



# THE CARERS NEWS

## Local Carers Events in September

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

**27th, Our Carers Event, 13:00, Highfield Hall, 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** - Acoks Green & South Birmingham Carers Group, 12:30-15:00, Acoks 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

## Caring for someone with Dementia



Caring for a loved one with dementia can be both rewarding and challenging. Here are some key tips and local resources for carers in Birmingham:

Learn about dementia to manage the condition more effectively. Utilise online resources and local libraries. Furthermore, regular schedules for meals, activities, and bedtime can help reduce confusion and anxiety. Remove tripping hazards, install grab rails in bathrooms, and ensure good lighting. Use simple sentences, maintain eye contact, and encourage independence while providing support. And most importantly, ensure you take time for yourself, seek respite care, and connect with support groups.

### Support Services in Birmingham and Solihull

**Birmingham Carers Hub:** Offers support including advice, and training. Call 0333 006 9711.

**Alzheimer's Society Birmingham and Solihull:** Provides information, support, and local services. Call 0333 150 3456.

**Age UK Birmingham:** Offers dementia support, home help, and day care centres. Call 0121 437 0033.

**Dementia Connect Birmingham:** Connects individuals with personalised dementia support. Call 0333 150 3456.



## Dementia Respite Care

Crossroads offers free respite breaks for family carers in Birmingham who look after people with dementia or palliative conditions. Funded by Birmingham and Solihull ICB, these breaks are scheduled weekly for 2 to 3 hours or can include overnight stays to allow carers to recharge. After six weeks, we review your situation to assess any changes and determine further support.

Call [0121 553 6483](tel:01215536483), click [here to go to the website](#), or scan the QR code to find the referral form



## JULY: Grounded. Hall Green

*A summary of July's Carers Event*

Thursday 25th July 2024  
Highfield Hall

The carers event this month took place at grounded. in Hall Green. Despite a few unexpected hiccups, the event maintained a positive and engaging atmosphere.

Grounded, part of the Living Well Consortium, provides vital mental health and well-being services to the community. Amy from Grounded gave an informative talk on the services available, which was well-received by everyone.

It gave an opportunity to the carers that attended to explore and familiarise themselves with the space at grounded., as well as to self-refer to the services if needed.

The session was well-received, with many carers finding the information extremely helpful.

We saw Sharon, our Cancer Care Coordinator and Summer, a GP Assistant, join the group to provide insight into their particular areas, and support the carers at the event. Alongside them was Heidi, a carers event regular and one of our social prescribing team here at the Primary Care Network.

We hope to see some familiar faces next month at our Dementia Support carers group. All carers are welcome to attend!

Our Next Event!

29TH AUGUST 2024  
**DEMENTIA SUPPORT**  
HIGHFIELD HALL, 1PM

### Carer Queries: *Answered*

**Q: Can we have some more information on dementia support?**

A: Absolutely, Alzheimers UK will be attending our next carers event!

**Q: Can I come to events that don't relate to my role as a carer?**

A: All carers are welcome to come to any of our events. We will always have information and staff for you to talk to about your own caring set up.

## 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/>