



Hi there,

What's it like to be a carer? This was the question asked to more than 5,000 carers across England over the past two years by the Healthwatch Network.

Their findings show that carers are often unaware of their right (under the 2014 Care Act) to a Carers Assessment and to information and advice. Worryingly, all too often carers seek support only once they reach crisis point, which can impact health and wellbeing. The report also details waiting times for assessments and support. You can read the full report [here](#).

Since February this year, Birmingham Carers Hub has been undertaking Carer Assessments on behalf of Birmingham City Council. We're proud to say that over the past eight months, we assisted 1,153 carers with an assessment of their needs, with an average waiting time of 34 days. As a carer, it is important to seek support early so your own health doesn't suffer. You can find out more about Carer Assessments [here](#), or contact us direct on 0333 006 9711 or email info@birminghamcarershub.org.uk to request one.

This October, we will also be sending out the bi-annual Carers Survey on behalf of Birmingham City Council. Keep reading to find out about the survey and why it's so important to share your views.

Date for your diary: National Carers Rights day is confirmed for the Friday 30th November. We will be holding an event at TouchBase Pears, Selly Oak, details to follow in our next addition.

Warmest wishes,

The Birmingham Carers Hub Team

You May Have Mail...

Carer Survey - Your Views Matter

If you are a carer registered with Birmingham Carers Hub or Birmingham City Council, you may be invited to participate in the bi-annual *Survey of Adult Carers in*

England (Carers Survey) during October.

The aim of this postal survey is to get your views on the services you receive and your quality of life.

We're posting the survey this week, so please look out for it. The survey is sent to a randomly selected sample of all the carers we support. If you do receive a copy, we would really appreciate it if you could find the time to complete and return it by **23 November**.

If you have received the survey and have any queries regarding it, then please call us on 0121 274 0413 or email: carersurvey@birminghamcarershub.org.uk



Events

Events, Groups & Activities for Carers

In each Enews we showcase a handful of events, but did you know that you can find up to 100 carer-friendly events each month on our [events calendar](#)?

Most events are free or heavily discounted. So, whether you or your loved one is into the cinema, sports and activities, social get-togethers or wellbeing opportunities, we hope you'll find something that interests you.

For the full range of events, click below.

[Find out more...](#)



Dementia Carers Residential, 15 - 17 Oct, B16

This FREE residential course has been developed for friends and family of people with dementia, and is designed with carers' needs in mind.

You will gain a better understanding of the person you care for, the type of dementia they have, and learn to explore different ways of responding to challenges. You will also be provided with a range of tools to enhance your resilience.

Please note, spaces are also available for carers of people with young onset dementia on the next residential on 22 - 24 October.

[Find out more...](#)



Tai Chi - Tuesdays, 11.45 - 12.45, Moseley

Tai Chi involves gentle flowing movements which help

with relaxation, balance, flexibility and fitness. Standing and sitting options are available, so it's suitable for all abilities.

There's no charge - and no need to book. Arrive at **11.15am** for a cup of tea and a chat before the session.

[Find out more...](#)



Parent Carers

Brighter Beginnings workshop, 19 Oct, 10am-12pm

Brighter Beginnings is a series of six workshops for parents of a child with additional needs aged 0-8 years old.

The workshop programme will help parents get the support they need for their children, and learn where they can find support for themselves as carers. Each weekly session covers a different topic.

Past feedback from parent attendees has been very positive.

[Find out more...](#)



Have you got your copy of the Helpful Guide for Families with Disabled Children yet?

Contact has published *The Helpful Guide for Families with Disabled Children*, a comprehensive companion for parents about the many ways they can support you.

For all the information and help you need, request a free copy of the guide [here](#)

contact
For families
with disabled children

Making Space for Carers

Weekly Spaces:
[Wednesday, Weoley Castle, 1pm](#)

Monthly - 1st week
[Tuesday, Stirchley, 2.30pm](#)
[Weds, Woodgate Valley HC \(patients\), 1.30pm](#)
[Thursday, Hawkesley, 10.30am](#)

Monthly - 2nd week
[Monday, City Centre, 10.30am](#)
[Monday, Harborne, 1.45pm](#)

[Thursday, Weoley Castle, 2pm](#)
[Friday, Laurie Pike HC \(patients only\), 10.30am](#)

Monthly - 3rd week

[Tuesday, Tower Hill MC \(patients only\), 1.30pm](#)
[Thursday, West Heath, \(patients\) 1.30pm](#)

Monthly - 4th week

[Monday, Erdington, 10am](#)
[Thursday, Selly Oak, 1.30pm](#)

The Making Spaces for Carers project is designed to help you improve your quality of life as a carer. We have new spaces popping up all across the city, and we want you to get involved.

Pop in for a coffee and a chat, make some friends and share your experiences. Find out more about Making Spaces and how you can get involved, below.

[Find out more...](#)



MAKING SPACE FOR CARERS

Helping you to improve your quality of life as a carer.

in partnership with
AGEING BETTER IN BIRMINGHAM

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](#)

