



Birmingham Carers Hub

If you are a parent-carer of a disabled child or looking after a frail loved one in Birmingham, we can offer you free help and support.

www.birminghamcarershub.org.uk

How many unpaid family carers are there in the UK? In Brum? Living in your street? Scroll down to Simon's blog below to find out. You may be surprised...

Hi there

Welcome to our first e-update! Are you one of Birmingham's 107,000 unpaid carers looking after a loved one? This time a year ago we were just a group of like minded professionals with a vision for improving the lives of our City's family carers. Now *Birmingham Carers Hub* is a reality - a one-stop-shop bringing together around 30 organisations. We are the new carers service commissioned by Birmingham City Council, offering everything from practical training, to the [Carers Emergency Response Team](#), to wellbeing and a break from caring.

Check out our website www.birminghamcarershub.org.uk and please do 'Like', 'Share' and 'Follow' us on [facebook](#) and [Twitter](#) where we'll be posting all the latest on carer groups, services and special events and training.

If someone has forwarded this to you, you can register below to receive regular e-news updates. Whether you're a parent of a disabled child, looking after your partner, a health professional, or perhaps running an informal carer group, get involved! Post your thoughts, views or carer tips on our facebook page - let's get the conversation started.

Looking to the year ahead, we're busy preparing for the Care Act, which will see carers have the same rights as those they care for. My personal goal is for the Hub to help carers take time out and focus on themselves for a change - are *you* thinking about your own physical, mental and emotional wellbeing? Why not make 2015 the year you do?

Simon Fenton
Chef Executive
Forward Carers

P.S. Click on the infographic below to read my blog. I'd love to hear your take on Carerland.

How many carers?

*How many carers are there out there?
How many on your street?
The answer might surprise you!*

The UK..



There are over 6 and a half million unpaid carers in the UK...



...almost 300 thousand of whom live in the West Midlands



...Birmingham



There are more than one hundred thousand carers in Birmingham!



...your street



1 in every 4 households in Birmingham is home to a carer



There are up to 500 carers living within a five minute walk of your house!

within a 5 minute walk of your house

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