



THE CARERS NEWS

Local Carers Events in March

Click on any event you are interested in for more information.

4th - [Acocks Green & South Birmingham Carers Group](#), 12:30-15:00, Acocks Green Baptist Church

6th - [Slow Flow Yoga - Women Only Class](#), from £1, B17 9NT

7th - [Tea & Jam - Music-Making Sessions for Unpaid Carers](#), 12:00-13:30PM, Symphony Hall

7th, 14th, 21st, 28th - [Care For Carers Support Group](#), Perry Common Community Hall

12th - [The CUBS Group - \(Carers United Birmingham South\)](#), 13:30, Birmingham Buddhist Centre

27th - [Disco Inclusive](#), Harborne Village Social Club

28th - [Our Carers Event](#), 13:00-14:00, Highfield Hall

28th - [Carer LifeSpa](#) - 9:45-12:00



Mental Health Support in your community

Did you know that 71% of carers have poor physical or mental health?

Carers UK's annual survey (2015) with over 5,000 carers across the UK revealed that 84% of carers feel more stressed, 78% feel more anxious, and 55% reported that they suffered from depression as a result of their caring role, which was higher than findings in 2014.

One of the biggest barriers to receiving Mental Health Support is, unfortunately, accessibility. Finding somewhere that can offer FREE support, outside of a clinical setting, in a reasonable time frame and that is close to home can be extremely difficult.

In March, we are welcoming "grounded. Hall Green", to our carers event to talk to you about who they are, what support they can offer and any community events they are running.



£200 Household Support Fund

Provided by the DWP, the household support fund is a set amount of money available for people experiencing financial hardship. It is available to one member of each household every year. Any money obtained from this grant does not impact any benefits you may be receiving.

Our social prescribing team have access to this fund for Birmingham Households. If you believe you may be eligible, please contact your surgery for a referral to social prescribing.

If you are a Solihull household, contact Solihull Council for further advice.



February: Getting Outside

A summary of February's Carers Event

Thursday 29th February 2024
Highfield Hall

As the weather warms up and the days get longer, it's an opportune time to embrace the outdoors. Research has shown that spending time in green spaces can reduce the risk of depression and enhance focus and attention. Additionally, regular exposure to natural light can assist in regulating sleep patterns, leading to better sleep quality. By making a habit of spending time outside in sunlight each day, you can promote a healthier sleep cycle and enjoy more restful nights.

Thrive Gardens joined us to discuss the benefits of their holistic agriculture courses that they provide for free at their Kings Heath Site. This is a 12-week programme, where you will be supported to grow your own plants from start to end. You are provided with a top, gloves and boots and

are supported by the wonderful team at Thrive Gardens. They expressed they had limited space in each session cohort, but would be happy to add names to waiting lists if the next session group fills up.

Lunch of veg and lentil curry and rice was kindly provided from the Big Feed, a The Active Wellbeing Society initiative.

Carers stayed behind after the event to socialise and discuss any needs with the care coordinator and social prescribing team.

It was wonderful to see new and regular faces this month and we look forward to welcoming you again in March.

Our Next Event!

28TH MARCH
Mental Health Event
HIGHFIELD HALL, 1PM

Carer Queries: *Answered*

Q: Are there any alternative dates for Carers Events?

A: Unfortunately, not ones hosted by us. However, on the front page of the newsletter you will find local alternatives each month.

Q: Can we have more legal information?

A: Absolutely, LPA support will be joining us again in the coming months.

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/>