



Hi there,

With **Carers Rights Day** just around the corner (**24 Nov, save the date!**), we've been thinking lots about the 'hidden' carers in our City. Could you be one of them? Or maybe you know someone looking after a relative, friend or neighbour who has never considered themselves a carer, let alone look into the support available? If so Carers Rights Day is the perfect opportunity to take action and get informed...

On Friday 24 Nov Birmingham Carers Hub and partners will have four information stalls across the City from 11am-2pm. Carer advisers will be on hand with info on your rights as well as practical advice on services available to you locally. More details [HERE](#).

You can also get down to the Big Peg in the Jewellery Quarter next week, Weds 25 Oct, where TimeBank are hosting a 'Hidden Carers Workshop'. More info and bookings [HERE](#).

Already clued up on carers' rights but in need of some emotional support? Read on for details of Midland Mencap's new course for parent-carers below:



Emotional First Aid course for Parent-Carers - Last few places!

Emotional First Aid - 7-week course for Parent-Carers

Everyone knows you're a parent/carer...but do you know who *you* are?

When we become parents/carers our priorities change, we take on the responsibility of another little person and we tend to get so focused on this we forget we are still a person in our own right. We can help you:

Create strategies for anxieties

Identify the stress factors in your everyday lives
Gain a better understanding of yourselves
Promote a healthier sense of your own wellbeing

This Midland Mencap course is completely FREE! But spaces are limited so book quickly. Taking place at venues City-wide, it's open to all parent-carers across Birmingham of a child with special educational needs and/or disability (SEND).

[Find out more...](#)



DemCaf - Dementia Cafe starting 7 Nov 10.30-12.30pm

A new monthly dementia cafe - DemCaf - at St. George's church in Edgbaston, close to Birmingham Botanical Gardens. An opportunity for carers and their companions who have dementia to enjoy themselves and feel more part of the community.

Tea and coffee, activities for those with dementia, and a speaker from a law firm who will also answer queries from carers. Volunteers will also be on hand to accompany those with dementia in activities, or to offer companionship. Free to all.

[Find out more...](#)



FREE Christmas Concert - Families Together. Birmingham Town Hall 17 Dec

Is it too early to mention the 'C' word? Of course not. Save the date! Sunday 17 Dec. 11am-12pm for our Families Together Christmas Concert. Our annual FREE Christmas celebration at Town Hall, in partnership with THSH and Midland Mencap.

Pick up your tickets from our information stall at Symphony Hall, Birmingham 11am-2pm on 24 Nov. on Carers Rights Day.

We'd love you to join us at this relaxed-format, friendly and inclusive Christmas concert - with tea, coffee and mince pies after. Expect traditional carols with a twist and plenty of festive cheer!



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](#).



powered by Forward Carers Consortium Ltd.