



Hi there,

As Carers Week 2017 (12 - 18 June) comes around again next week, we've been thinking about the word Carer and whether it really captures all the amazing things that you do. So, we put our heads together to think about what we've learnt about carers like you over the years - you can see the results above.

Being a carer isn't just caring about another - 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.

Celebrating carers is an important purpose of Carers Week, but there's another part that's perhaps even more important, and that's raising awareness of the role you play in societies, schools, homes and offices. Without carers like you, it's hard to imagine how society would continue to function. That's why it's essential that we create Carer Friendly Communities that support you to carry out your role.

Building Carer Friendly Communities is once again the focus of this year's Carers Week. Why not say a public thank you to the organisations that support you in your role by endorsing them this Carers Week. By recognising carer friendly businesses, we show them their efforts are appreciated and we show others they can benefit from thinking about and supporting carers in their community. To say thank you, or to find out which local organisations are already working for carers, click [HERE](#).



# Building Carer Friendly Communities



Our main Carers Week event takes place on Monday 12 June from 10.30am - 2pm @ Symphony Hall Foyers. To let us know you are coming and to secure your place, register [HERE](#).

Enjoy four floors of carer-focused activities, including:

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| *Entertainment*      | Bhangra dancing, Sing and Sign, Choir             |
| *Health & Wellbeing* | Tai Chi, Yoga, Massage                            |
| *Information*        | Talks, Demonstrations, Professional Support       |
| *Chill-out Zone*     | Quiet space, Support for Parents and Young Carers |

Nearly 250 local carers have already booked some time in the diary on 12 June to come along, grab a free hot drink, find out about our carer health MOTs and how to claim a £50 well-being voucher and to take some well-deserved 'me-time'.

So, if you haven't already, don't forget to reserve your place [HERE](#). You can still turn up on the day if you don't register, but we'd be grateful if you could let us know you are coming.

We hope to see you on Monday 12 June @ Symphony Hall, Birmingham, 10.30am - 2pm.

There's plenty going on across Birmingham and beyond throughout Carers Week. We've listed some more events below and you can find out about lots more on the Carers Week website, [HERE](#). We know you're busy and it can be hard to find time for yourself, but if you can, do try to join in one or two events - you deserve to be celebrated.

**What's Happening Across Birmingham this Carers Week**

**Cake in the Park, Weds 14 June, Sutton Park @ 11am - 2pm**

Bring your loved ones for some fun in the sun (here's hoping!) at the Outdoor Centre next to Sutton Park. Enjoy a free hot drink and cake, a guided gentle ramble, and a hockey game, for anyone feeling energetic. Midland Mencap will be on hand to talk about the support and services they can offer you and your family.



[Find out more...](#)

**Support Group Launch, Thurs 15 June, Sheldon @ 11am - 2pm**

Drop-in to find out about a new monthly support group launching at Hatchford Brook Golf Centre. Enjoy a free hot drink and cake, and take some time out for a relaxing hand or head massage. Find out about the Midland Mencap's services and be surprised by the many activities available at the centre.



[Find out more...](#)

**First Aid Training, Thurs 15 June, Walsall @ 10am - 1pm & Coffee Afternoon @ 1pm - 2.30pm**

FREE First Aid Training for Carers in the Black Country. Learn everyday and life-saving first aid skills.

A Coffee Afternoon get-together will take place immediately after the training session. Why not come to both?



[Find out more...](#)

**Afternoon Tea Dance, Sun 18 June, Weoley Castle @ 1pm - 4pm**

Enjoy a 1940s revival with live music by Birmingham's Big Little Band. Celebrate Carers Week with a fabulous afternoon tea dance with friends and family.



Find out more and RSVP, 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**

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