

the Dudley Carer

Welcome to the Dudley Carer, a newsletter for people caring for a relative or friend of any age with a long term illness or disability, or who is older and frail

Celebrating our one year anniversary

We will be celebrating the first year anniversary of Dudley Carers Hub at the end of June!

Since opening our doors we have helped hundreds of carers living in Dudley Borough to access vital information, advice and practical support. We have also met with lots of carers in the community at our information outreach sessions, carers wellbeing cafés, training sessions and events.

As part of Carers Week 2019, which takes place 10th to 16th June 2019, we will be running a range of activities and information session across the borough (see enclosed leaflet). We will also be hosting the Dudley Carers Alliance meeting on Tuesday 11th June 2019, 10.30am – 1pm. This offers an opportunity for carers and organisations with an interest in supporting carers to meet and discuss how support for carers can be developed locally. The theme for June's meeting is 'Getting carers connected in their communities'.

We have also now launched satellite carer drop in sessions at other locations across Dudley Borough. There are being held at:

Brett Young Dementia Gateway, Old Hawne Road, Halesowen – on the second and fourth Tuesday of each month between 10am – 3pm (appointments are available on request).

Lye Project, 3 High Street, Lye, Stourbridge, DY9 8JT – on the second Monday of each month between 10am -3pm (appointments are available on request)

Supporting people who care for
a family member or friend



Information



Advice



Support



A carers story - 'The Carers Hub has been a lifeline'

Phil and Maureen Westwood are co-carers who care for Phil's mum. They also cared for his dad previously, before he passed away just before Christmas last year.

Phil's dad had dementia and his mum has Alzheimer's. The couple live with mum. Maureen continues to manage working, while Phil retired recently. They have both struggled with juggling their working lives with the demands of the caring role and have found this extremely stressful.

They both felt very alone in coping with their caring load and were finding it difficult to access information and services to help them. They heard about Dudley Carers Hub from a friend and have been thrilled with the support on offer.

Phil says: "We felt lost and alone as carers, we didn't know who to turn to. The Carers Hub has been such a lifeline. We have met with support staff and even had home visits. We now know there is someone to turn to, at the end of the phone, or we can pop into the hub. It really does feel like we are now sharing the load. We feel more positive about life, a lot less isolated and being able to talk helps massively."

The couple's journey has been tough but the hub has made a real difference to their lives.

The couple are hosting a charity dance night in August, with all proceeds going to Dementia UK, in memory of Phil's dad. Call Phil on 07866 782914 to find out more, or order tickets





Beware of rogue traders

Local people are being warned to be vigilant and look out for rogue traders.

A window fitter was recently forced to pay a hefty fine after enforcement action by Dudley Council. Brett Allsop falsely claimed to be a member of the Certass Competent Person Scheme.

In August of 2017, Allsop trading as Allglaze Windows completed a window installation at a property in Brierley Hill after wrongly advertising and claiming to be a member of the Certass Competent Person Scheme.

Certass Ltd brought the issues to the attention of Dudley Trading Standards after the householder got in touch following concerns about the misuse of their logo.

Allsop (58), of Buttermere Close, Lakeside, Stourbridge pleaded guilty at Wolverhampton Magistrates' Court on 18 April 2019 to offences under the Consumer Protection from Unfair Trading Regulations 2008 and to one offence of making a false representation under the Fraud Act 2006.

Allsop was fined a total of £5600 and ordered to pay £1949 costs, £160 compensation to the complainant, and a victim surcharge of £120.

Martin Samuels, Dudley Council's strategic director for people, said:

"This result should be seen as a warning to all traders who carry out work, and who may be tempted to use logos or quality marks that they have no right to use.

Dudley Trading Standards will not hesitate to investigate where traders mislead consumers into believing that they hold active membership when this is not the case. Quality marks are designed precisely to protect members of the public from rogue traders"

Dudley Council has a number of services set up to protect residents from rogue traders. Anyone who is suspicious of doorstep callers can call the Bogus Caller Hotline on 01384 812045 to report an incident 24/7.

In addition Dudley Trading Standards, in partnership with Age UK Dudley, offers the Fix a Home booklet of local approved traders who provide services of a high standard at a fair cost.

Copies are available online at www.dudley.gov.uk, search fix a home, or by calling 01384 814695. Copies are also available at local libraries and Age UK Dudley.

Getting carers connected to technology

People can find useful information about products, equipment and practical support to make life easier at home from a free, handy online tool.

