



Hi there,

We have made it through the first month of the year.

It has been an exciting start to the new year for Birmingham Carers Hub. We are working hard with employers to recognise carers who work or wish to return to the workplace. Over the next month we will be making helpful updates to the website that will look to support you within the workplace.

The Working for Carers programme will be launched at the [Carers Event](#) on Friday 2nd March where you will hear about how the NHS and Birmingham City Council want to recognise the value carers bring to the city, and how they can better support you; see below for more information.

The new General Data Protection Regulation, or GDPR, will overhaul how businesses process and handle data. This law comes into play on the 25th March 2018, and you may receive a call, text or email from one of the team to ensure you are happy for your personal data to remain on our system so we can stay in touch with you. If you are unsure about what that means for you check out [GDPR Guidelines](#) for more information.

On Thursday 25 January, it was Young Carers Awareness Day 2018.

A [young carer](#) is someone aged 18 or under who helps look after a relative who has a condition, such as a disability, illness, mental health condition, drug or alcohol problem.

Hundreds of thousands of children in the UK are considered to be young carers. YMCA Sutton Coldfield offer drop in sessions for young adult carers (18-25), visit [our events page for more information](#).

Warmest wishes,  
Birmingham Carers Hub



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! Events coming soon in Birmingham

### NHS and Birmingham City Council Carers Event - Friday 2nd March 2018

NHS Birmingham and Birmingham City Council would like to invite carers to a carers' information event, taking place on Friday 2 March, 10.00 - 14.00, at Birmingham City Football Ground.



At this free event, hear from newly appointed Chief Executive Paul Jennings (NHS) and Interim Corporate Director Graeme Betts (Birmingham City Council), about their vision for Birmingham as a carer friendly city, their joint commitment to carers in Birmingham, and how you can get involved to shape services for carers.

A buffet lunch is also available, as well a marketplace of carer services for you to browse, including us!

The event is free to attend. To register, please click below

[Find out more...](#)

### Carers Week 11- 17 June 2018

Make a note in your diaries for Carers Week 2018. Carers Week is an annual national campaign to raise awareness of caring, highlight the challenges carers face and recognise the contribution they make to families and communities throughout the UK.



Within Birmingham, there will be events and activities taking place throughout the week to mark the occasion with an event also taking place on Sunday 17th June to end the week.

Further details will be available over the forthcoming months.

If you are organising an activity or event during this week and want to be included in our events calendar please [click here](#)

## What's Happening Across Birmingham

## Seven Up Youth Sessions - Every 1st and 3rd Saturday of the Month. Yardley Wood

Seven Up is a community play group for disabled children and young people set up by local parents to provide fully accessible play and leisure opportunities.

Aimed at 13-25 year olds.

Venue for the activities may vary from week to week, all within the Ladywood area.

Limited spaces so booking is essential!

[Find out more...](#)



## Health & Fitness Class, Tuesday 20th February, Aston

Leading a healthier lifestyle can help you in your carer role.

Meet in a social setting to actively take part in fun exercise for your own health and wellbeing.

Classes take place every Tuesday at 11am.

Each class costs £1.00.

[Find out more...](#)



## Practical Caring Support

### Training & Workshops >>

#### Young Adult Carers Employment and Skills session on 22 February

Are you interested in finding out more information on how to get into the workplace, or manage your current role along side your caring role?

YMCA Upbeat Project are running a skills session. Click below to find out more.

[Find out more...](#)

## Get involved

**We are looking to showcase you!**  
**Would you like to get involved by sharing your story?**  
**If you have received a positive experience, take part in a group or have something to share, drop the team an email with your story and we will be in touch.**

**If you are running a group or activity and want to showcase it, drop us an email.**

**news@birminghamcarershub.org.uk**

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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**

**Need to print this E-news as a pdf? Click [here](#)**

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