



[www.birminghamcarershub.org.uk](http://www.birminghamcarershub.org.uk)





## Brum Celebrates Carers A Roaring Success!

On behalf of Birmingham Carers Hub and our partners, we would like to say a big THANK YOU for showing us your support at the Celebrating Birmingham's Family Carers event at the Symphony Hall on 10 June. Click [HERE](#) to check out more fabulous photos of lots of smiley, happy people singing, dancing and generally taking over the whole of Symphony Hall in celebrating our all-important, irreplaceable family carers.

If you're receiving this email but missed out on the event, don't worry - we've got plenty more in store for the coming year, so keep watching this space. If you know of someone else who might benefit from our information and advice, training events, wellbeing days, and all other amazing support just for carers, please forward this email on so they can sign up [HERE](#)!

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## **Parent-Carers Exclusive: Are you ready for the best summer ever?**

This summer, make fun days out with your whole family more financially accessible with the Forward Carers MAX CARD, exclusively for families with children with additional needs.

We believe in creating memories. With the help of supporting local authorities and venues, we aim to bring families closer together through fun and enjoyable days out - without breaking the bank!

It's not just for families living in Birmingham - you can also sign up if you're in Coventry, Dudley, Sandwell, Solihull and Wolverhampton, too! Complete our Forward Carers [online registration form](#) to apply for your very own MAX CARD today. Have the best summer ever!

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## **Your Definitive Guide to Caring 2016**

Many unpaid carers struggle on for years looking after sick or disabled family members or friends without help. Research shows that 60% of those caring for more than 5 years have done so without accessing any additional support - while suffering negative impact on their physical and mental health as well as working life.

Now in its 6th edition, the guide has been updated to reflect new rights for Carers as part of the Care Act 2014, the Children and Families Act 2014, and other relevant guidance and legislation.

There have been major positive reforms in the law which you need to know about - especially relating to young carers and parent carers. The reforms are only the first step - YOU need to be aware and act in order to make them a practical reality.

Download the guide for free [HERE](#).



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](#).

For regularly recurring events such as coffee mornings, support groups, art clubs and fitness classes/activities, you can search by location nearest to you [HERE](#).

### **Upcoming Events**

#### **Everyday First Aid Course**

Mon 11 July, 10am-12pm

#### **Moving & Handling The Person You Care For**

Wed 13 July, 10.00am-1.30pm

#### **Breadmaking - Creative Carers Programme**

Wed 20 July, 11am-1.30pm

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Like us on [Facebook](#) or follow us on [Twitter](#) to receive the latest updates of what's on in your area. If you have any feedback or suggestions, we'd love to hear from you. Call 0333 006 9711 (low call rate) or email [info@birminghamcarershub.org.uk](mailto:info@birminghamcarershub.org.uk).

Birmingham Carers Hub Team



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