Living well feeling safe online is an easy to use online assessment tool. It has been developed by Dudley Council in partnership with the Disability Living Foundation to help people find the support, gadgets and products that can help them be more independent, quickly and easily.

People choose a topic they would like some help with, such as bathing, answer some simple questions online about themselves and their home and based on the answers, a personalised report will be produced. This will suggest:

- Tips and ideas to make life easier
- Details of products and equipment that might help and where to get them
- Contacts for more advice and support, if needed.

There is also lots of support and advice on daily activities such as getting in and out of the bath, climbing stairs, washing, dressing, cooking, healthy eating and much more.

The online service aims to help anyone in need of a little extra support at home, whatever the reason, by finding them the products and services that they might not be aware of.

Marie Spittle, head of service commented "It's all about helping people to keep safe, well and independent through a quick and easy online tool that people can use for themselves. It's amazing how effective it can be. You can find everything you need, all from the comfort of your armchair."

Visit www.lwfsonline.org.uk



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In collaboration with



Looking after someone?

Caring for a loved one who is ill, disabled or older can be valuable and rewarding, but without the right support caring can have an impact on your health, your job, your finances and your social life.

Visit carersdigital.org



Your Free Access Code is: DGTL3392

Use this code to get free access to all the digital products and online resources, including:



About Me eLearning Course

This online course aims to help you identify and find resources, technology and sources of support to prevent your caring responsibilities from becoming overwhelming.



Jointly Care co-ordination app

A central place to store and share important information about the person you are caring for. Set up appointments, allocate tasks, save files and notes, manage medication and lots more.



Free publications Carers UK guides

Essential reading for carers including: *Upfront guide to caring*, *Looking after someone - Carers Rights Guide 2016* and *Being heard: A self-advocacy guide for carers*



Links to more info and local resources

Access links to further resources and sources of local information and support for people who are looking after a loved one.

Scan to register without using a code:



Connecting carers to other carers

Dudley Carers Forum meets on the first Wednesday of the month (Feb to Dec) to share information, experiences and concerns. It brings together support groups, professionals and individual carers.

Established in 1998 Dudley Carers Forum is a peer led. One of its core aims is to reduce isolation in carers. If you support a friend or relative to live independently even for just a few hours and are not paid, then YOU are a carer and the Forum is here to support you.

Recently obtaining a sizeable grant to help with isolation the Forum has published a year-long activity plan of trips and treats. Some of which are free and others heavily discounted for Forum members.

The first event took place during the February half term, where Forum members enjoyed a FREE trip to the Motor Museum at Gaydon. Unregistered Carers, friends and family also attend for a small charge.

For more details visit www.thecarersforum.co.uk or call Jane on 01384 572404.

Social Calendar

Saturday 15th June 2019

Canal Cruise for Forum Members and Carers only, from the Bonded warehouse, Stourbridge, meet at 10.15am to depart at 11am

Wheelchair spaces are very limited, please book early to avoid disappointment

Costs	Per person
Forum Members	£15.00
Carers	£18.00

Friday 21st June 2019

Corris Craft Centre and King Arthur's Labyrinth in Powys

<https://www.kingarthurslabyrinth.co.uk/>

Costs	Travel only	King Arthur Adults	King Arthur Children
Forum Member	£9.00	+£6.00	+£4.00
Carer	£13.00	+£9.00	+£7.00
Other	£15.00	+£12.25	+£8.15

Plus much more for the rest of the year! Check our website for full details.

www.thecarersforum.co.uk

Carers Week 2019 - 10 to 16 June

This year Carers Week 2019 will focus on 'Getting Carers Connected'

Caring can be a rewarding experience but carers often find it challenging to take care of their own health and wellbeing whilst caring.

The caring role may happen gradually as the person you care for has increasing needs, or it can happen overnight because of an accident or the diagnosis of a health condition. Caring can affect different aspects of a person's life from health and nutrition, to relationships and looking after a child, to finances and work. It should not be underestimated and caring impacts everyone differently.

It is estimated that there are 6.5 million carers in the UK who look after a family member, friend or neighbour due to illness, disability, mental health, substance misuse or an older person in need of help, as they grow older. Here in Dudley borough there are around 38,000 carers (Census 2011). Caring without the right information and support can be tough.

This year, Carers Week, wants everyone to recognise they have a part to play in connecting carers and helping them to get the support they need to care without neglecting their own health needs or wellbeing.

