



# THE CARERS NEWS

## Local Carers Events in June

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

**27th - Our Carers Event,  
13:00-14:00, Highfield Hall**

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



## Carers Week

This month we celebrate Carers Week in the UK. It's a time to honour and recognise the invaluable contributions of unpaid carers who dedicate their lives to supporting family members, friends, and neighbours with disabilities, chronic illnesses, or ageing-related needs.

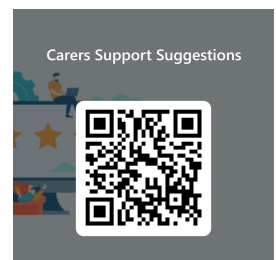
You often juggle multiple responsibilities, sacrificing your own needs and well-being to ensure the comfort and dignity of those you care for. Carers Week aims to raise awareness about the challenges faced by you to advocate for better support and resources.

We have attached a leaflet from Carers Hub, with an itinerary of everything going on for Carers Week this year. Carers Week will be commencing on

Let's take a moment to reflect on all the brilliant work you do, and talk about improving support for you.

*To let us know how we can support our carers in the future*

Scan the QR code, or visit:  
<https://forms.office.com/e/EfnkVcv0bP>

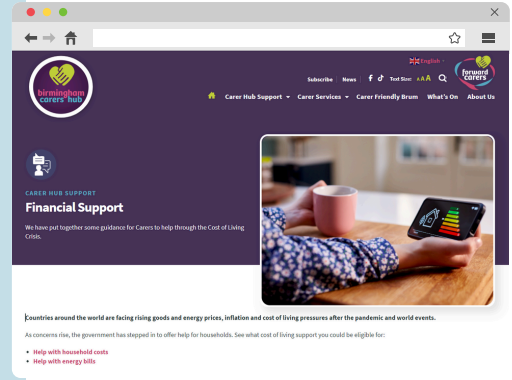




## Financial Support

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



# May: Disability Resources

*A summary of April's Carers Event*

Thursday 28th April 2024  
Highfield Hall

We are thrilled to share the highlights of our recent Carers Event. This event was a fantastic opportunity for carers in our community to connect, learn, and find support.

This month we were thrilled to have the participation of the Disability Resource Centre (DRC) and the Adult Support Hub (ASH).

ASH had a pop up stall, where carers could come and talk to a representative one to one and receive specific, personalised advice.

**Disability Resource Centre (DRC):**  
A representative from the Disability Resource Centre gave an informative talk about the Personal Independence Payment (PIP) application process. PIP is a benefit for people who need help with daily living activities or getting around because of a long-term illness or disability.

The representative provided valuable insights into:

- How to apply for PIP
- The assessment process
- What information and documentation are needed
- Tips for ensuring a successful application

The session was well-received, with many carers finding the information extremely helpful. It cleared up many common misconceptions and provided practical advice, empowering carers to better support their loved ones through the application process.

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

**Our Next Event!**

24TH JUNE 2024  
**FORWARD CARERS**  
HIGHFIELD HALL, 1PM

## Carer Queries: *Answered*

**Q: Am I entitled to a health check?**

A: Specific Long Term Conditions, and people age 40 to 74 are entitled to a health check every year

**Q: Can we bring our cared for along with us?**

A: Although we hope the events can help provide a much needed break from your caring responsibilities, we do welcome you to bring along anyone you may need to.

