



Hi there,

We wanted you to be the first to hear about our new and improved Carers website at www.forwardcarers.org.uk.

Whether you're new to caring or an old hand, we hope you will find it contains lots of useful material. Find out what it means to be a carer, learn about [special offers](#) for carers, find practical tips on looking after yourself (as well as the person you care for) and where and when support groups and activities take place. If you have any carer-friendly activities or events to promote, you can add them to our [events calendar](#) for all to see.

The new website replaces the Birmingham Carers Hub website. But don't worry, you will find everything you need from the old site, and much more, in the [Birmingham Carers Hub](#) section. From emergency caring support and advice on benefits and finance, to free wellbeing activities and carer specific training sessions, you can locate the support that works for you. Birmingham carers can [register](#) with Birmingham Carers Hub, for access to all the support available to you. We also have a dedicated section for carer services across the West Midlands in the [Local Services](#) section, as well as tons of useful caring information throughout the website regardless of where you are based.

We hope you find the new website useful. If there's anything else you'd like to see, please reply to let us know. Finally, don't forget to bookmark the site so you can easily find it. Go to www.forwardcarers.org.uk and click the star symbol on the right-hand side of the address bar. From a mobile device, you may need to click the three dots on the right of the address bar to find the star.

Simon Fenton, CEO Forward Carers



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](#)

Celebrating Carers Event Update



Being a Carer isn't just caring about someone - although that's part of it - it's about all the things that go into looking after another person, putting them first, making difficult decisions, listening to your intuition, fighting for their corner and providing love and support. As a carer, you are an inspiration and you deserve to be celebrated.

And on Monday 12 June, we celebrated together. Over 400 of you joined us to kick-off Carers Week 2017 at Symphony Hall, Birmingham, at our Celebrating Carers event.

With four floors of activities across the Symphony Hall foyers, from Bhangra dancing and choirs, to massages and tai chi, as well as information and support stands, it was difficult to pack so much into half a day!

To all Carers and Birmingham Carers Hub partners, thank you for your hard work throughout the year. And a special thank you to THSH and their sponsors Moore Stephens LLP for their generosity in supporting Carers Week and the Celebrating Carers event, once again. It's great to see that together we are making a positive impact:

"This is the first time I came and (I) took away some very useful information. I came with my little boy, it was both very informative and enjoyable. Glad to know support is out there for us carers" Event attendee

Relying on family or friends to pick up medication? Stressed or worried you might forget and run out? Never again!

Sign up to our FREE carer meds

[Register here](#)

What's Happening Across Birmingham

Dementia Support Groups for Carers, North, South, East and West Birmingham, various dates

If you look after someone with memory issues or dementia, come along to this Dementia Information & Support for Carers (DISC) group. Drop-in alone or with the person you care for, for information, advice and support,

See below for dates and venues across Birmingham.

[Find out more...](#)



Autism Friendly Screenings, Various Locations

Cineworld, Odeon, Vue and Showcase cinemas run autism friendly screenings on Sundays at a range of locations. Films are shown in a sensory friendly environment, for people of all ages to enjoy.

Throughout the summer, Odeon will be hosting additional screenings on some Monday mornings.

With so many films to enjoy, including Cars 3, Despicable Me 3 and Captain Underpants, you may have to limit your popcorn intake! Carers can apply for a **Cinema Exhibitors Association Card (CEA)** for free entry.

[Find out more...](#)



Family Cycle Days, Summer holidays, Birmingham

Join Midland Mencap and Birmingham Wheels for All at an inclusive family cycle day, this summer. Using specially adapted cycles, the cycle leaders make the activities physically and mentally stimulating and fun for everyone involved. **For more information, call Midland Mencap Health and Wellbeing team on 0121 427 6404.**



Women's Support Group, East and West Birmingham, monthly on Thursdays @ 11.30am - 1pm

A support group run by Midland Mencap for female carers. Meet other family carers and take part in wellbeing-themed coffee mornings. Take some time-out and meet other women with similar experiences.

[Find out more...](#)



Practical Caring Support

Training >>



Hidden Carers Workshop, Weds 12 July, Jewellery Quarter @ 9.30am - 3pm

Hidden carers provide practical or emotional support to a friend or loved one but may not consider themselves to be a carer. As a hidden carer, you may not be receiving all the help and support you are entitled to. Come along to this free workshop to find out about the services available.

[Find out more...](#)



Moving and Handling Training, Weds 19 July, Birmingham City Uni @ 10.30am - 1.30pm

As a carer, you may need to help someone move around. It's essential you know about safe moving and handling so you don't hurt yourself or the person you care for. This free training session will give you the skills and confidence you need in your role.

[Find out more...](#)

Have Your Say



Consultation: The Future of Grants for Carers

In the past, Carer Grants of £250 were available for carers who looked after a family member or loved one over the age of 18 years, via Birmingham City Council (BCC).

The scheme has been temporarily suspended whilst the council considers the best way to manage future grants. They would really value your feedback on their proposals.

To find out more and share your views, click below.

[Find out more...](#)

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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