Carers need to be connected to:

Advice and information - Many carers struggle to access the right information and advice, as they do not recognise that they are a carer. Caring can be complicated and there can be unexpected costs, such as reduced working hours, or giving up work to care which can lead to money worries. Having the right information and advice can make a big difference and reduce the impact of the caring role on a carers own health and wellbeing. There are many places which can offer information to carers, including Dudley Carers Hub, or local voluntary organisations.

Services - Looking after someone can be hard work and carers often do not know what support services are available in their area. Carers caring for someone in the Dudley Borough can get a carer's assessment and this is a great way to get information, advice and guidance related to the carer's specific needs. The assessment will look at what support a carer may need from arranging a break from caring, getting the right equipment to care safely or getting support with improving wellbeing, services can connect carers to a range of support.

Friends and family - Lack of time, and understanding from others, can cause loneliness and isolation amongst carers. The difficulty of taking time away from our caring role also adds to these feelings. Greater understanding from friends, colleagues, and the public, as well as more opportunities for breaks and social activities can help combat feelings of loneliness and isolation.

Others, including carers - Caring can be lonely and isolating, having social contact with others can improve our wellbeing. As a carer speaking to someone who understands what is like being a carer either over the telephone or by attending a carer group can make a big difference.

Technology - There is a whole world of technology that could help carers make the home safer and their lives easier. While technology can never replace being with others, devices and apps can help people connect on a day to day basis, such as face timing a family member or friend. Things such as using an Amazon Echo to remind someone to take their medication or to have something to eat when the carer can't be around can make a big difference.

Through Carers Week Dudley Carers Hub and other carer organisations will be running a range of information sessions, activities and events for carers. Please visit www.dudley.gov.uk/carers to see our Carers Week 2019 programme for more details.

Changes to Blue Badge scheme

There has been a change to the government's Blue Badge scheme and you must now apply for a Blue Badge online.

This includes renewal applications, as well as new applications. There is no longer a postal option. This means the process is quicker, simpler and can be done in one transaction, including uploading your photograph and documents and paying the £10 fee online through the free, secure online payment service.

Before you apply you will need the following:

- A recent digital photo showing your head and shoulders (which you will upload)
- A photo or scan of your proof of identity (i.e passport or driving licence)
- Proof of your address (i.e a bill less than twelve months old)
- Proof of benefits (if you receive any)

Please also note that your documents and photo do not need to be uploaded at the time of your online application, if this is a problem for you. You can complete your online application and subsequently post them.

If you don't have access to a computer or smart device to complete the online form, please ask family members, or friends if they can help you.

Alternatively you can use the public access computers at: Dudley Council Plus, or Stourbridge, Brierley Hill and Halesowen Libraries.

If you are not able to use a computer and have no family or friends that can help you, then you can contact Dudley Council Plus 0300 555 2345 or email bluebadge@dudley.gov.uk.

Spring into summer

Helping older people stay safe and well this summer

The warmer summer months are the time for getting outdoors, having picnics and barbeques, enjoying the warm weather and relaxing in the sunshine.

The higher temperatures and a stronger sunshine can pose some serious health risks though, particularly to older people. During the fantastic summer of 2018, many older people struggled to keep cool and it's vital that some precautionary measures are taken to keep safe and well in the warmer months.

Dudley Council is running a summer campaign – 'spring into summer', this summer, which aims to help older people stay safe, well, healthy and happy over the warmer, months. An information booklet will list hints and tips to stay well, as well as services and organisations that can help people keep healthy, in touch with other people, avoiding feeling isolated and happy this summer. Look out for the booklet at pharmacies, libraries and other local pick up points.

Find out more at [www. Dudley.gov.uk/summerwellbeing](http://www.Dudley.gov.uk/summerwellbeing)

We Love Carers

We Love Carers provides support, information, advice, signposting, intervention and much more for carers living in Dudley Borough.

Carers can access a range of activities and groups. These include:

Little Chaos - all disability parent support group every Wednesday morning 9.30am – 11am (term time only) held at scallywags Brierley Hill. You don't need to bring children with you to attend. It's a free session but you do need to pay for any refreshments.

Sunday Chaos – a closed play session on the last Sunday of the month at Scallywags Brierley Hill. 9am -10.45am. No cost and no need to book but you will need to pay for any refreshments.

Total Chaos - a playgroup Saturday mornings for children aged 5-13 held at Queens Cross Network 10am -12noon. Please get in contact to arrange an initial visit. Cost £5 per child (siblings welcome).

Sports Chaos – a sports group designed to help with social interaction through team activities, for young people aged 14yrs plus at Woodside School (near MerryHill) every Thursday 7.30pm – 9pm. Cost £5 per session. Please contact to arrange initial visit prior to attending.

