



www.birminghamcarershub.org.uk

Birmingham Museum & Art Gallery Wellbeing Day

Sat 5 Mar 2016, 11am-4pm

*Birmingham Museum & Art Gallery
Chamberlain Sq, Birmingham*

Could your responsibilities as a carer mean your own physical and emotional health is at stake? Finding some me-time can often be difficult. Yet it is vitally important to find some time for yourself, even just for a few minutes a day, to refresh and recharge.

Have a read of our updated Time for Me page [HERE](#) to find out how Birmingham Carers Hub can help you find some peace of mind - and why it's critically important for you to act NOW.

If you'd like the chance to immerse yourself in a culture of wellbeing, learn relaxation techniques and tips, come along to our

upcoming events:

Carers Wellbeing Event

Wed 24 Feb 2016, 10am-2.30pm, Sheldon Community Centre.

Birmingham Museums Wellbeing Day

Sat 5 Mar 2016, 11am-4pm, Birmingham Museum & Art Gallery.

Help us celebrate National Museums and Wellbeing Week with the 'Be Well at BMAG' day! If you've ever wanted to find out new ways to feel well, come and enjoy some free tasters, including:

- Indian Head Massage
- Meditation and mindfulness
- Reiki
- Reflexology
- Baby Massage
- Arts and crafts activities

Sign up for free tasters on the day, 10am-4pm. Spaces are limited.



**Partner
Spotlight**



Headway West Midlands

Headway West Midlands Carer Services team provide a variety of specialist services for carers of people with an acquired brain injury. We have an Enquiry Line staffed 9am-4pm, Mon to Fri for advice and information for professionals and carers.

We have a team of Family Support Workers who specialise in assessing the needs of families affected by brain injury and ensuring they are signposted to all of the relevant services to enable carers to access some much needed respite. The Support Workers can also assist with housing and benefits advice.

Headway West Midlands also provide ongoing training to carers, as well as access to social and wellbeing activities, support groups and counselling.

For more information please visit our website [HERE](#).

Please contact us on 0121 457 7541 and choose option 1 to go straight through to the enquiry line.

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

Coping & Support - Families of children with additional needs
22 Feb, 10am-12.30pm

Yoga & Meditation Half Day Workshop
23 Feb, 10.15am-2.15pm

Health & Fitness Class
Tuesdays starting 23 Feb, 11am-12pm

FREE First Aid Training
24 Feb, 10am-1pm

Local Coffee Mornings
One Thursday each month, depending on location, 11.30am-1pm
East Birmingham (Women only), 25 Feb
North Birmingham, 3 Mar
Central Birmingham, 10 Mar
West Birmingham (Women Only), 10 Mar

South Birmingham, 24 Mar

Afternoon Conversation Workshop

29 Feb, 10am-2.30pm

Seven Up Youth Sessions

Fortnightly from 5 Mar, 2-4.30pm

Carers Wellbeing Festival

11-13 Mar, 10am-5pm

Creative Carers Programme - Silk Painting

17 Mar, 11am-1.30pm

Disability Awareness Day

18 Mar, 9am-2pm

Autism Support

18 Mar, 10-11.30am

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Birmingham Carers Hub Team



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