



www.birminghamcarershub.org.uk

**Family Carers Special: Christmas Carol Concert
with the Metropolitan Brass Quintet
and Halas Home Sing & Sign Choir**



This is a chance for some festive respite in the busy Christmas period so come along to Birmingham Town Hall, sing a few songs and listen to the excellent Halas Homes Sing & Sign Choir and the Metropolitan Brass Quintet.

Come dressed in your best Christmas hats, jumpers and tinsel if you wish! After the concert, thanks to the generosity of Midland Mencap, everyone will be treated to a drink and a mince pie.

Tickets are £6.50 each and available via phone/in person only. Call THSH on 0121 780 4949 to book now! More info [HERE](#). Or if you're quick you may get one of the last remaining discounted tickets at £5.00 each from Midland Mencap, call 0121 442 2944.

Feeling lucky? Visit our Facebook page [HERE](#) -

1. Search our Timeline for our Facebook contest,
 2. Click to Like the post,
- and you'll be in the running to win a pair of tickets absolutely FREE!

Contest ends midnight on Monday 7 Dec so get clicking.

Carers' Rights Day 20 Nov 2015



A big Thank You to everyone who joined us at Birmingham Museum for Carers Rights Day on 20 November! Over 200 visitors attended this free event to find out more about a wide range of local carer support services and entitlements. We were delighted to support Birmingham Museums' launch of their 'Creative Carers' Programme on the day too. More on that coming soon! Missed the event? Look out for Carers UK's new guide to carers' rights and benefits. Download a free copy at www.carersuk.org or order over the phone on 0800 808 7777 or email advice@carersuk.org

**Nourish Your Spirit:
Retreats & relaxation, home and away.**



Since 2004 the Carers Project, run by our partner Birmingham Buddhist Centre, has offered unpaid carers in Birmingham the chance to learn relaxation techniques and approaches to help cope better with stress.

The Carers Project is offering overnight breaks with two days of activities in 2016 at the beautiful Charney Manor (pictured above), in Feb and March. Check out their half-day workshops too, held at the Buddhist Centre and open to any carer on a drop-in basis. The programme includes yoga and meditation. The workshops are held on the last Tuesday of the month.

Save the date! CARERS WELLBEING FESTIVAL Friday 11th - Sunday 13th March 2016 at Birmingham Buddhist Centre, 11 Park Road, Moseley, Birmingham, B13 8AB. Qi-gong, yoga, arts & crafts, meditation, nature walks, singing, food & drink and info stalls.

Find out more [HERE](#) or contact Sara on tel. 07426 542272 or email carersbreaks14@gmail.com

Changing Places - Making Birmingham #ChangingFriendly



The Changing Places Consortium campaigns for people who can't use standard accessible toilets and need more space and certain kit, for instance, a height adjustable changing bench and a hoist.

There are now two facilities in the city centre: the Birmingham Library and Bullring. Check out the Changing Places website [HERE](#) to find more Changing Places toilets on your route.

This lighthearted (but brutally honest) article highlights the [7 inconvenient truths](#) about the lack of understanding on the importance of keeping accessible loos truly accessible.

Well done, Changing Places, for campaigning for those who can't use the standard accessible loos. We may take the convenience for granted, but being able to go to the toilet when you need is indeed an important symbol of freedom, dignity and civilization.

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](#).

Upcoming Events
Introduction to Brain Injury Training
Mon 7 Dec 10am-3pm

Carers Christmas Carol Concert
Sun 13 Dec 11am-12pm

FREE Moving & Handling Training Part A
Tues 15 Dec 10am-1pm

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

Forward this email

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