Extreme Chaos – Youth group for young people with disabilities siblings and young carers aged 13+. The group runs at Queens Cross Network the 1st and 3rd Tuesday of the month 7.30pm – 9pm. £5 per session per person.

Holiday Chaos – A 10-day holiday club at the beginning of the 6 weeks holiday for children aged 5 – 3 years, 10am - 3pm. The club runs at Woodsetton School, Dudley. Cost £20 charge per day per child and pack lunch will need to be provided. Places are limited and will need to be booked in advance.

Complete Chaos - A 14-day holiday club during the 6 weeks holiday for children who require 1-1 support aged 4-19 years, 10am - 3pm. The club runs at Pens meadow school, Wordsley. Cost £25 charge per day per child and pack lunch will need to be provided. Places are limited and will need to be booked in advance

Toy library - No regular sessions currently, but if you would like to borrow any of the specialist toys contact We Love Carers and they will arrange the loan. The group are currently setting up a new online library for our toys and will circulate information as soon as it's ready.

WLC Carers support group - Held monthly at Gather coffee shop, High Street, Dudley (next to the post office). Open to all carers within thier membership. Meet and chat with other carers and learn about anything new that's happening. Generally held the 2nd Friday of the month 10am – 12pm.

4US - Group for 25+ with disabilities held on a Wednesday evening 6pm -9pm at Queens Cross Network £5 per session, please get in touch for more information and before attending.

For more information on We Love Carers or any of the groups and activities on offer please call 07817 321072 E-mail hello@welovecarers.org



<http://www.welovecarers.org>



Dementia Looking After Me Course

Caring can be both physically and mentally exhausting as it affects every part of your life and can make you feel isolated, stressed and sometimes even depressed.

You may also have your own physical and mental health needs, which you and others might overlook when you are caring for someone else. However there is support available. Looking after yourself, and learning self-care strategies to deal with challenges means you will be in a better position to continue to care for the person affected. DLAM is a self management programme for carers of people with dementia that supports carers to manage their own health and wellbeing needs and encourages the sharing of coping strategies and peer support and buddying. Both these programmes are supported by the Dudley Dementia Gateway Service who either act as host for the training to take place or can provide some support for the cared for person whilst their carer participates in the course.

The programmes are FREE and run for 2.5 hours, once a week for 7 weeks.

Topics include:

- Getting a good night's sleep
- Coping with difficult emotions/depression
- Relaxation techniques and exercise
- Healthy eating
- Communicating with friends and family and health professionals

By taking part in a programme you will:

- Learn new skills to manage any challenges you may be experiencing
- Develop confidence
- Meet others and share similar experiences

Upcoming course:

Tuesday 11th June to 23rd July from 10.30am to 1.00pm at Brett Young Day Centre, Old Hawne Lane, Halesowen B63 3TB

If you are interested in learning more, or would like to book a place on to the course, or find out about future course dates please see contact information below:

Tel: 01384 816437 or Email: SMP@dudley.gov.uk

Dementia Cafés - connecting carers to other carers

Join us at one of our Dementia Cafés. These free, monthly groups provide advice and support, as well as relevant talks and activities for people living at home with dementia and the friends or family who help support them.

Halesowen Dementia Café

3rd Monday of each month 2pm – 4pm

Held at: Lifecentral Church, Little Cornbow, Halesowen, B63 3AJ

Brierley Hill Dementia Café

2nd Monday of each month 2pm – 4pm

Held at: Nine Locks Community Centre, Hill Street, Brierley Hill, DY5 2UE

Stourbridge Dementia Café

1st Thursday of each month 2pm -4pm

Held at: Mary Stevens Park Activity Centre, Norton Road, Stourbridge, DY8 1BD

Sedgley Dementia Café

3rd Friday of the month 2pm – 4pm

Held at: Beacon Centre for the Blind, Wolverhampton Road East, Sedgley, WV4 6AZ

Working Age Dementia Café for people diagnosed with early onset dementia

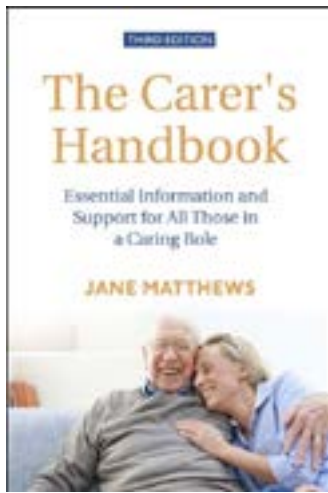
Last Wednesday of the month 7pm - 9pm

Held at: Oakfield Community Centre, 245 Brettell Lane, Brierley Hill, DY5 3LT

If you have any questions please get in touch:

Telephone: 0121 521 3020

Email: blackcountrydementiasupport@alzheimers.org.uk



The Carer's Handbook

Essential information and support for all those in a caring role

JANE MATTHEWS • 9781472141873 | PAPERBACK | £9.99

An indispensable guide for anyone who, now or later, finds themselves in a caring role.

