



THE CARERS NEWS

Update:

Local Carers Events in May

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

**30th - Our Carers Event,
13:00-14:00, Highfield Hall**

**21st - The CUBS Group -
(Carers United Birmingham
South), 13:30, Birmingham
Buddhist Centre**

**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**

**Every Third Wednesday
- Carers Hub Carer Drop
In, 10:30-12:30, 750 Bristol
Road**

**Mondays and Fridays -
Online coffee morning,
10:30**

Unfortunately, applications for the Household Support Fund have had to be paused for the backlog to be cleared. We will let you know when this is open to apply for again.



Respite Care

As a caregiver, your role is crucial in ensuring the well-being of your loved one. However, it's essential to remember that taking care of yourself is just as important. This is where respite care comes in. Respite care provides temporary relief to caregivers by allowing them to take a break from their caregiving responsibilities. During this time, your loved one can receive care from a professional caregiver or stay in a respite care facility. Respite care can range from a few hours to several weeks, giving you the time to recharge and take care of your own needs. It's a great way to prevent caregiver burnout and ensure that you can continue providing the best care possible for your loved one. So don't hesitate to explore respite care options available in your area and give yourself the break you deserve.

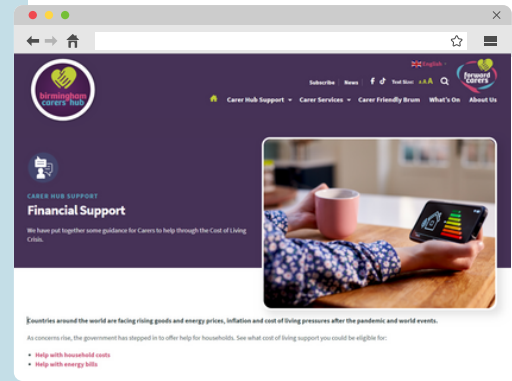
We have attached a leaflet to the end of this newsletter with more information around Respite Care.



Financial Support

The resource provided by Forward Carers is a valuable tool to support carers during this challenging period of rising living costs. By utilizing these resources, carers can better manage their finances, access necessary aid, and find comfort in knowing that they are not alone in facing these difficulties.

Visit <https://birminghamcarershub.org.uk/carer-support/financial-support/> or scan the QR code



April: Lasting Power of Attorney

A summary of April's Carers Event

Thursday 28th April 2024
Highfield Hall

Taking care of someone can be a big challenge, and dealing with the legal side of things can make it even more overwhelming. It's not uncommon to feel lost or confused when it comes to navigating the legal aspects of caring for someone, and it's okay to ask for help. After all, you want to make sure that you're doing everything right and that your loved one is getting the care and protection they need.

During our recent meeting, we had a fruitful discussion about the benefits support. We also had the privilege of having lasting power of attorney support representatives who were available to personally speak with us. The level of engagement was high, and it was heartening to see that many of our carers stayed behind to engage with the representatives further.

It was a great opportunity for everyone to gather more information and explore different options available to them.

Lunch was provided by The Big Feed and the Health Inequalities Care Coordinators, along with our Senior Social Prescriber.

Next month, we will be joined by Disability Resource Centre

Carer Queries: *Answered*

Q: Will Lunch be provided again in future?

A:

Q: Can we

A:

Q:

A:

Our Next Event!

30TH MAY 2024
Disability Resources
HIGHFIELD HALL, 1PM

HANDY CONTACT INFORMATION

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

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/>



Respite & Carers Breaks

Respite

Respite grants for SOLIHULL carers	Solihull Carers Trust	https://carers.org/getting-a-break/paying-for-respite
Birmingham - Dementia or Palliative	Cross Roads	https://www.crossroads-caringforcarers.org/care-at-home/respite-home-care/#:~:text=Crossroads%20can%20provide%20free%20respite,b%20Birmingham%20and%20Solihull%20ICB.
Regular Support for people with learning disabilities - can help the carer to get a couple of hours to themselves a week	Midland Mencap	https://midlandmencap.org.uk/cws/
£500 respite care grant for those who can not afford it	The Respite Association	https://respiteassociation.org/how-to-apply/
Council Respite Care	Birmingham City Council	https://www.birmingham.gov.uk/info/50036/paying_for_adult_care_and_support/2621/your_social_care_and_support_-_rates_and_charges/2

Carers Breaks

Carers Breaks	Take a break - Carefree (carefreespace.org)	Registration Required online
Carers Breaks	After Umbrage - UK Charity - Caring for those that care	Must Be registered at GP to apply
Carer Trips/ Socials	Carers United, Sutton Coldfield	Social activities including Carers Café, trips and events.Call 0121 355 1006