - each gateway is able to work with the person living with dementia, their family and carers to help people remain living in their own homes for as long as possible. The gateways work closely with palliative care services and provide ongoing support to family and carers during distressing times.

Dudley Dementia Gateway Service is a [Community Information Point](https://healthwatchdudley.co.uk/infopoints/). (For people who access services at the centre)Crystal Gateway is a [Safe Places Venue.](http://dudleyvoicesforchoice.org.uk/)Dementia Gateway Service, Enabling Community Support Office, Sheffield Street, Quarry Bank,DUDLEY, West Midlands. DY5 1EBTelephone 01384 816039 E-mail demgate.services@dudley.gov.uk Website Dementia Gateways |
| **Dudley Dyslexia Association** |
| For more information contact Ann Cook on 01384 291001 |
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| **Dudley HUGS (Hearts Undergoing Support****Dudley HUGS (Hearts Undergoing Support)** provides support, information and education to anyone and carers who have suffered a heart problem. We hold support meeting around every six weeks. We also organise social events to show that you can still can live a full life.Telephone 07767 766579 E-mail cynthiagracedavis@outlook.com website dudleyhugs.co.uk |
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| **Dudley Home Library Service**  |
| **Dudley Home Library Service** is open to people of all ages who experience significant difficulty using existing library service points. Some people may be temporarily housebound and will be considered for eligibility e.g. after an operation.If you are signed up for the free service, you will have your library books, including large print, talking books on cassettes or CD, playaways, music CDs, DVDs, jigsaws delivered to your door.You just need to say which books you like and library staff will bring a selection of books for you to choose from. You can request particular titles and subjects. The home library service will aim to deliver on the same day every four weeks and give you an estimated time of delivery.Website https://www.better.org.uk/..../dudley |
| **Dudley voices for Choice** |
|  Self-advocacy for people with a learning disability and people with autism. We empower people with learning disabilities and/or autism to speak up for themselves and their peers. We promote community inclusion and actively participate in community meetings and strategic meetings with the council and health services around the borough. We support people to attend the meetings and take an active part in the meetings as we believe the voices of people with learning disabilities and/or autism should be heard.We hold a forum the first Wednesday of every other month and we also take part in community groups around the borough. We do not charge for the forum. We deliver training, make information easily accessible to all and trial services, reporting back our findings.We support the Dudley Autism drop in at the Oakfield Centre - more details can be found by typing Autism drop in into the key words above. We run the Safe Places scheme in the Dudley borough which now has over 100 Safe Places around the borough. You can find out where they are by typing Safe Places in the Key words box on the community information directory. Dudley Voices for Choice is a [Safe Places Venue](http://dudleyvoicesforchoice.org.uk/safe-places/)  and a [Community Information Point](https://healthwatchdudley.co.uk/infopoints/).Telephone 01384 217057Email dudleyvoicesforchoice@gmail.comWebsite: dudleyvoicesforchoice.org.uk**Dudley Parent Carer Forum – Working together for change**We are an independent group of parent carers of children and young people (0-25 years) with disabilities and additional needs. We provide a safe environment for parent carers of children with disabilities or additional needs to share their thoughts and concerns and to empower them to have their voices heard in a way that influences change and service design.Any parent carer of a child with a disability or additional needs, residing in Dudley borough can become a member. You can get in touch by telephone, email, website, twitter or Facebook.**Address** Dudley CVS, 7 Albion Street, Brierley Hill, West Midlands DY5 3EE**Telephone** 01384 573381**E-mail** info@dudleyparentcarerforum.comWebsite dudleyparentcarerforum.com |
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| **Ehsas (Understanding) Carers** |
| Ehsas supports parents/carers whose first language is Mirpuri, Urdu or Punjabi. Many of the carers care for people with learning disabilities but other carers are very welcome. They arrange social and information events. While Ehsas supports the carers, Apna Group supports people with severe learning disabilities from ethnic minority communities in Dudley with educational and social activities. Apna works with public services to provide its members with opportunities to learn life skills, self-advocacy, sports and access to a community gym.For information contact 01384 422522, or email ehsascarers@googlrmail.com  |
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| **Headway Black Country** |
|  Our carer support groups are regular opportunities for carers to get together for a coffee and a chat, in an informal and supportive environment.They are a great opportunities to meet new people who understand the difficulty in coping with the effects of brain injury and the changes that this can bring. As well as meeting others there are outings, activities and speakers, which reflect the interests of those who attend.Carer support groups meet once every month. Any carer, family member or friend of survivors of an acquired brain injury are welcome, however any other interested carer will not be turned away! Our door is open.Pop along and see for yourself!Telephone 01384 869961E-mail admin@headwayblackcountry.co.ukWebsite www.headwayblackcountry.co.u**Macmillan Benefits Advice Service in Dudley** |
| For advice and support please call us on 01384 817721 |
| **OMEGA** |
| Provides support sessions for bereaved carers. For more information on sessions telephone 0845 259 3163 (local rate) or visit [www.omega.uk.net](http://www.omega.uk.net/)  |
| **Omega Care for Life - Chatterbox Telephone Support Service** |
| Chatterbox is a free, confidential telephone befriending service designed to support carers, former carers, the bereaved and the socially isolated. Chatterbox offers:* A listening ear
* A chance to find out about other services
* Help to find information and support

