



www.birminghamcarershub.org.uk



If you're reading this, you're probably a carer, looking after a loved one - maybe more than one - who cannot cope on their own. There are good times and bad - it's not easy, but it's a necessity. **Join Forward Carers** and **Birmingham Carers Hub** at **Symphony Hall** Birmingham **10 June** during Carers Week as we give recognition to the importance of your contribution to families and communities throughout the UK.

This year, we're focusing on supporting carer-friendly communities - places you are supported to look after loved ones but are also recognised as an individual with your own needs. Whether in the workplace, in education, or even in your leisure time, we want you to know you do not have need to cope alone.

We'll be taking over 4 floors of Symphony Hall Foyer to bring you a full day of entertainment, activities, information, advice, and support and services from our partners. Keep watching this space for more details.

Join us for Carers Week 2016:
Friday 10 June 2016 (11am - 3pm)
Symphony Hall Foyer, Broad Street, Birmingham, B1 2EA



More in this e-news:

World Autism Awareness Week starts 2 Apr; we've included a new parent-carer section to cater to the special demands of caring for a child with disability or illness; plus find out how your community can help keep you fit and healthy for free! Read on....

New Carers Strategy consultation launched this week



The Department of Health are developing a new carers strategy and are seeking the views of carers, those who have someone care for them, business, social workers, NHS staff and other professionals. Click [HERE](#) to share your views on how carers support can be improved.

World Autism Awareness Week, 2 to 8 Apr



RAINBOW WALK 2016

Last year, almost 5,000 people took part in Autism UK's first ever World Autism Awareness Week. They raised over £235,395 to help

autistic people and their families across the UK. Watch last year's incredibly colourful celebrations [HERE](#).

We need you more than ever in 2016, to raise awareness about autism so that all autistic people are understood, appreciated and accepted.

You can show your support for raising autism awareness by joining Autism West Midlands at their annual Rainbow Walk at 5pm on Sat 2 Apr at the gorgeous Cannon Hill Park. More info [HERE](#).

Schools' Autism Awareness Week



This past week was the first ever Schools' Autism Awareness Week: an initiative led by the National Autistic Society to highlight some of the specific educational requirements of pupils with autism.

Check out [this great write-up](#) by TES.com on what the campaign really means for schools, teachers and their pupils.

If your child's school missed out, it's not too late. Helping young people - as well as teachers - to understand autism as they grow up will equip a new generation with the knowledge to accept and empathise with autistic people. To get started, get in touch with your child's teacher or SENCO, and download age-appropriate lesson plans and information packs [HERE](#).

How your community can keep you fit and healthy



We all know the benefits of exercise, and as social creatures, a great deal of our wellbeing depends on our sense of belonging. What better way to feel connected to your community than to get out there and get moving, together?

The ties we have to our communities can greatly influence how we live our lives. Having friends who are into exercising and living well makes it more likely for us to lace up those trainers and follow (track)suit! Check out our ongoing fitness and wellbeing activities below, click on the links for more info.

- **[Be Active Birmingham](#)** gym and sports activities
- **[Free Yoga for Carers](#)** Barefoot Birmingham - various locations
- **[Yoga & Meditation Half-day Workshop](#)**, Birmingham Buddhist Centre
- **[Wellbeing Course](#)** with Birmingham Buddhist Centre and Birmingham MIND

**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

Yoga & Meditation Half-day Workshop

29 Mar, 10.15am-2.15pm

26 Apr, 10.15am-2.15pm

First Aid Training for Carers

31 Mar, 10am-1pm

Together We Are Stronger: Coping with the psychological impact of becoming a carer

7 Apr, 4-6pm

The Relaxed Concert feat. James Rowney, Little Jim & Orchestra of the Swan

10 Apr, 3-5pm

Introduction to Brain Injury

12 Apr, 10am-3pm

Together We Are Stronger: How being a carer has affected your relationships with the person with ABI and others

14 Apr, 4-6pm

Autism Support

15 Apr, 10-11.30am

Together We Are Stronger: The emotional effects of brain injury and their impact on you

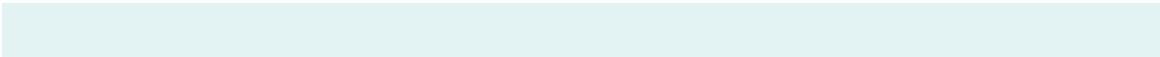
21 Apr, 4-6pm

Painted Plants, Creative Carers Programme

22 Apr, 11am-1.30pm

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.

Birmingham Carers Hub Team



[Forward this email](#)

STAY SUPPORTED

 [Like us on Facebook](#)



Copyright © Birmingham Carers Hub 2015. All Rights Reserved.