



# THE CARERS NEWS

## Local Carers Events in April

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

**10th** - Slow Flow Yoga - Women Only Class, from £1, B17 9NT

**23rd** - The CUBS Group - (Carers United Birmingham South), 13:30, Birmingham Buddhist Centre

**24th** - Disco Inclusive, Harborne Village Social Club

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

**28th** - Carer LifeSpa - 9:45-12:00

Every Friday - Carers Walk, Cannon Hill Park

**Every Thursday** - Care For Carers Support Group, Perry Common Community Hall

**Every First Tuesday** - Acocks Green & South Birmingham Carers Group, 12:30-15:00, Acocks Green Baptist Church



## Household Support Fund 2024

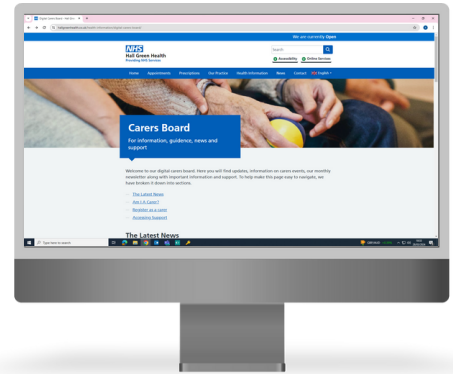
If you're having a hard time paying for essential things like bills, food, and other necessities, you might be able to get help from your local council. They have a program called the 'Household Support Fund' that aims to help people who are vulnerable or can't afford to pay for essentials. You don't need to be receiving benefits to get help from your local council, and getting assistance from the Household Support Fund won't affect your benefits if you receive them.

Each council has its own way of running its program, with different criteria for eligibility, application requirements, and who receives financial aid. In Birmingham, one person from each household who meets the criteria can apply for this aid once a year. If you need help applying, you can contact the GP surgery you are registered at and request a referral for social prescribing, or ask at the next carers event.

If you live in Solihull, you should contact your local council to find out more information.



MARCH 2024 | COMMUNITY CARE HALL GREEN PCN



Scan the QR Code OR by go to: <https://www.hallgreenhealth.co.uk/> and searching "Carers Board"

# March: Mental Health Matters

## *A summary of March's Carers Event*

Thursday 28th April 2024  
Highfield Hall

As a carer, you spend a significant amount of time and energy looking after the physical and mental health of those you care for. You may often find yourself putting their needs above your own, which can be both physically and emotionally taxing. Your role as a carer can be demanding, and it may leave you with little time for yourself.

However, it is important to remember that taking care of yourself is just as important as taking care of others. By prioritizing your own health and wellbeing, you can ensure that you are better equipped to meet the needs of those you care for. Remember to take breaks, practice self-care, and seek support when needed. You are doing a valuable and important job, and it is crucial that you take care of yourself along the way.

We were joined by Leila from Living Well Consortium to share some information on "grounded. Hall Green". "grounded." is a community focussed wellbeing hub offering a safe, accessible and non-intimidating place to visit to discuss options for mental health support as well as attend wellbeing workshops and community events, all of which aim to improve mental wellbeing, remove the stigma around mental health and bring the community together. You can access the service directly through the website linked here: <https://groundedcafe.co.uk/hall-green/>

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

Our Next Event!

**25TH APRIL**  
**Legal Event**  
**HIGHFIELD HALL, 1PM**

## Carer Queries: *Answered*

**Q: Can we have more information on grounded.?**

A: Please see the article written to the left.

**Q: Can we have more legal information?**

A: LPA support will be joining us again for April's carers event!

**Q: Can I access the Household Support Fund?**

A: Please contact your GP practice and ask for referral to social prescribing!

## HANDY CONTACT INFORMATION

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

**Emergency Carers 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](mailto: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/>