



Hi there,

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

We hope that this email finds you and your loved ones well, and that maybe you've managed to find just a little time to sit down together and watch one of the most successful Olympics for Team GB yet. The Paralympics are just getting started, kicking off on 7th September. So there's ample time to marvel and be inspired by the amazing talent, strength, and dedication of the athletes as they overcome both mental and physical boundaries to show the world what they're really made of.

But whilst that's all happening over in Rio, there's also still plenty going on for carers in Birmingham as the balmy summer days slowly draw to an end. From free first aid training, play groups for children and young adults with additional needs, to even more discounted family days out with Max Card. Here we've pulled together just a handful of going's on for you to glance over and not miss out on the month ahead.

Wishing you every happiness,

The Birmingham Carers Hub Team



What's happening across Birmingham this September...

Upcoming Meet Ups >>

Seven Up Youth Sessions

Looking after a disabled child or young adult aged 13-25? Seven Up is a community play group set up by local parent carers in the Ladywood area. Providing accessible play and leisure opportunities for all who would like to be involved. Come and explore, the next session is happening on Saturday 17th September.

[Find out more...](#)



Creative Carers Programme

Get creative in the community, learn new skills, relax, and meet your fellow carers! Birmingham Museum's Trust is running FREE creative activities in various locations across Birmingham. Free refreshments are also provided at every event. Find out how you too can learn to emboss copper, paint your own batik, or even design your own jewellery.

[Find out more...](#)



Historical Walking Tour

Get out and about on a historical walking tour to get a new perspective on the rich heritage of our great city and explore all of your favourite places as you have never seen them before! Meet up every Friday at Queen Elizabeth Hospital, by The Future (aka Fingers Crossed) Statue at 1pm - walk lasts approximately up to 2 hours.

[Find out more...](#)



Ageing Better in Birmingham is aimed at reducing social isolation for over 50s.

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



If so you could get up to £2000 to support your group!

[Click here for more details](#)

Practical Caring Support

Last chance for Moving & Handling training

If you're looking after someone with an illness or a disability living in Birmingham, you may need to help them move around. This can be awkward, uncomfortable, or even dangerous for both you and the person you care for.

In this FREE moving & handling training you will learn how to prevent injury, moving your loved one with more confidence, comfort, and ease.

Training takes place tomorrow morning, Tuesday 6th September, from 10:15 to 13:30, in Edgbaston.

Free refreshments and peace of mind included.

To book your place call Midland Mencap on **0121 442 2944** up until 6pm tonight

More Upcoming Training >>



First Aid Training

Would you know what to do in an emergency? We know that carers can often find themselves dealing with accidents and injuries, particularly common with older people and those with special needs. This FREE training 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...](#)



Stroke and Medication Awareness

Calling all Direct Payment Employers and Personal Assistants! The Learning and Development Centre are running FREE Stroke and Medication Awareness Sessions. Run by expert trainers, you will be able to ask questions in a safe space and your own share experiences with other attendees. The training is run in various locations around Birmingham.

[Find out more...](#)



Early Support Parent Carer Workshop

Meet with other parents of children with additional needs and learn more about what national and local services have to offer. Feel more confident about working with practitioners and making decisions about your child. These workshops are written by and are led by trainers who are parent/carers of a child with additional needs themselves. Aimed at parent/carers of children and young people of any age, with any additional need following diagnosis. Supporting parent/carers through times of change and whatever stage of the journey you're at.

[Find out more...](#)

Time For Me

Upcoming Wellbeing Activities >>

Gentle Yoga

Free for carers! Make Monday's something to look forward to... These gentle classes will teach you some of the classic hatha yoga postures, with modifications to suit all students. Designed for those who prefer a gentle, relaxing practice. Suitable for those new to yoga, those with injuries or limited mobility, older students, pregnant and post natal mums, or those who simply want to relax.



[Find out more...](#)

Health & Fitness Class

Meet in a social setting to actively take part in fun exercise for your own health and wellbeing. Each class costs only £1.00 for carers, 11am-12am every Tuesday.



[Find out more...](#)

Meditation & Relaxation

Meditation can help to alleviate stress, ease tiredness, and even slow down dementia, as well as help you sleep better at night. This calming session is run by the Birmingham Buddhist Centre in Moseley. Carers are welcome to stay for a free lunch. Last Tuesday of the month, open to any carer on a drop-in basis.

Find out more...



To see more carers events, training, and support groups from across the West Midlands and beyond, access our full calendar [HERE](#)



Latest Deals and Discounts >>

Max Card gives carers and their families free or discounted entry to literally hundreds of fantastic family friendly attractions across the UK!

This month's favourite deal gives you concession price entry for up to 8 people to Drayton Manor theme park. Whether you're after one of the more gentle family rides or seeking adrenaline pumping fun, you're sure to find it at Drayton Manor.

Access Information for Drayton Manor: wheelchair access, wheelchair hire (subject to availability), disabled toilets, please visit Drayton Manor's [official website](#) for ride accessibility details

Find out more and apply for your FREE Max Card through Birmingham Carers Hub today!

[Get your Max Card here!](#)

Get 10% off your total bill at Carluccio's in Brindley Place every time you visit between the hours of 2 and 5 pm, Monday's to Friday's.

Enjoy contemporary Italian dining by the canal side in a lively, sociable setting- everyone is welcome, and no-one is ever rushed. Carluccio's serve the finest ingredients with the minimum of fuss and the maximum of flavour. Honestly Italian.

Discount applicable for carers when not used in conjunction with any other offers.

Access Information for Carluccio's Brindley Place: wheelchair access, disabled toilets, friendly and understanding staff

Follow the link below to get 10% off all food and drink at Carluccio's! It's that easy.

[Get 10% off at Carluccio's here!](#)



Could YOU be the face of carers?

Birmingham Carers Hub needs you!

We're looking for carers living in or around Birmingham of

all ages and backgrounds to share their caring story and have their photograph taken. If you'd like to help us out and give something back, please get in touch about how you could be the face of our next poster campaign!

The posters will be up in GPs waiting rooms and hospitals, raising carer awareness. To say thank you, you will receive a lunch voucher to spend in Marks & Spencer's.



If interested please email

news@birminghamcarershub.org.uk by Friday 9th September to find out how you can get involved.



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