



**Hi there,**

At Birmingham Carers Hub, we are committed to supporting you as carers in all aspects of your lives. We know that for many, juggling work and your caring role is a daily challenge.

Caring for a loved one can be very rewarding, but with added pressures, stress can mount up, and you may have found yourself wondering whether working and caring can go hand in hand.

Some carers have told us that giving up work seemed like the only option to provide the support and care their loved ones need. Before you make any decisions, check out our new [Employment](#) section on our [website](#).

We've partnered with Working for Carers, a not-for-profit initiative run by a partnership of carer support charities, to help carers remain in or gain employment. Together, we'll be raising awareness of carers' needs in all workplaces, and working directly with employers to improve workplace support for you.

We have also teamed up with Jobcentre Plus to provide you with support, guidance and knowledge around your rights, benefits and entitlements as a carer. You'll also find helpful advice if you are thinking about [getting into work](#).

And, if you think your employer would benefit from our help, please email us at [Birmingham@workingforcarers.co.uk](mailto:Birmingham@workingforcarers.co.uk). We'll make contact with them on your behalf, without sharing your details. Take a look at our [Employment](#) section on the website and take control of your work-life balance.

Warmest wishes,

**Birmingham Carers Hub Team**



**Get Involved! Events coming soon in Birmingham**

### Carers Breaks - Birmingham Buddhist Centre

Organised by the Birmingham Buddhist Centre, carer breaks offer time for rest and nourishment and a chance to learn ways to take care of your own health and wellbeing.

They are suitable for people of all backgrounds and faiths (or none).

Activities include yoga, massage, tai chi and relaxation meditation.

For information on dates and times please click below.

[Find out more...](#)



### You are invited to come and celebrate - 26th March 2018

Ageing Better invites you to celebrate their Spring Forward event. Come along to enjoy a full programme of fun activities, including:

- Try a gentle exercise class
- Have a go at cooking in the cookery workshop
- Find out about financial support
- Find out about other activities and support groups in your area
- Enjoy a free lunch and refreshments

[Find out more...](#)

**THIS IS YOUR INVITE TO OUR FUN, FREE  
SPRING FORWARD EVENT**

*"Being part of the group has taught me that I am not alone. It's been life changing for me."*

*"Ageing Better Makes a Difference"*

*"It's a chance to meet new people, chat, play things"*

*"Before I had nothing to get up for but now I have my life back."*

**CELEBRATING AGEING BETTER IN BIRMINGHAM**  
"Fun activities, free lunch and refreshments"

- Gentle exercise classes
- Cooking workshop
- Financial awareness workshop
- Showcase stalls from Ageing Better groups

Monday 26<sup>th</sup> March 2018 10:00am - 2:00pm  
Austin Court, 80 Cambridge Street, Birmingham, B1 2NP

**RSVP to: Christine Higgins**  
[christine.higgins@birminghamcarershub.org.uk](mailto:christine.higgins@birminghamcarershub.org.uk) / 0333 006 9711

## What's Happening Across Birmingham

### Autism friendly cinema screenings

ODEON, Cineworld, Vue and Showcase host regular autism friendly screenings at over 300 cinemas nationwide.

In March and April, you'll find Peter Rabbit, amongst other films, showing at a number of cinemas.

Screenings have special adjustments to reduce over-stimulation, including low lighting, reduced volume and the freedom to move around- making them suitable for anyone who experiences sensory sensitivities.

For your nearest cinema and screening information, visit the [Dimensions website](#)

[Find out more...](#)



### YMCA Sleep Easy - Friday 23rd March 2018

The [YMCA Sleep Easy](#) is a nationwide sponsored overnight sleep out to raise awareness of youth homelessness, and to raise vital funds.

On 23 March, from 7pm to 7am, participants will sleep outside with only a cardboard box for protection (and a sleeping bag for warmth if they've brought one!). It's a challenging but fun way to support local YMCAs.

There will be food in the evening, and hot drinks available during the night. As well as plenty of activities and games to keep you warm.

All funds raised at the Sutton Coldfield Sleep Easy event will help YMCA Sutton Coldfield. Whether you join the event yourself, or donate to other people, you will be helping people in your local area.

