



www.birminghamcarershub.org.uk

Every year over
2 million
people take on new
caring responsibilities



Almost
1.3 million
people aged 65
& older are carers



**Full-time carers are more
than twice as likely to be in
bad health than non-carers**



The majority of carers
are of working age

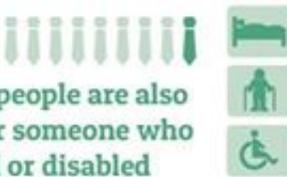


The peak age for caring is
50-64 years old
{ Over 2 million people in
this age group are carers }

61%
of carers have found it
difficult to maintain friendships



1 in 9
working people are also
caring for someone who
is ill, frail or disabled



#carersweek

carersweek.org.uk

Celebrating Birmingham's Unsung Heroes

National Carers Week is happening this summer! Come join us in celebrating Birmingham's unpaid family carers on Friday 10 June 2016 at Symphony Hall. If you joined us last June, you'll know that hundreds of families came along and enjoyed the day, and this year we're going even bigger and better!

Meet your fellow carers, find out your rights as a carer and access to local services, take part in our FREE wellbeing on-the-day activities, and pick up our exclusive-for-carers vouchers!

We also welcome professionals, volunteers and anyone else who has an interest in supporting carers and building resilient carer friendly communities. Come along, get involved, and enjoy the day! Explore our three zones focused on Carer-Friendly Communities,

- * Information and advice from service providers, care professionals, and legal experts
- * Live music, relaxed performances, and drop in masterclasses for carers throughout the day, as well as FREE refreshments
- * Wellbeing Zone with FREE massage & relaxation
- * Chill-out Zone for parents carers, designed especially for children with additional needs

Put the date in your diary and come along and celebrate carers in the community with Forward Carers! Keep watching this space for more details.

Friday 10 June 2016 (11am - 3pm)
Symphony Hall Foyer, Broad Street, Birmingham, B1 2EA



"The Max Card is a super way to involve the whole family in activities and it certainly makes it easier on the pocket!"



NEW! Parent-Carers Special: MaxCard

Plans for the summer? Save money on great days out at castles, zoos, bowling alleys and more! The Max Card is a discount card for families of children with additional needs. Simply show your Max Card upon venue entry to receive free or discounted admission for the whole family.

Max Card will be available to parent-carers across Birmingham from Friday 10 June. Be the first to grab yours when you pop along to our Carers Week event at Symphony Hall, 10.30am-3pm!

Click [HERE](#) to tell us you're coming and avoid the queues with our Fast Track registration! This will also help us cater to any additional support or assistance you might need on the day.

**Want to discover exclusive events,
activities, training sessions and more?**



Our Events Calendar is the ultimate up-to-date guide on what's going on for carers and their families in and around Birmingham. Check it out [HERE](#).

Be sure to add to your bookmarks and visit often - there's loads going on and we are constantly updating.

Got an event you'd like us to promote? Click [HERE](#).

For regularly recurring events such as coffee mornings, support groups, art clubs and fitness classes/activities, you can search by location nearest to you [HERE](#).

Upcoming Events



Headway WM Charity Dog Walk

8 May, 11am-2pm

Visit to Jinney Ring Craft Centre

16 May, 10.15am-2.30pm

Lavender Soaps and Tussie-Mussies (Creative Carers Programme)

19 May, 11am-1.30pm

Yoga & Meditation Half-day Workshop

31 May, 10.15am-2.15pm

A Big Thank You...

Forward Carers Consortium received national recognition for the work of Birmingham Carers Hub last week, when it won the Business Charity Award for partnership working! Forward Carers brings together many organisations to support family carers in our city. A big Thank You to all our partners.



Like us on [Facebook](#) or follow us on [Twitter](#) to receive the latest updates of what's on in your area. If you have any feedback or suggestions, we'd love to hear from you. Call 0333 006 9711 (low call rate) or email info@birminghamcarershub.org.uk.

Birmingham Carers Hub Team

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