

10<sup>th</sup> June 2013

**Support and advice for carers all this week at Russells Hall Hospital**

Help and support is on offer for Dudley's 37,000 unpaid carers this week at Russells Hall Hospital's main reception.

In recognition of national Carers Week, 10th to 16th June, support, advice and information for carers will be offered at the Health Hub in the hospital's main reception.

Carers are unpaid and look after relatives or friends who are unwell, elderly, disabled or suffering from mental health issues. Many of these carers are under the age of 18.

To showcase the services and support opportunities on offer to carers, the Health Hub is being taken over all this week, with a jam packed timetable of groups, organisations and health professionals visiting the hospital.

Some of the visitors include a Dudley Artspace portrait artist and the MIND charity choir who will be performing a selection of songs (see the timetable of events below for information about specific dates and times).

All the services are completely free and are available to anyone who would like to find out more about what it means to be a carer.

\*\*\* ENDS \*\*\*

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>8.00-9.00am</b> Black Country Headway</p> <p><b>9.00-11.00am</b> Dudley Telecare services (alarms and technology for the home)</p> <p><b>10.00-12.00pm</b> Age UK Dudley</p> <p>Health Trainers Service</p> <p><b>12.00-2.00pm</b> Palliative Care Services COPD/ Respiratory Awareness Nurses</p> <p><b>2.00-4.00pm</b> Dudley Dementia Gateway Service</p> <p>Health Trainers Service</p> <p><b>3.00-5.00pm</b> Rethink Carers: Mental Health Support Service</p> <p>Alzheimer's Society</p>	<p><b>8.00-9.00am</b> Dudley Stroke: Family Worker</p> <p><b>9.00-11.00am:</b> Health Watch</p> <p><b>10.00-12.00pm</b> Living Well, Feeling Safe – Falls Service and other information for carers</p> <p>Health Trainers Service</p> <p><b>12.00-2.00pm</b> Dudley Citizens Advice Bureaux</p> <p>Care and Disability Advice Line</p> <p><b>2.00-4.00pm</b> Dudley Carers Forum (Support group of local carers)</p> <p>Health Trainers Service</p> <p><b>3.00-5.00pm</b> Adult Community Enablement Team (ACET)</p> <p><b>4.00-6.00pm</b> Dudley Carers Network: Adult Services</p>	<p><b>9.00-11.00am</b> Dudley Dementia Gateway Service</p> <p>Dudley Artspace Portrait Artist</p> <p><b>10.00-12.00pm</b> Living Well, Feeling Safe – Falls Service and other information for carers</p> <p>Health Trainers Service</p> <p><b>12.00-2.00pm</b> Dudley Cancer Support: The Whitehouse</p> <p>MIND: Mental Health Support Service</p> <p><b>2.00-4.00pm</b> Age UK Dudley</p> <p>Dudley Telecare Services</p> <p>Health Trainers Service</p> <p><b>3.00-5.00pm:</b> Community Development Workers: Mental Health</p> <p><b>4.00-6.00pm</b> Health Watch</p> <p><b>6.00pm</b> Performance from Dudley MIND Choir</p>	<p><b>8.00-9.00am</b> Dudley Stroke: Family Worker</p> <p><b>9.00-11.00am</b> Dudley Carers Forum</p> <p>Expert Patient/ Looking After Me Programmes</p> <p><b>10.00-12.00pm</b> Living Well, Feeling Safe – Falls Service and other information for carers</p> <p>Health Trainers Service</p> <p><b>12.00-2.00pm</b> Sickle Cell and Thalassaemia Support Project</p> <p><b>2.00-4.00pm</b> Dudley Citizens Advice Bureaux</p> <p>Care and Disability Advice Line</p> <p>Health Trainers Service</p> <p><b>3.00-5.00pm</b> Adult Community Enablement Team (ACET)</p> <p><b>4.00-6.00pm</b> Dudley Carers Network: Adult Services</p> <p>New Testament Welfare Association</p> <p><b>6.00-8.00pm:</b> Health Watch</p>	<p><b>9.00-11.00am</b> Dudley Telecare Services (alarms and technology for the home)</p> <p><b>10.00-12.00pm</b> Living Well, Feeling Safe – Falls Service and other information for carers</p> <p>Health Trainers Service</p> <p><b>12:00-2.00pm</b> Rethink Carers: Mental Health Support Service</p> <p>Age UK Dudley</p> <p><b>2.00-4.00pm</b> Dudley and Walsall Mental Health Partnership engagement and services</p> <p>Health Trainers Service</p> <p><b>3.00-5.00pm:</b> Alzheimer's Society</p>

For more information contact Alice Ford, Communications Assistant, The Dudley Group NHS Foundation Trust, on (01384) 456111 extension 1419.