Think!

If it seems too good to be true, then maybe it is. Scammers and fraudsters are very clever and can easily manipulate you to get personal information, bank details or even money by using different methods such as telephone calls, sending emails or even visiting your home. Check before you act. Citizens Advice Consumer Helpline 03454 04 05 06

Keep active

Keeping physically active also helps improve your health and quality of life. Even 10 minutes a day is better than nothing. Take the stairs rather than the lift or walk to the shops rather than drive.

Home Safety

Most of us spend a lot of time at home and we want to feel safe there, the Fire Service can come and assess the risks within your home and provide advice. Get a Safe and Well check from your local Fire Brigade. Contact 0800 389 5325

Health check

Caring for someone can be physically demanding. Don't forget to register with your GP as a Carer and go for regular health checks and get your free annual flu jab.

forward carers

Operates Birmingham Carers Hub
Speak up
If you feel unsafe in your caring role, support can be put in place. If you need help ask for it.

Email: ACAP@birmingham.gov.uk
Telephone: 0121 303 1234

Out and about?
Before you leave home let someone know where you’re going and what time you might be back.

Tell someone
There are lots of organisations that are there to support you such as Victim Support, contact 0808 1689 111 or victimsupport.org.uk or to report a crime call 101.

Keep it close
Before you leave home let someone know where you’re going and what time you might be back.

Keep Healthy
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