



THE CARERS NEWS

Local Carers Events in January

2nd - Acocks Green & South Birmingham Carers Group, 12:30-15:00, Acocks Green Baptist Church

6th - Birmingham Black Carers Support Group, Online, contact 07846 222913

16th - Music for Respite, 13:00-15:00, APMC, 339 Dudley Rd

23rd - Emergency Planning Session, 10:30-12:00, Carers Trust Solihull, NEED TO BOOK - Solihull Carers Website

25th - Our Carers Event, 13:00-14:00, Highfield Hall

30th - Carers Voice Event, 11:00-13:00, Sense TouchBase Pears

30th - The CUBS Group, 13:30-15:30, Birmingham Buddhist Centre



January Blues and what to do:

After the excitement and bustle of the Christmas season, it is completely natural to feel a little down at this time of the year. Typically, January Blues manifests itself as feelings of low mood, sadness, lack of motivation, tiredness and low energy. It is also the peak season for Seasonal Affective Disorder (SAD), which can induce serious depressive episodes during the darker months.

Blue Monday falls on January 16th this year. It is supposedly the saddest day of the year, due to a combination of bad weather, long nights and lingering aftermath of the festive period.

It is important to remember that this is normal and affects many people at this time of year. We suggest getting as much daylight as possible and trying to keep active. This will help reduce stress and increase Vitamin D. It is also important to remember to eat well, avoiding sugar crashes. Healthy diets can help improve mood, alongside making sure you get enough sleep.

Finally, don't be afraid to reach out if you are struggling. Financial struggles are a big concern in January, due to the long time between pay periods. As well as health concerns, your GP surgery can help you access holistic, social support.



Learning Disability Annual Health Checks

Anyone aged 14 or over who is on their doctor's learning disability register can have a free annual health check once a year.

You can ask to go on this register if you think you have a learning disability. Check with your doctor's practice if you or the person you care for is on the register.

This check consists of an appointment with a health professional. It is a great opportunity to talk about any health concerns and access any help needed.

Contact your practice to get this booked in.



Dementia Adviser

Did you know we have access to dementia advisers? This is a service provided by Alzheimers UK. Dementia advisers can listen to your needs and offer tailored information and advice so you can consider your future options, link you up with local professionals and services, including everything from social groups to help managing your money, provide support for you to access the services they refer you to so that you aren't alone.

There are monthly dementia adviser clinics at Hall Green Health and Northbrook. Contact your surgery to discuss your options.

COVID and Flu Vaccinations

January is the last chance to get your COVID jab this season. You can get your flu vaccination up until the end of March.

All carers over 18 are entitled to a COVID jab.

All primary carers over 18, who care for an older or disabled person, are entitled to a Flu jab.

Contact your individual surgery to discuss how to get your flu or COVID vaccination.



OUR NEXT EVENT

THURSDAY 29TH FEBRUARY:
February: Getting Outside
HIGHFIELD HALL, 1PM

HANDY CONTACT INFORMATION

Birmingham Carers Hub - 0333 006 9711 | <https://birminghamcarershub.org.uk/>

Emergency Support Birmingham - 0121 675 4806

Forward Carers - <https://forwardcarers.org.uk/>

Carers Trust Solihull - 0121 788 1143 | <https://solihullcarers.org/>

Freshwinds - Benefit & Debt Advice - office@freshwinds.org.uk

Social Prescribing - Contact your surgery for a referral to their Social Prescriber

Dementia Advisers - Contact your surgery for a referral to Dementia Advisers

Alzheimer's Society - 0333 150 3456 | <https://www.alzheimers.org.uk/>

Mencap - Learning Disability Support - 0808 808 1111 - <https://www.mencap.org.uk/>