

CONNECTING CARERS

This project is to connect carers online by providing help, training and activities.



#letstalkloneliness
#communitiescan
@Carers Trust @DCMS

This project is for carers registered with Carers Trust Solihull.
To register and for more information
☎ 0121 788 1143

✉ barrynoy@solihullcarers.org
🌐 www.solihullcarers.org



ONLINE TRAINING

One to one training tailored to what you want:

- Do you need help connecting to Zoom or Skype?
- Do you need to set up email or learn how to connect with your family?

ONLINE CARERS FORUM

For registered carers this forum is for carers to chat about topics that have been chosen by them:

- Create topics or take part in discussing topics online.
- If you need help to access the forum this can be done with the training.

ONLINE CARERS ACTIVITIES

Carers Trust Solihull have a range of activities for carers available on our website
www.solihullcarers.org

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