



Hi there,

Cancer can affect everything. Whether you yourself have been diagnosed or you are looking after someone with cancer (or both), you might feel like your life is no longer yours. Having the right support can take away some of your stress and worry, letting you focus on what really matters: your health and your loved ones.

This issue of our e-news is all about the support available in Birmingham. Life with cancer is still your life. Keep reading to find out how to get involved, get back control, and keep living.

Warmest wishes,
Birmingham Carers Hub



Free NHS eye and hearing tests in your own home!



**If you or the person you care for
qualifies for free NHS sight
tests *and* are unable to leave your home
unaccompanied *or* require a home visit due to a physical or mental
disability, you may be eligible for a free sight and hearing test in your
home**



[Find out more](#)

Get Involved! Cancer Support in Birmingham

Carer Wellbeing Service

When cancer is diagnosed early, survival is better - and 4 in 10 cancers can be prevented. Thinking about making some lifestyle changes? Our Carer Wellbeing Service can

offer you an Carer MOT and lots of help.



[Find out more...](#)

Let's Talk About Relationships

Talking to your loved ones about their cancer can be the most challenging thing. Confidential counselling can help you make sense of the issues and say what you really need to say. Ring 0121 643 1638 now - all sessions are free.



[Find out more...](#)

Brain Tumour Support

Support Brain Tumour offers support, guidance and information for patients, families and carers that is responsive to your needs - through groups, home visits, one-to-one counselling, via phone and online - whatever best suits you. Regular groups in Birmingham, Aldridge and Wolverhampton.



[Find out more...](#)

A Safe Space for Families Dealing with Cancer



[A tour of the Birmingham Cancer Drop-in Centre](#)

This "home away from home" centre was created based on Georgie Moseley's own journey with her son Harry's cancer. Everything from emotional support, social activities, financial and housing advice, specialist wig and breast care advice and relaxation all in one place.

[Find out more...](#)

Facing Blood Cancer Together

Find out all you need to know about blood cancer. Bloodwise has loads of downloadable information and offers a Support Line team contactable on 0808 2080 888.



[Find out more...](#)

Relying on family or friends to pick up medication? Stressed or worried you might forget and run out? Never again!



Sign up to our FREE carer meds management and wellbeing service. Your prescriptions right to your door delivered by a friendly team.



[Register here](#)

What's Happening Across Birmingham

Autism Friendly Screenings - Cars 3, Sun 3rd Sept, 11am

Blindsided by a new generation of blazing-fast cars, the legendary Lightning McQueen finds himself pushed out of the sport that he loves. Hoping to get back in the game, he turns to Cruz Ramirez, an eager young technician who has her own plans for winning.

[Find out more...](#)



Welcome Change Family Counselling Service

One-to-one confidential service to family members, carers, friends affected and distressed by your loved one's drug or alcohol addiction. To book an appointment to see our counsellor: eleung@welcome-charity.org.uk or call 07983427305.



[Find out more...](#)

Wellbeing & Resilience Sessions for Carers, Mondays, 11am-1pm

Learn to prioritise self-care and keep yourself healthy and well. Meet up with other carers, share experiences, share and access information and to take part in some exercises

to support your mental wellbeing.

[Find out more...](#)



Practical Caring Support

Training >>



Ladies' English Language Group, Thurs 7th Sept, 9.30-11.30am

Want to improve your English language skills in a friendly setting? Meet here every week to develop your language skills with the help of a tutor.

[Find out more...](#)



Moving and Handling Training, Wed 13th Sept, Birmingham City Uni @ 10.00am - 1.30pm

As a carer, you may need to help someone move around. It's essential you know about safe moving and handling so you don't hurt yourself or the person you care for. This free training session will give you the skills and confidence you need in your role.

[Find out more...](#)

Don't forget to check our latest [online calendar](#) for more **FREE training, support groups, social events & wellbeing activities for carers from across the West Midlands**

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