



# carers RIGHTS DAY

Caring for  
Your Future



Come to our  
Carers Rights Day  
**FREE** Event

TouchBase Pears  
750 Bristol Road Selly Oak B29 6NA

**Friday 30 November**  
**11am - 3pm**

Dear Carer

You are invited to the Forward Carers and Midland Mencap **Carers Rights Day** event this **Friday 30 November**, in Selly Oak. Don't miss out, mark the date in your diary today.

Come along for a family-friendly day with lots of activities and wellbeing offers, including **free Max cards for families** of children with additional needs, face-painting and Parkride adapted bikes. We'll also be launching our brand new Carer Services Booklet, a vital resource for all carers, as well as an important new campaign. The Carers Voice campaign celebrates carers as the Unsung Heroes you are. Join us on 30 November and be the first to find out about all this and more.

Keep reading to find out about other Carers Rights Day events taking place. Go along to find out about the support and services available to you, and take advantage of some of the free wellbeing activities on offer.

Finally, save the date for our festive **Families Together at Christmas** concert on Sunday 23 December at Town Hall Symphony Hall, Birmingham. Find out more and book your place below.

We hope to see you at one of our events soon.

Warm wishes,

## The Birmingham Carers Hub Team

P.S. don't forget to pick-up your free Max card in Selly Oak, for discounted days out at thousands of venues. When they're gone, they're gone.

## Carers Rights Day events

### Carers Rights Day event, Selly Oak, 11am - 3pm

There's no need to book ahead - just pop along to enjoy a host of family-friendly wellbeing activities. You can also pick up lots of useful information, including our brand new Carer Services booklet.

- Free Max cards for great family days (limited)
- [Midland Mencap launch Parkride](#): try out their great adapted bikes
- Adult Social Care Support and Ageing Better
- Brand new Carers Services booklet
- Carer Health MOTs
- Inclusive children's activities
- Birmingham's Children's Trust support
- Face painting



Friday 30 November from 11am - 3pm @ Touchbase Pears, 750 Bristol Road, Selly Oak, B29 6NA

[Find out more...](#)

### Carers Rights Day: Carers United, North Bham

If you live in the north of the city, you may want to come along to this Carers United event in Sutton Coldfield. Birmingham Carers Hub, along with other organisations, will be present to offer support and information. Make sure you stay for some of the free activities, including:

- Hand/head therapies
- Refreshments
- Taster 'extend' class
- Entertainment
- Raffle

Friday 30 November from 10am - 2pm @  
United Reformed Church, Brassington Avenue,  
Sutton Coldfield, B73 6AA

[Find out more...](#)



Are you a Carer? Do you have questions you want answering?

## CARERS RIGHTS DAY EVENT

10.00am - 2.00pm

FRIDAY 30<sup>th</sup> NOVEMBER 2018

at

UNITED REFORMED CHURCH  
BRASSINGTON AVENUE  
SUTTON COLDFIELD  
B73 6AA

## Carers Rights Day: Belgrade Theatre, Coventry

Midland Mencap and Forward Carers will be holding a Carers Rights Day event in Coventry. Come along to find out about a new carers support offer, pick up some free information about carers rights and support in Coventry and:

- Enjoy a head/hand/neck massage
- Sign up for a FREE first aid for carers course
- Have a free hot drink and cake

Friday 30 November, 11am - 2pm @  
Belgrade Theatre, Belgrade Square, Corporation  
Street, Coventry, CV1 1GS

[Find out more...](#)



**carers RIGHTS DAY** FREE EVENT!

Find out about a new carers support offer in the city!

**midland mencap**  
The voice of learning disability

**COME ALONG AND RECEIVE FREE:**

- Sign posting and advice - find out about your rights
- Hand and neck massages
- Sign up for First Aid training
- Hot drinks and biscuits

**WHEN?**  
Friday 30th November  
11am-2pm

**WHERE?**  
Belgrade Theatre  
Belgrade Square  
Corporation Street  
Coventry  
CV1 1GS

**Forward carers**

@CarersUK  
@ForwardCarers  
@MidlandMencapUK

Head Office: 0121 442 2944

## Carers Rights Day: Coffee Morning, Walsall

If you are a family carer, join Midland Mencap for coffee, cake and a chat. Everyone Welcome.

Find out about the support and services available to carers.

Friday 30 November from 11.30am - 1pm @  
Walsall Disability Hub, 17 Litchfield Street,  
WS1 1TU

[Find out more...](#)



**carersUK**

**carers RIGHTS DAY**

**midland mencap**  
The voice of learning disability

**Information & Coffee Morning**

**Calling all those caring for a family member, friend or neighbour.**

Are you unsure about your rights and where to turn for help?

If you're caring for someone and you want to find out how to get help and what support is available then join us at one of our information stalls on Carers Rights Day.

## Save the Date - Christmas Concert

### Families Together at Christmas concert

The annual free Families Together Christmas concert organised by Town Hall Symphony Hall (THSH) and our partner Midland concert is back!

Join us at THSH on **Sunday 23 Dec @ 11am** for a relaxed-format, friendly, inclusive Christmas concert. Enjoy festive favourites, traditional carols with a twist, sing-alongs, and plenty of good cheer!

Tickets will be released to the general public on 30 November, but Carers can book early and get the best seats in the ho-ho house.

Click on the button below to find out more and to



book your online. Or, book in person at THSH,  
or by phone on 0121 780 3333. Use the code  
**CARERXMAS**

[Find out more...](#)

Don't forget to check out our [online calendar](#) for more  
**FREE training, support groups, social events & wellbeing activities**  
for carers from across the West Midlands

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