



Dear Carer

Dig out your best Christmas jumper and join Forward Carers and Midland Mencap at the annual **Families Together at Christmas concert**, at the Town Hall, Birmingham, on Sunday 23 December at 11am. Tickets are free for Carers, but spaces are filling fast.

Expect a fun-packed event with carols, competitions and Christmas cheer. If you've been before, you will be treated to lots of new twists on all your festive favourites as this year's programme is going to feel very different. Use the code CARERXMAS to claim your free tickets online [here](#), call the box office on 0121 780 333, or request your tickets in person from the box office during opening hours. Book early to make sure you don't miss out.

Keep reading to find out about more festive activities, learn about new services and projects for Birmingham Carers and to find ways to stay connected over Christmas.

Finally, as the year draws to a close, we would thank all carers for your wonderful caring efforts throughout the year. Wishing you all a peaceful and connected Christmas and new year.

Warm wishes,

The Birmingham Carers Hub Team

Activities and Events for Carers

Creative Carers Programme

Birmingham Museums Creative Programme

runs over the year giving carers the opportunity to take part in free art activities. There are a few spaces remaining for this Friday's Georgian Christmas celebration at Soho House, Handsworth, on Fri 14 December, 11am - 1.30pm. However don't worry if you can't attend this, they will be back in the new year with a full programme of activities.



To find out more or to book a place, contact Rosie on 0121 348 8103 or email Rosie.Barker@BirminghamMuseums.org.uk

All events are listed in advance on the Forward Carers Events Calendar, check back regularly for our latest offerings.

[Find out more...](#)

Autism Friendly Christmas Screenings

One Sunday a month, ODEON host a sensory friendly screening designed to be an inclusive and welcoming environment for people with sensory sensitivities and their loved ones.

In December, participating Odeons will be holding two extra autism friendly screenings:

- **The Grinch**, Sun 16 Dec at 10.15am
- **Mary Poppins Returns**, Sun 30 Dec at 10.15am

Find out more about these films and about autism friendly screenings at other cinema chains, below.



[Find out more...](#)

Making Space for Carers, Selly Oak, 27 Dec

As part of our Making Space for Carers programme, we'd like to invite you to come along to meet some of the Forward Carers team and enjoy a hot drink and a chat. This is a chance to get together informally for some time-out from your caring role over the Christmas period.

Join us on Thursday 27 December at 11.30am at The Hive Café, Touchbase Pears, 750 Bristol Road, Selly Oak, B29 9NA.

To find out more about Making Space for Carers, and about our volunteering opportunities, click below.



[Find out more...](#)

Carers Rights Day

Our Carers Rights Day event on Friday 30 November in Selly Oak saw the biggest turnout to date of carers and families. Thank you to everyone who attended and who gave such positive feedback about your experiences.

The event saw the launch of some exciting new projects and services for Birmingham carers. Find out about our new Booklet of Services for Birmingham Carers, Unsung Heroes campaign and the University Hospitals Carer support programme below.



[Find out more...](#)

Connecting at Christmas

Lonely this Christmas?

Anyone can be affected by feelings of loneliness and isolation throughout the year, and even more so over the Christmas period, even if you don't live alone. Many people find their caring responsibilities leave them little time for developing relationships with friends and family and can feel isolated, especially over holiday periods.

Fortunately, there are a number of groups you can connect with either by phone or in person over the festive season, and we encourage anyone feeling lonely to reach out and make contact, these include . Click below for contact details and to find out more.

[Find out more...](#)

Have Your Say

Direct Payments: Are you getting the benefit?

If you or someone you care for use social care Direct Payments provided by Bham City council, Healthwatch Birmingham would like to hear from you.

Your views about choosing services paid for through your Direct Payments will help Healthwatch to understand the level of support you are receiving to pay for the services you use. Share your views in their short survey, below or call 0800 652 5278 to complete via telephone or to request a paper copy.

Survey closes on 30th December 2018

healthwatch
Birmingham
Your independent champion for
health and social care

Find out more...

Stay Warm, Get Smart

Groundwork West Midlands is supporting the Stay Warm Get Smart project run by Smart Energy GB. Smart Energy GB are running free workshops that cover everything you need to know about Smart Meters (the new gas and electricity meters) including how to reduce fuel poverty and improve energy efficiency. Click below to find out more or call Groundwork West Midlands on 0121 530 5500.



Find out more...

Coming up in 2019



Information & Art Day

Join BCH staff on the 26th of January to find out about services across the city and how to get involved. Free refreshments and art activities.
11am - 2pm

**BOOKING
ESSENTIAL**



Please Email:
Rosie.Barker@birminghammuseums.org.uk

Don't forget to check out our [online calendar](#) for more **FREE** training, support groups, social events & wellbeing activities

for carers from across the West Midlands

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