## 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](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/>



# Carers Week Calendar

Monday 10th June- Sunday 16th June 2024



MONDAY 10th	TUESDAY 11th	WEDNESDAY 12th	THURSDAY 13th	FRIDAY 14th	SATURDAY 15th
11am- 6:00pm Carers Appreciation Day	10:00am-3:00pm Birmingham Carers Hub- Health & Wellbeing Event	11:30am-4:00pm Carers Relaxation Walk & Cream Tea	10.00am-12:00pm Barefoot Yoga 'Sharing Our Stories'	10.30am-4:00pm Coffee morning with live music	12:00pm-6:00pm BCH Carers Community Party
The H Suite, Icknield Port Road, Edgbaston B16 0AA	Signing Tree 100 Ladywood Rd, Birmingham B16 8SZ	Hawkesley Community Centre 51 Edgewood Rd, Kings Norton B38 9RN	Barefoot Yoga Studio 7 High Street, Harborne, Birmingham B17 9NT	Communita Cafe, Age Concern, 76-78 Boldmere Road, Sutton Coldfield B73 5TJ	Farm Park, 100 Dearman Rd, Sparkbrook Birmingham B11 1HH
-Health & Wellbeing Discussion -Healthy Lunch -Entertainment	-Information -Guidance -Entertainment for all the family	-Dementia Group facilitators & advisors. Afternoon Tea with live music & singing	Creating and sharing Carer stories through collage making and poetry. FREE. Scan to book.	- Afternoon Tea with live music & singing -FREE cake & a drink	FREE fun for all the family! Live entertainment, stalls, information services
Tickets limited. Contact Erma 0121 422 0184 / 07957 738887	Birmingham Carers Hub partners will be in attendance	Tickets limited. To book contact- 03330 069711		Tickets limited. To book contact- 03330 069711	Birmingham Carers Hub partners will be in attendance
10:30-11:30am Carers Coffee Catch- ups	7:00pm-8:00pm What does the Carers Leave Act mean for you?	5:00pm- 7:00pm Headway Carers BBQ*	5:00pm- 6:00pm Carers Coffee Catch- ups	10:30am-11:30am Carers Coffee Catch- ups	
Online on Zoom. Scan to book 	Online. Book below 	Headway Birmingham & Solihull Leighton House, 20 Chapel Rise, Rednal B45 9SN	Online on Zoom 	Online on Zoom. Scan to book 	
Connect, share, & find support with fellow carers	1 hour discovery session, ask questions	*Open to Carers supporting those with brain injuries	Connect, share, & find support with fellow carers	Connect, share, & find support with fellow carers	<b>SUNDAY 16th</b>
10.00am-4.30pm Nail Pamper Day*	11:30am-1:00pm Hydrotherapy*	11:00am- 2:00pm Coffee & Canvas	11.30am-2:30pm Midland Mencap Carers Trip to Thinktank	11.30am-2:00pm Carers Lunch with Midland Mencap	12:00pm- 4:00pm Family Fun Day at Cofton Park*
OSCAR Birmingham 22 Regent Place B1 3NJ	OSCAR Birmingham 22 Regent Place B1 3NJ	Chai & Crumbs 2 Waterfront Walk, Birmingham B1 1SZ	Millenium Point Curzon St, Birmingham B4 7XG	Weoley Castle Community Centre, Bottetourt Road, Birmingham B29 5TE	Cofton Park Lickey Rd, Northfield, Rednal, Birmingham B45 8UN
*Open to Carers looking after people with Sickle Cell or Thalassaemia	*Open to Carers looking after people with Sickle Cell or Thalassaemia	15 spaces open to all Carers.	FREE Event! Booking is essential For more info & to book your place contact... 0121 442 2944 or email families@midland mencap.org.uk	FREE Event! Booking is essential For more info & to book your place contact... 0121 442 2944 or email families@midland mencap.org.uk	BBQ & Street food, fair ground games, bouncy castle, hand- made crafts. Fundraising for Headway Birmingham & Solihull
Appointment only Call 0121 212 9209	10 SPACES ONLY Appointment only Call 0121 212 9209	Bookings only. Call 0121 212 9209			*Open to Carers supporting those with brain injuries & their Cared- for
	10:00am-3:30pm Queen Elizabeth Hospital	10:00am-3:30pm Good Hope Hospital Treatment Centre	10:00am-3:30pm Heartlands Hospital Treatment Centre	11.30am-1:00pm Young Carers College Drop In	
	Carers Promotional Stand with CERS, Birmingham Carers Hub & Forward Carers	Carers Promotional Stand with CERS, Birmingham Carers Hub & Forward Carers	Carers Promotional Stand with CERS, Birmingham Carers Hub & Forward Carers	Young Adult Carers can get help and talk about issues and concerns	
	Open to staff & the public. No booking required	Open to staff & the public. No booking required	Open to staff & the public. No booking required	Greenwood Academy Farnborough Rd, Castle Vale B35 7NL	



**ALL  
EVENTS  
FREE!**