Chatterbox recruits, trains and supports volunteers and then carefully matches them with a client.For information and support contact 0845 259 3163 or email chatterbox@omega.uk.net or visit[http://www.omega.uk.net](http://www.omega.uk.net/) |
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| **Saltwells – Carers Amble Group** |
| Join us at the Saltwells Nature Reserve for our amble around part of the reserve which is nice and gentle walk along pathways that are mainly flat and are easy to negotiate.We meet on the car park at 12.30pm and it usually takes us about 1 hour to amble around, and afterwards we usually end up in the Saltwells Inn where we enjoy a carvery meal priced at £4.99.  Do join us where you will be able to be signposted to all services you may be able to access.  Saltwells Nature Reserve, off Coppice Lane, Quarry Bank, Dudley, DY5 1AXFor more information contact Healthwatch Dudley on 03000 111001 or email hello@healthwatchdudley.co.uk or visit [http://www.healthwatchdudley.co.uk](http://www.healthwatchdudley.co.uk/).Alternatively contact– Saltwells Nature Reserve on 01384 812795 or Email billweston36@outlook.com[**Singing by Heart - Dementia Singing Group**](https://www.dudleyci.co.uk/kb5/dudley/asch/service.page?id=9cZ_T4kSyaQ&adultchannel=1_7)A singing group using a mix of popular songs and Christian songs especially aimed to help those living with dementia and their carersTelephone Margaret Hollis 07957112393 email Margaret.hollis@salvationarmy.org.ukAddress: All Saints Church Hall, Vicar Street, Sedgley, DUDLEY, West Midlands.DY3 7SD |
| **Sounding Board** |
| Our aim is to support all carers and their families, also bereaved carers in the community. To offer companionship and share ideas such as health, education and finance. To enable us to do this we occasionally invite experts to do a presentation. We also organise various social events for members and their families including meals out from funds raised.Telephone 01384 357920 Email h.friesner@blueyonder.co.ukAddress: The Coach House, Rectory Road, Oldswinford, Sturbridge, West Midlands. DY8 2HA1st Tuesday of each month 1 pm – 3 pm |
| Stroke Association  |
| **Talkback** - Bank Street Methodist Church, Brierley Hill, Dudley. A weekly communication group to help people come to terms with their difficulties, build up and improve their skills, in a relaxed and friendly environment. Every Monday. Transport if needed is provided through ring and ride. Interested in attending then contact us for more details**Coffee Group** – The Beefeater, Kingswinford, Dudley. (Twice a month)The Dell Exercise Group – The Dell Stadium, Bryce Road, Pensnett. Morning group 10.30 – 12 noon. Afternoon group 1.15 – 2.30pm (every Wednesday)**Exercise class/family and carer support** – Kingswinford Christian Centre, Summer Street, Kingswinford. Every Thursday 10.30 – 12.30 pm. Come along and meet others in a similar situation, over a cup of tea or coffee.  Join in some gentle exercise and other activities**The Dudley Stroke Club** - The Dudley Stroke Club was founded in February 1982. This group meets 2nd Tuesday evening of each month 7.30-9.30pm with Entertainment/ bar/ tea & coffee/ raffle. For people who have suffered a stroke and their husband/wife/family/friend. It provides people with the opportunity to meet others in a similar situation. Some transport is available to get to the meeting.  The club also organises day trips.  Address: Dudley Employees sports and social club, Hillcrest Avenue, Brierley Hill2nd Tuesday of each month 7.30 pm – 9.30 pmFor more information contact Dudley Stroke Association on 01384 271982 or email mail@dudleystrokeassociation.org.uk or visit www.dudleystrokeassociation.org.uk |
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| **Tea & Chat for Carers at DY1** |
| An informal drop in service for people who support family members or friends and want someone to talk to about their caring role. This service is open to anyone and there is no need to book in advance you can just turn up.  For more information contact o 01384 573381or email carers@dyudleycvs.org.ukAddress: DY1 Community Building, Stafford Street, DUDLEY, West Midlands. DY1 1RT |
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| We Love Carers |
| Providing support, information advice, signposting, intervention and so much more for Carers throughout the Dudley Borough. For more information contact Stuart Homer on 07818321072 or email rachel@welovecarers.org or visit [http://www.welovecarers.org](http://www.welovecarers.org/) |
| Young Carers Aware online training course |
| Are you young carer aware? If you would like to find out more about the role and rights of young carers and how they can be supported why not take a look at our online course.All your questions answered,* Take the test and get your certificate,
* Revisit the course as often as you wish.

Click on the weblink below for more information.[https://www.dudley.gov.uk/](https://www.dudley.gov.uk/residents/care-and-health/adult-health-social-care/do-you-look-after-someone/young-carers/)Dudley Community Information DirectoryThe Dudley community information directory at [www.dudleyci.co.uk](http://www2.dudley.gov.uk/newsletter/t.aspx?n=72&l=277)  has details of many more community groups and activities plus information for people seeking to organise their own care and support. People who do not have internet access can use the computers in any library. Staff will be glad to assist.  |