The Carer's Handbook aims to be a one-stop-shop for the huge percentage of the population who find themselves in a caring role, whether that involves supporting a housebound neighbour, or giving up work to care full-time for a confused parent.

This comprehensive guide will also help carers care for themselves. It considers all the difficult feelings that go hand in hand with caring, including anxiety, anger, resentment, guilt and, more broadly how relationships may be affected.

There's guidance on what to do when a carer feels they are no longer able to cope, and how to prepare emotionally and practically for the time when caring comes to an end.

It includes:

- An extensive list of resources to arm carers with all the contacts they need to not just survive but thrive in their role
- How to avoid depression and set boundaries
- Tips for family and friends to help support carers
- Case studies from carers sharing their real experience on the front line of looking after loved ones

For the last ten years Jane Matthews has been a carer – for the third time in her life – gaining an even greater understanding and knowledge of what being a carer involves and the challenges it entails: personal, emotional and practical. She has come to realise that the most important message she can give her readers is the importance of self-care.

Café Neuro - Dudley

Café Neuro is for anyone who knows what it's like to live with a neurological condition whether themselves, as a friend, carer or worker.

Café Neuro is open on the first Thursday every month from 2pm - 4pm in the Jubilee Room at Queen's Cross Network, Wellington Road, Dudley, DY1 1RB.

Your order for tea or coffee supplied by Queen's Cross Network at just £1 will be taken on your arrival

The 2019 programme of talks is:

- June 6th - David Grove, Road Safety Officer DMBC
- July 4th - Deb Morton, Occupational Therapy Department
- August 1st - Lisa Stewart, Continence Team

For more information please call Bill on 07966 338341

Dudley Carers Alliance

A local engagement group for family carers and organisations, which supports carers to work in partnership to influence and change local services. The group raises the awareness of carers and the issues that affect them.

It aims to:

- enable discussion, consultation and networking with carers and key partners
- ensure that support for carers is embedded into local policies and strategies
- oversee the development and delivery of a local carers strategy and action plan
- ensure all carers, including 'hidden' or 'isolated' carers; or those carers with language or communication difficulties have an opportunity to have their voices, views and needs represented

The Carers Alliance meet bi-monthly and are looking for carers and organisations with an interest in supporting carers to join.

Our next meeting is on Tuesday 11th June 2019, 10.30am – 1pm at Dudley Carers Hub, Queens Cross Network, Wellington Road, Dudley, DY1 . The theme will be connecting carers to their local community. The following meeting is on Wednesday 25th September 2019, 10.30am – 1pm at Dudley Archives, Tipton Road, Dudley,

All carers are welcome but please contact the hub to confirm your attendance.

Getting Carers Connected

Dudley Carers Wellbeing Café – Dudley Carers Hub third Thursday of each month between 10.30am – 1pm

All carers are welcome to attend the hub's carers wellbeing café. You can bring the person you care for with you if you wish. The café is a great opportunity to get together have a coffee, chat and socialise with other carers. Forthcoming dates are:

- 20th June 2019
- 18th July – The Curiosity Project – Helen Garbett Artworks for Change

If you are attending for the first time please give us a call and we can make sure you have all of the right information.

Training For Carers

Online Safety 24th June, 10am – 1pm and 10th October, 10am – 1pm

A training session for carers, which will look at the importance of online safety. This will include the safe use of social media, your digital identity/footprint and the online laws in relation to you as well as this you support. The aim is to ensure that carers are aware of the need to be safe online and of the potential risks.

This training will take place at Dudley Carers Hub. For more information or to reserve a place please call 01384 818723 or email cares.network@dudley.gov.uk

Dudley Parenting Service - Universal Online Course

The Parenting Team organises and co-ordinates a range of parenting programmes, to offer support to families in Dudley Borough. They are currently offering a Universal Online Course which is open to any parent, or carer of a 0 -12 years old child.

You do not have to be struggling with parenting to access the course, it has been developed to help destigmatise parents asking for help.

