



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

We all have different caring stories. Some of us became carers suddenly or unexpectedly while for others it is part of a gradual transition from simply *caring about* a loved one or friend, to *caring for* them as well. With 6,000 people taking on caring roles every day in the UK, access to clear information about your caring role can help the transition.

Carers Rights Day (30 November 2018) provides an opportunity for carers to learn about their rights through a host of activities and events in the local community. This year Carers Rights Day will be focused on the theme of Caring For Your Future.

We hope you will join us at our [FREE Carers Rights Day event on Friday 30 November](#) from 11am - 3pm in Selly Oak. As carers, we often give priority to our loved ones, but Caring For Your Future means thinking about your own health and wellbeing too. Come along to find out what information, advice and support is available for you, take advantage of some great offers and have fun with all the family. Keep reading to find out more.

Alternatively, there are some other fantastic events to mark Carers Rights Day taking place across Birmingham, including a Carers United event from 10am - 2pm in Sutton Coldfield. Pop along to find out more.

Keep reading to find out if you are eligible for financial and financial support due to your caring role, carer activities in your area and much more.

Warm Wishes

The Birmingham Carers Hub Team

Join us on for our biggest Carers Rights Day event

We've created a special event to mark this year's Carers Rights Day for Birmingham Carers. Come along alone or bring the family and enjoy:

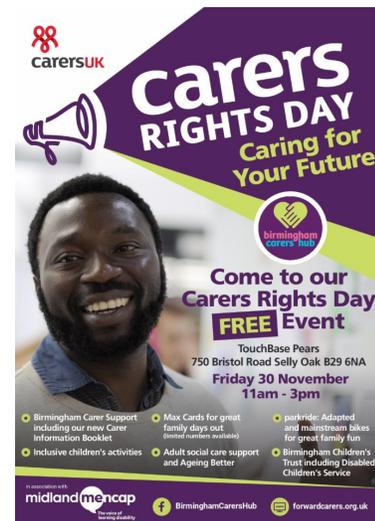
- Free Max cards for great family days (limited)
- [Midland Mencap launch Parkride](#): try out their great adapted bikes
- Adult Social Care Support
- Our new Carers Information Booklet
- Carer Health MOTs
- Inclusive children's activities
- Birmingham's Children's Trust support
- ...and more!

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

There's no need to register for our fantastic FREE Carers Rights Day event, just pop along.

Look out for our November ebulletin for the full rundown on Carers Rights events in your area.

[Find out more...](#)



Carers Rights Day: Carers United event

Do you have questions about your caring role? Come along and get advice, support and information from a variety of different organisations. Enjoy entertainment, hand/head therapies, refreshments, taster 'extend' class and raffle. Everyone is welcome.

Friday 30th 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 30th NOVEMBER 2018
at
UNITED REFORMED CHURCH
BRASSINGTON AVENUE
SUTTON COLDFIELD
B73 6AA

Taking Care of Your Finances

Turn2us: Benefits Calculator

As a carer for someone with an illness or disability, you may be eligible for benefits, grants or other financial support.

Turn2us is a national charity that helps people when times get tough. Their benefits calculator for adults over 18 years, is a simple way to find out what you might be entitled to.

[Find out more...](#)



Events

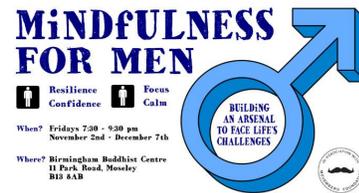
Mindfulness for Men, 2 Nov - 7 Dec, 7pm, Moseley

Birmingham Buddhist Centre are running a mindfulness for men course to teach men strategies to improve their lives, reduce stress and have a more positive impact on those around them.

This is a six week course running on Fridays 7.30pm - 9.30pm (arrive 7pm). Attend all six sessions, or go when you can. All sessions free for carers.

Find out more below or call [0121 449 5279](tel:01214495279).

[Find out more...](#)



Developmental Delay Grp, monthly, 11am, Digbeth

The Chinese Community Centre Birmingham holds a range of activities and groups for carers - from the fantastic Tai Chi group and badminton sessions to massage and a lunch club.

The Developmental Delay group is a new parent-volunteer led group that meets on the first day of each month. They offer play, leisure and learning for children, young people and families affected by learning and mental health issues in the Chinese Community. Find out about their regular events in Digbeth, below.

[Find out more...](#)



Parent Carers

Developmental Delay

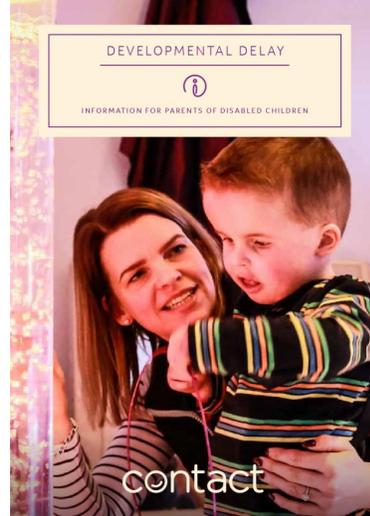
Contact, one of our partners, produces a

comprehensive range of free guides for parents of children with additional needs.

If you are worried that your child is not developing as they ought to be, have been told that your child has developmental delay or global developmental delay, you may find their updated *Developmental Delay* guide useful.

Browse Contact's website below for the full range of materials.

[Find out more...](#)



Your Views Matter

Direct Payments Survey

Healthwatch Birmingham is conducting research into whether *Birmingham Direct Payment Users are being supported to take control over the services they use.*



If you receive Direct Payments and would like to share your experience, you can do so in one of the following ways. The survey ends on 16 November 2018.

1. Complete the online questionnaire [here](#)
2. Complete the questionnaire over the telephone with Healthwatch Birmingham staff on 0800 652 5278
3. Request paper questionnaires and prepaid envelopes on 0800 652 5278

Carer Survey 2018

Thank you to everyone who has completed and returned their Carers Survey so far. We really appreciate your time and effort.

If you were randomly selected to receive a survey and haven't yet had a chance to complete it, there's still time. To have your views counted, please return the questionnaire before **23 November 2018**.

You may have recently received a reminder mailing. If you have already returned your survey, please disregard this.

If you have any questions about the survey, please call us on 0121 274 0413 or email

carersurvey@birminghamcarershub.org.uk



Making Space for Carers

Can You Spare Some Time for a Cuppa & a Chat?

We are looking for people to be part of a new project running across Birmingham and Sandwell helping to

reduce isolation and loneliness.

Can you help people feel accepted and valued?

You don't have to offer advice, or need to be an expert. It is the members of the group who come along to offer each other support and encouragement from their own experience of caring for a family member or friend.

If you would like to find out more, please get in touch via email at info@forwardcarers.org.uk

You can find a full list of upcoming groups [here](#). We hope you will join us.



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](#)

