



THE CARERS NEWS

Local Carers Events in July

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

**25th - Our Carers Event,
13:00, Grounded. Hall Green**

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

Change of venue!

Our July carers event will be held at grounded. hall green, instead of Highfield Hall. Please see the attached leaflet to find out more.



Mental Health

Your dedication and love are invaluable, but it's crucial to prioritise your mental health. Remember, you can't pour from an empty cup. Taking care of yourself isn't a luxury—it's a necessity.

Make use of respite care options to take much-needed breaks, and seek out mental health resources like counselling and support groups. Explore flexible work arrangements if you're balancing a job with caring. Community programmes can also offer practical support and educational resources.

Your well-being directly impacts your ability to care for your loved ones. By prioritising your own mental health, you're ensuring you can continue to provide the best care possible. Remember, you are not alone in this journey.

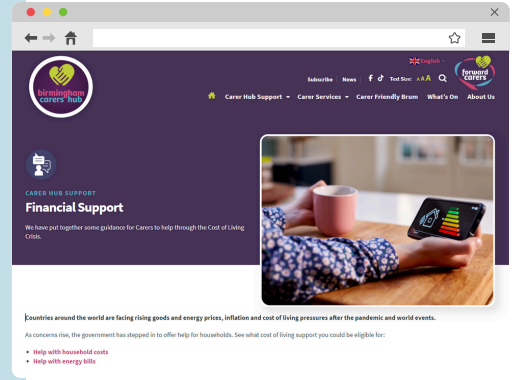
Reach out and get the support you deserve. Reach out to your GP surgery to discuss options such as social prescribing or mental health referrals.



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



JUNE: Forward Carers

A summary of June's Carers Event

Thursday 28th June 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 our Health Liaison Officer from Forward Carers.

Forward Carers is a not-for-profit organisation dedicated to supporting unpaid carers across the UK. They focus on creating 'Carer Friendly Communities' where carers are understood, valued, and supported in their roles.

In Birmingham, Forward Carers are associated with Birmingham Carers Hub.

The session was well-received, with many carers finding the information extremely helpful. We will be sure to keep the carers connected with Monica and invite her to future events.

We saw Sharon, our Cancer Care Coordinator and Paulette, our Safeguarding Care Coordinator, joining the group to provide insight into their particular areas, and take in the voice of the carers.

Lunch was provided by The Big Feed.

Different Venue 

Our Next Event!

25TH JULY 2024
MENTAL HEALTH
GROUNDED. , 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
- 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 EVENT



Carers registered at Hall Green Health, Northbrook Group Practice or Swanswell Medical Centre are all invited to join us for our monthly carers events.

This month's event is a drop-in session at Grounded. Hall Green. It is an opportunity to familiarise yourself with Grounded, as well as self-refer to their services.

NEXT EVENT:

DATE:

THURSDAY 25th
JULY 2024

TIME:

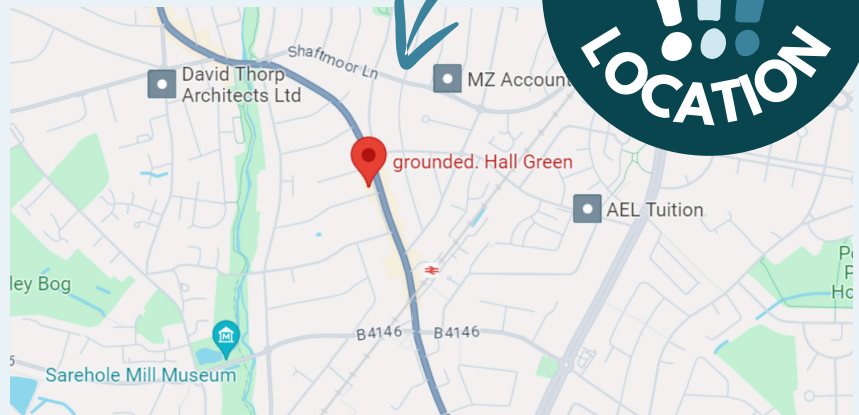
1-2 PM

LOCATION:

GROUNDED.
1043 Stratford Rd,
Birmingham, B28 8AS

SPECIAL GUESTS:

Grounded. Hall Green
Drop In Session



TIP! Make sure your surgery has an up to date mobile number to receive updates about carers events.