



www.birminghamcarershub.org.uk



They say a failure to plan is to plan to fail. Having a written emergency plan can prevent an emergency situation from becoming a full-blown crisis. At the very least, you won't need to go into panic mode each time you feel a cold coming on!

3 things you need to know:

1. As a carer, you are the expert on the individual(s) you're looking after. If something happens to you, that knowledge goes with you.
2. You're not alone. There may be family members or friends who may be able to help in an emergency. Planning ahead means you can have these conversations early on, free from the pressure of an actual emergency.
3. Don't let the thought scare you - you may not ever need to use the emergency plan! Simply knowing it's there can greatly reduce anxiety, stress and uncertainty.

4 questions you need to ask yourself:

1. What are the most critical care needs of the person you care for?
2. Who might be able to help with caring, and when/what sort of care would they be willing to provide?

3. What treatments/medications need to be monitored? Dose, route (by mouth, injection, etc.), how often.

4. What allergies/dietary requirements does the person have? Don't forget products as well as food.

Just take a little time to go through the list above to prepare yourself. We can also help give you peace of mind in times of crisis with the [Carers Emergency Response Service \(CERS\)](#).

CERS is a FREE emergency back up service to provide support to those caring for a dependent family member, neighbour or friend living in Birmingham. Once registered, a highly trained team member will assess your caring situation and agree an emergency back-up plan. You'll receive a dedicated emergency contact number for times of crisis so CERS can spring into action when you need them most.

Register now by calling 0121 442 2960.



On Monday 4 Jan we launched our first-ever video commercial at a Grand Central Birmingham roadshow. We were proud to share the space with other local community groups and services such as Midland Fertility, Adoption & Fostering and Be Active Birmingham. Our short video is a simple way of showcasing the great work we do to support family carers. To be one of the first to see the Birmingham Carers Hub commercial click [HERE](#).



If you missed out on January's Creative Carers 'Hands on with History' event at Birmingham Museum & Art Gallery, fret not - we have a whole year of fun, exciting and artsy craftsy activities planned.

Next up on Fri 12 Feb, 11am-1.30pm, is Printmaking. Learn about a variety of techniques used to make prints, and you'll get to experiment with different techniques and materials to make your very own! For more information on the programme, or to book a place (booking is essential!), contact Rosie Barker: Rosie.Barker@BirminghamMuseums.org.uk or 0121 348 8103.

The Creative Carers 'Hands on with History' event on Sat 16 Jan was, as the name suggests, all hands-on. Our curious Creative Carers had the chance to create their own Egyptian paintings on papyrus, and handle objects dating right back to 3,000 years ago, including amulets, statuettes, and painted pieces of a coffin. Don't worry, none of it was cursed... we hope.

Here's what one participant had to say:

"I think that the programme is a great idea and one that I appreciate being a part of. To acknowledge that unpaid carers are doing work that is valued and to organise a time for our recreation is a wonderful statement of recognition."

**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

Young Carers Awareness Day

28 Jan

Are you a Young Carer, or know someone who is? Check out [Spurgeons](#) for specialist local support and events in your area.

Swimming for Ladies, 16+

Tuesdays 2 Feb & 9 Feb, 10-10.45am

Local Coffee Mornings

One Thursday each month, depending on location, 11.30am-1pm

North Birmingham, 4 Feb

Central Birmingham, 11 Feb

West Birmingham (Women only), 11 Feb

South Birmingham, 18 Feb

East Birmingham (Women only), 25 Feb

Autism Awareness Training (Walsall)

10 Feb, 10am-1pm

Creative Carers Print-making at Birmingham Museums & Art Gallery

12 Feb, 11am-1.30pm

Like us on [Facebook](#) or follow us on [Twitter](#) to receive the latest

updates of what's on in your area.

Birmingham Carers Hub Team

[Forward this email](#)

STAY SUPPORTED



[Like us on Facebook](#)



Copyright © Birmingham Carers Hub 2015. All Rights Reserved.