



Hi there,

With the arrival of the sunshine and the lighter evenings, it's the time of year when many of us start planning ahead for the summer months and looking for ways to fill the longer days with activities fit for all the family. At Birmingham Carers Hub, we are looking forward to summer with eager (but realistic!) anticipation. Sadly, we don't have any say over whether the sun shines, but keep reading for ideas for activities and events for you and your family, whatever the weather.

Whatever you do, make sure you save some space in your diary for Carers Week (11 - 17 June). We've got some fabulous, free events for all the family, from our annual celebration in the Symphony Hall Foyer, to a dad-tastic day out at the [The Botanical Gardens](#), pictured above, on Father's Day.

Whether you're a parent-carer looking for an [affordable family holiday](#), someone looking for all-weather [sports and games](#), or you're keen to try some [new activities](#) (personally, we're excited about the karaoke), keep reading for all the information you need to fill your calendar in the coming weeks and months.

Warmest wishes,

Birmingham Carers Hub Team



Carers Week

Carers Week 2018 (11 - 17 June)

There's so much going on this Carers Week, we will be sending a Carers Week events special edition at the start of June. In the meantime, here's a few of our favourite picks.

Healthy and Connected, our annual event at Symphony Hall Foyer, 12 June, 10.30am - 2.30pm ([Find out more](#))

Conference: Recognising the Needs of the Carer in Hospitals, 13 June, 9.30am - 4pm ([Register](#))

A Life Alongside Caring, is a fun, family outing with special events to mark Father's Day, at the Botanical Gardens, 17 June, 11am - 2pm ([Register](#))



Family & Carer Breaks

Hire a Family Caravan in the Cotswolds

[KIDS](#) holiday caravan allows children, young people and their families (up to four people) to have a well-deserved break together. Located just outside the beautiful village of Broadway, it provides a relaxing environment in the Cotswolds.

The site itself has a brand new leisure complex, including a swimming pool, pool table/table tennis games room, a 3 rink all weather bowling green, tennis court and a launderette. Or, you can simply relax and enjoy some down-time as you watch the resident ducks paddle along the nearby stream.



[Find out more...](#)

Overnight and Weekend Breaks for Carers

[Birmingham Buddhist Centre](#) run a range of wonderful, free overnight and weekend trips for carers. These 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).

All transport, accommodation and food, tea and coffee, etc, are included. Activities include yoga, massage, tai chi, and relaxation meditation.



[Find out more...](#)

Dementia Carers 3-day Residential Programme

If you support someone with dementia and would benefit from taking a break from your caring role to learn more

about dementia and develop your caring skills, this free three day residential stay could be just what you're looking for.



The June and July breaks are free pilot programmes to help shape the design and content of future stays. Residential breaks offered later in the year will be charged at £250 per person. So don't delay, enquire today.

[Find out more...](#)

Short Breaks, City-Wide Venues

Did you know... if you live in Birmingham and are the parent or carer of a child aged 4 - 18 (19 if still in full time education) with additional needs, you are entitled to 100 hours of free short breaks for your child this year.

Birmingham Carers Hub short breaks are designed to give you a rest from your caring responsibilities while your child enjoys a range of fun activities in venues across the city.



For more information, click the button below, call 0121 442 2944 or email shortbreaks@birminghamcarershub.org.uk

[Find out more...](#)

Family-Friendly Activities

Youth Sessions, Saturdays, Ladywood

Seven Up is a community play group for disabled children and young people set up by local parents. The group provides fully accessible play and leisure opportunities for 13-25 year olds.

Booking is essential as spaces are limited.



[Find out more...](#)

Family Sport & Games, Monthly, Erdington

If you care for someone with a head injury, come along to one of [Headway](#)'s monthly Sport and Games nights for a fun family-friendly evening of activities. The group meets on the last Wednesday of the month.



[Find out more...](#)

Activities and Adventures for Young People

Would you like your child to have new and exciting experiences in a safe and stimulating environment? If yes, then this service might be just what you're looking for.

Midland Mencap run accessible and fun sessions at weekends and in school holidays. These social and recreational experiences are suitable for children and young people aged 5 - 19 with complex physical needs and/or a disability.

Each session costs between £7.50 - £20 and can be booked directly online via the 'Find out more' button below.

Or, for information email cyp@midlandmencap.org.uk or call 0121 427 6404



[Find out more...](#)

Activities for All the Family, City-wide

Midland Mencap also provides accessible and affordable activities in safe environments for adults with learning disabilities, their families and carers. So whether you want to let your hair down at a disco, sample karaoke, or learn how to make a healthy meal from scratch, Midland Mencap has something for you at one of their inclusive community hubs across the city.



[Find out more...](#)

A Life Alongside Caring

In partnership with **Ageing Better** in Birmingham, we are working to improve opportunities for carers and ex-carers (over 50 years old) to come together to develop safe, interactive groups to help reduce isolation and improve the quality of life of the carer. After all, it's important to have 'a life alongside caring'.

We will work with you in a peer-lead environment to find ways to improve your social connections with fellow carers and the wider community. Sharing your experiences of being a carer can help you to find purpose and meaning and provide support for others.

If you are interested in finding out more, or already attend a group and want more support to ensure it becomes an embedded part of your community, then please get in touch at

chantell.marler@forwardcarers.org.uk



**AGEING
BETTER IN
BIRMINGHAM**

Have Your Say

Carers Survey

Later this year, Birmingham Carers Hub will be supporting Birmingham City Council in running the national bi-annual Carers Survey. The survey asks for

your feedback on the support and services available for carers in Birmingham, and that includes any help you've received from Birmingham Carers Hub.

Look out for your postal survey in the autumn. In the meantime, if you have any comments or suggestions about our services, please don't hesitate to let us know.

Sending the survey is a big job and we will need all hands on deck. If you are available to volunteer in our Selly Oak office in October to help us post the mailing, we'd love to hear from you. Unlimited tea, biscuits and appreciation will be supplied.



Please contact 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

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