[Find out more...](#)

YMCA SUTTON  
COLDFIELD

**YMCA**  
SLEEP  
EASY

**Sleeping rough so others don't have to**

One night can make a lifetime of difference. Register today!

**Where:** Gracechurch Shopping Centre (outside House of Fraser)

**When:** Friday 23rd March 2018, 7pm - 7am

**Details:** To register & find out more, visit: [ymcasc.org.uk](http://ymcasc.org.uk)

#YMCASleepEasy  
Registered charity number: 1008752

**YMCA** enables people to develop their full potential in mind, body and spirit. Inspired by, and faithful to, our Christian values, we create supportive, inclusive and engaging communities, where young people can truly belong, contribute and thrive.

SUPPORT & ADVICE ACCOMMODATION FAMILY WORK HEALTH & WELLBEING TRAINING & EDUCATION

## New Initiatives across Birmingham

### New Service from Disability Resource Centre

Telebuddies is a volunteer carer telephone buddying scheme designed to help reduce loneliness and isolation amongst the over 50's:

- Provides companionship through regular telephone contact
- Encourages re-engagement within the local community so that participants become more socially active

- Provides an early warning system for carers who may be experiencing difficulty, distress or crisis
- Increases carer confidence and emotional resilience

Contact telebuddies on the details provided, or find out more below.

[Find out more...](#)



## Telebuddies 50+ Carer Buddying Scheme

A volunteer telephone buddies scheme which provides companionship, emotional and practical support to older carers.

Interested? ☎ 03030 40 20 40

✉ [telebuddies@disability.co.uk](mailto:telebuddies@disability.co.uk)

visit: [www.disability.co.uk](http://www.disability.co.uk)



the centre for voluntary action

Free Service ☎

### Calling all Carers of Adults!

The NHS and Birmingham City Council event that was postponed on 02 March due to adverse weather has now been changed to Fri 23 March at 10am, St Andrews, Birmingham City Football Ground. To find out about the new 'Commitment to Carers' and 'Carers Strategy', click [HERE](#).



Birmingham City Council wants to develop stronger links with Carers of Adults in Birmingham so that we can be better informed about what is important to you as a Carer. Would you like to help us to shape services for Carers in Birmingham?

[To get involved click here](#)

## Practical Caring Support

### Training & Workshops >>

#### Carers Workshop - Friday 23rd March 2018

This free workshop is for any carer who wishes to find out more about the support and services available to you, as well as your legal rights as a carer.

If you look after a family member, friend or neighbour, come along to this informative workshop and you'll leave with lots of information about the help available to you, and ways to improve your wellbeing.

Find out more below, and register in advance to join us on this informative and enjoyable workshop, from 9.30am - 3pm on Friday 23 March. Lunch will be provided.



Are you new to caring?

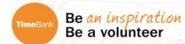
Do you care for a friend, family member or neighbour?

Do you know someone who might be a 'hidden' carer?



- Come and meet other people like you in a relaxed and informal environment
- Learn about carers' legal rights
- Find out about the support and services you are entitled to
- Get help to stay healthy to maintain and improve your wellbeing

We invite you to a workshop at The Big Peg in the Jewellery Quarter on Friday 23rd March 2018 9.30am - 3pm. Lunch will be provided. Please email Sián at [sian@timebank.org.uk](mailto:sian@timebank.org.uk) or call 07835 300 931 to register.



TimeBank, UNIT 755 The Big Peg, 120 Vyse Street, Birmingham, B18 6NF  
TimeBank is a ONE20 initiative. ONE20 is a company limited by guarantee registered in England and Wales no. 3095114 and a registered charity no. 1073831; Scotland SC040413.

[Find out more...](#)

## Get involved

### We'd like to showcase YOU!

Would you be happy to tell your story? Do you have a positive experience to share, do you take part in a carer's group or activity that you enjoy, or is there anything else you'd like to share?

And, if you run a group or activity suitable for carers, and would like us to showcase it, we'd like to hear from you.



Drop the team an email with your story and we will be in touch.

Email us at [news@birminghamcarershub.org.uk](mailto:news@birminghamcarershub.org.uk)

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](#)



