



Hi there,

Welcome to your regular news and events from Birmingham Carers Hub.

We have some exciting news this month....we have partnered with *Prescription Care Services* to launch a brand new prescription delivery and wellbeing service across the West Midlands - FREE to your door! You no longer have to worry about running out of medication for yourself or your family. You don't even have to worry about getting repeat slips signed by your GP, or braving the weather to get to your pharmacist. Gone is the hassle of waiting for the bus, finding a spot to park or relying on someone else to help. Everything is taken care of and all for FREE (or normal prescription charge) as we want you to be healthier and happier for longer. All drivers are directly employed locally and will deliver to your home with a smile at a time to suit you, always checking you are safe and well.

If you are on a repeat prescription then it's just 3 simple steps...

1. Register online by clicking [here](#) or by phone on 01827 302 260 quoting 'I am a carer'.
2. A Liaison Officer will contact you before your prescription is due (yes no need to remember!) to arrange delivery.
3. Your prescription will be dropped off by a trained driver to your chosen address and at your chosen time.

**[Prescription Care Services](#)** is registered and audited by the General Pharmaceutical Council (Reg No: 1109441)

Read on to find out about free carers training and advice and upcoming events. Everything you need to know in one place so that *you* don't miss out.

Wishing you every happiness in the month ahead,

The Birmingham Carers Hub Team



## What's happening across Birmingham this Autumn...

### Upcoming Meet Ups >>

#### **25th October - Yoga & Meditation Half-day Workshop**

Open to any carer on a drop-in basis. Yoga and meditation (10.30am-1.15pm) and you are also welcome to stay for lunch (1.15-2.15pm). Please bring something vegetarian to share for lunch.



[Find out more...](#)

#### **16th & 22nd November - What Do You See? A play about Dementia Care**

What Do You See? is a play about dementia care, raising dementia awareness and awareness of issues around end of life palliative care. 16th November at Birmingham REP Theatre and 22nd November at the Chris Bryant Centre, Erdington. Spaces are limited so please call 0121 303 0990 to book your tickets!



[Find out more...](#)

#### **SAVE THE DATE! Late morning on 18th December for our 'Families Together' - Christmas Concert**

Bring the whole family along to join us for a morning of festive cheer at Town Hall Birmingham. Thanks to our partners at THSH and Midland Mencap for this family friendly FREE event. Line-up to be announced, but save the date, dust off your Christmas jumper and start getting excited!

For more details, including how to book coach transport (cost £3) contact us on 0121 427 6404.



**Are you part of a carers group and interested in organising an activity, outing, or event?**

**You could get up to £2000 to support your group!**

## Practical Caring Support

### Upcoming Training >>



#### **26th October - FREE Training for Direct Payment Employers - Stroke Awareness**

Free to attend for all Direct Payment Employers and Personal Assistants. Come along to find out about stroke awareness, learn from expert trainers, ask questions and share experiences with other attendees.

[Find out more...](#)



#### **28th October - FREE First Aid Training**

We know that carers can often find themselves dealing with accidents and injuries, particularly common with older people and those with special needs. This course is especially for carers and parent carers who want to learn what to do if an adult or child is unconscious, or has major or minor injury or illness.

[Find out more...](#)



#### **16th November - FREE Moving & Handling the Person You Care For**

In this training you will learn how to prevent injury, moving your loved one with more confidence, comfort, and ease. It's essential that you know about safe moving and handling so you don't hurt yourself or the person you care for.

[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**

**Missing out? Know your rights as a Carer >>**



**Carers Rights Day 2016 is on Friday 25 November**, and this year's theme is: **Missing out? Know your rights as a carer.**

This year is a critical year for carers and the policies in place to support you. Benefit entitlements may change. The Government may revise State Pension Age to encourage people to work later in life, which will have serious impact on you as an unpaid carer.

The fact is that majority of care provided in England is not by doctors or nurses, but by unpaid carers such as yourselves. We can help equip you with the information, advice, support and services you need to have a little more peace of mind.

**To find about your rights visit us at our Carers information stand at Birmingham Museum and Art Gallery between 11am and 2pm on the Friday 25 November.**

Get informed, get involved - know your rights!

## **Carer Research Project University of Birmingham**

**The Carers' Hidden Harm Project: A research study by University of Birmingham >>**



Researchers at the School of Nursing are investigating the impact of older people acting in a harmful way towards their family carers. The team would like to talk to carers/ex-carers about

their experiences. They are also keen to work with carers/ex-carers who have an interest in the issue but do not have personal experience.

If you are interested in participating contact Louise by phone on 07861 657717 or via email at [lji513@bham.ac.uk](mailto:lji513@bham.ac.uk).

Further information available at [www.carershiddenharm.com](http://www.carershiddenharm.com).



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