The Universal Online Course - Triple P Online (TPOL) is a self-directed parenting course that can be found at www.dudley.gov.uk/dudleyparentingservice

Triple P Online helps parents with children aged 2 – 12 years:

- set their own goals
- become confident in their ability to manage parenting issues
- become self-sufficient problem solvers

A code is needed to access the course. Please register at www.dudleyparents.co.uk to get your free online Triple P-code. To be eligible you must have at least one of the following:

- Dudley postcode
- Dudley school
- Dudley GP

**Find out more about the Dudley Parenting Service
at: www.dudley.gov.uk/dudleyparentingservice**

Working Together for Change

Working Together for Change (WTFC) work together as individuals, organisations and partners with the aim of ensuring that the voices of parent and carers are heard.

WTFC ensure that all parents and carers are equipped with the knowledge and skills to influence change. They aim to:

- Offer support and provide friendship.
- Listen with empathy
- influence policy development.
- Provide signposting and share information in ways that is easily understandable and accessible
- Be democratic, transparent and represent the collective views of parent carers
- Influence policy development
- Be realistic in what we and partners together can achieve in the current austerity climate

For more information call 01384 573381 or email : info@dudleyparentcarerforum.com or visit <https://dudleyparentcarerforum.com/get-in-touch-2/>

Events

Living well, feeling safe

Get Connected Event Brierley Hill town centre

On Friday 5th July 2019, between 10am – 3pm Living Well Feeling Safe will be running a Get Connected event in Brierley Hill Town Centre. The event is open to the public and local health and care professionals and offers a wide range of information, advice and support, to help older and vulnerable people keep safe and independent. There will be a range of helpful and supportive services in attendance.

For more information contact the Living Well, Feeling Safe on 01384 817743

Armed Forces Day 2019

Armed Forces Day, which celebrates the work of serving personnel both past and present, will be held on Sunday June 30th in the grounds of Himley Hall and Park from 11am to 5pm. Entry to the event is FREE.

A family event including vintage fairground rides, Punch and Judy shows and craft, food and vintage stalls. There will also be paint balling provided by Dudley Army Cadet Force and an archery range, provided by Kingswinford Air Cadet squadron.

Pete's War Time Show and Victory Gal Melissa will keep the crowds entertained in the park with classic wartime era songs and stories while overhead the Royal Air Force Battle of Britain Memorial Flight team will be flying past in an original 1940s Dakota.

A highlight of the day will be the honouring 63 Military Intelligence Company with Freedom of Dudley Borough as they are officially presented with their scroll by the Mayor of Dudley.

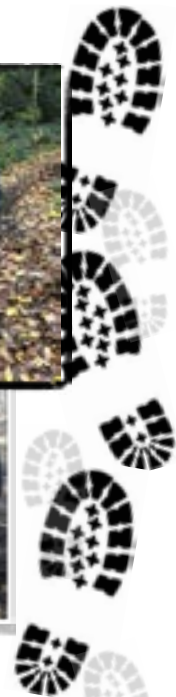
Find out more at www.himleyhallandpark.co.uk/armedforcesday

Dudley International Glass Festival

The next International Festival of Glass will be August Bank Holiday weekend Friday 23 August to Monday 26 August 2019.

Join some of the most talented glass artists from all over the world as they demonstrate an eclectic and inspiring mix of glass techniques. There will be an exciting programme of workshops, lectures and exhibitions. The Stourbridge Glass Quarter will be alive with family activities including a teenage market, family fun day, lively street entertainment, storytelling, puppet shows, costumed interpreters and a fabulous Festival Finale.

For more information visit www.glassquarter.dudley.gov.uk/welcome or contact 01384 817611



Regular, gentle walks on fully accessible woodland trails in Saltwells. **Everyone is welcome!** Join us and spend an hour taking in the beauty of the nature reserve, meeting other people and you can cap it all off with lunch in the pub afterwards where you can enjoy the full menu or the daily carvery from £4.50!

CARERS' & COMMUNITY AMBLE

Second Thursday of every month!



Meet at 12:30pm on Car Park (DY51AX).
 Just turn up, no need to book in advance!
 For more information contact Alan Preece (Senior Warden) on 01384 812795 or alan.preece@dudley.gov.uk or call Bill Weston on 07966 338341

Contacting Dudley Carers hub

For advice, information, to join our mailing list or for a list of carers support groups call 01384 818723 email carers.network@dudley.gov.uk visit www.dudley.gov.uk/carers

