



Hi there,

A massive thank you to everyone who joined us at Town Hall, Birmingham yesterday for our Families Together Christmas Carol Concert. So many cheery, happy faces! It was a lovely festive respite in this busy Christmas period.

Curious for what lies ahead in the New Year? More free training, workshops, and lots more support available tailored to your particular caring needs - and plenty of fun, social events, too! Read on...

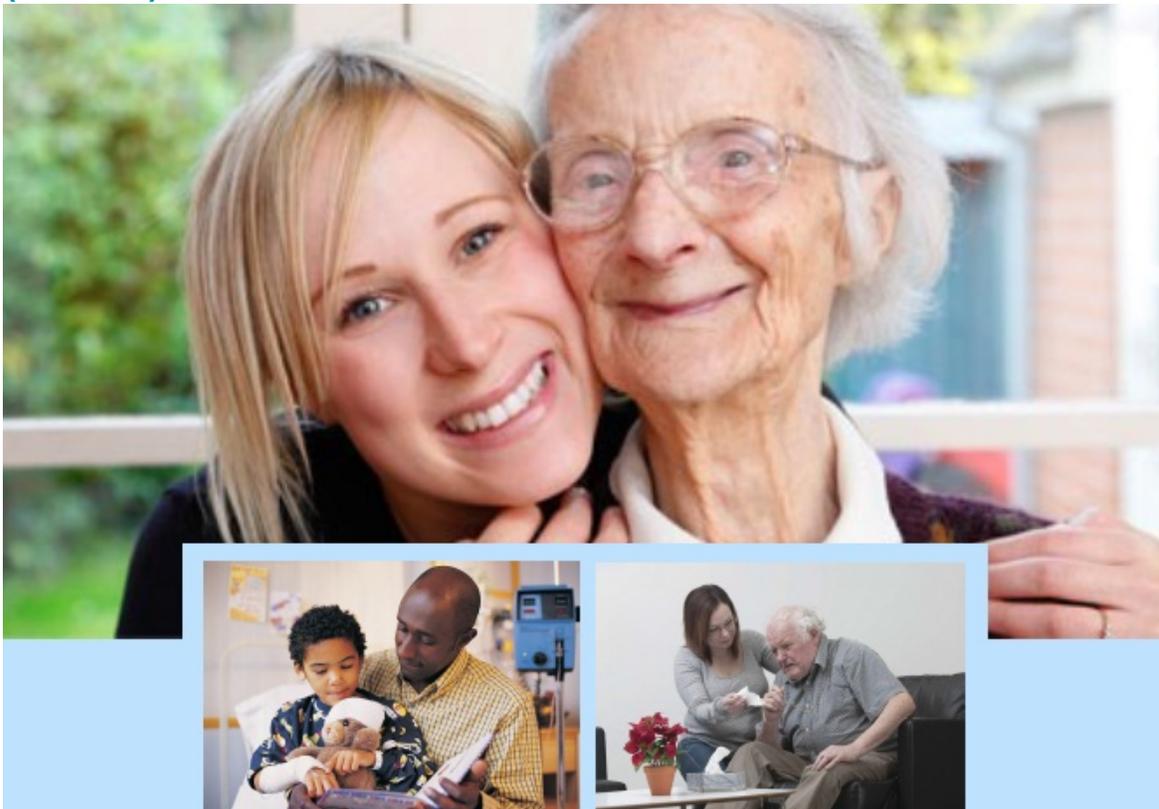
Wishing you a joyful, peaceful Christmas and Happy New Year.

Birmingham Carers Hub Team



## Coming Up in 2017

### Carers Knowledge, Information and Skills Sharing Project (C-KISS) >>



Perhaps you're new to caring so dealing with community services, doctors, nurses, paid carers can be daunting and stressful. This course will help you make sense of it all and be more informed about your caring role.

Got questions you've always wanted to ask but felt too intimidated or embarrassed to ask your loved one's doctors or other professionals? C-KISS is facilitated by friendly, caring trained professionals in a safe, open environment - so you'll have the opportunity to learn, ask, and get plain, frank answers to your questions. This 1 day training is course is for all carers with further details [HERE](#).

For more info or to book, please call Ann on 07525 310063 or email [ann.cubbin@bcu.ac.uk](mailto:ann.cubbin@bcu.ac.uk).

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**Book your space for Creative Carers 2017 >>**



The Creative Carers Programme was really well-received in 2016. We've had lots of new members joining us, and lots of old members coming back every month.

Because you love it so much, we're increasing the number of sessions. Plenty of opportunity for you to get involved! There's lots of new things to try as well, including creative writing and drama, as well as old favourites like baking and crafts. Check out the flyer [HERE](#).

For more info or to book, please contact Hannah on [hannah.graham@birminghammuseums.org.uk](mailto:hannah.graham@birminghammuseums.org.uk) or call on 0121 348 8271.

**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

### Upcoming Meet Ups >>

**Elf & Fitness - Tues 20th December, 10.30am-1pm**  
**(LAST MINUTE PLACES STILL AVAILABLE!)**

A fun morning of activities for the whole family including swimming, football, racquetball, cricket, dance and much more. Pub lunch after, about £10 per person.

[Find out more...](#)



**Yoga & Meditation Half Day Workshop - Tues 27th  
December, 10.15am-2.15pm**

A yoga and meditation practice can help you alleviate stress, maintain strength and flexibility, and sleep better at night.

[Find out more...](#)



## Practical Caring Support

### Upcoming Training >>



**SEN Local Support and Services Workshop for Parent  
Carers - Wed 11th January, 6-9pm**

Want to feel more confident making decisions about your child's journey? Come learn about national and local services and what they can offer, as well as share experiences with other parent-carers like yourself.

[Find out more...](#)

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**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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