



7 - 13 June 2021

**Make Caring  
Visible and Valued**



# THE CARERS CONFERENCE

*Monday, 7th - Sunday, 13th June 2021*



**Welcome to our virtual conference;  
to help you navigate your way through the programme below  
is a key of the icons used throughout.**



**YOU CAN BOOK TO ATTEND THIS SESSION.  
WILL BE STREAMED LIVE TO FACEBOOK**



**THIS IS A FACE TO FACE ACTIVITY.  
TICKET ONLY**



**YOU MUST BOOK TO ATTEND THIS SESSION**



**SESSION WILL BE LIVE ON FACEBOOK**

**To book your place on a session please click on the logo to  
the left.**

# CARERS WEEK 2021

## THE CARERS CONFERENCE



**DAY 1**

**MAKING CARING VISIBLE & VALUED**

Monday, 7th June 2021



### WELCOME TO CARERS WEEK

**LIVE** 

Simon Fenton and Dionne Williams **10.00am**

**Tune in to hear about Forward Carers, and information about the week ahead.**

*Suitable for: Carers, Professionals, Businesses*



### PARENT CARERS FORUM

**LIVE**   
**zoom**

Sabiha Aziz, Chair of BPCF

**11.00am**

**Find out more about the BPCF and how it supports and gives a voice for parents or guardians supporting a child with a disability.**

*Suitable for: Carers, Professionals*



### LAUNCH OF CARER FRIENDLY BUSINESS AWARDS

Forward Carers team

**1.00pm**

**LIVE** 

**We are thrilled to be entering into our 3rd year of the Carer Friendly Business Awards, this year sees a refresh. Come along to find out how you can nominate**

*Suitable for: Carers, Professionals, Businesses*



### WELCOME TO BIRMINGHAM CARERS HUB



*The partners*

**4.00pm**

**A pre-recorded introduction to the teams that deliver Birmingham Carers Hub, listen to hear about support you can access**

*Suitable for: Carers, Professionals, Businesses*



### MAKING THE MOST OF YOUR CARER FRIENDLY CARD

Chantell Marler and Anna Smith

**7.00pm**

**LIVE** 

**Come along to this live Q&A to discover tips and advice on how to use your card to get the best of it, hear from other card holders already taking advantage of discounts and offers.**

*Suitable for: Carers, Professionals, Businesses*

# CARERS WEEK 2021

## THE CARERS CONFERENCE



**DAY 2**

**HEALTH & SOCIAL CARE**

*Tuesday, 8th June 2021*



### **MAKING YOURSELF AWARE TO HEALTHCARE**

*NHS, University Hospitals Birmingham*

**10.00am**



**An opportunity to come along to meet with representatives from the UHB NHS trust to understand the support that is available within the trust for Carers**

*Suitable for: Carers, Professionals*



### **POHWER**

*Information session by PohWer*

**11.00am**



**Presentation will provide an overview of the advocacy services provided by POhWER in Birmingham: Care Act, IMHA, IMCA, NHS Complaints and Community, with some examples/case studies of how this support has been of benefit to carers.**

*Suitable for: Carers, Professionals*



### **ADULT SAFEGUARDING IS EVERYONE'S BUSINESS**

*BSAB*

**12.00pm**



**Find out about what adult safeguarding is and support Birmingham Safeguarding Adults Board (BSAB) develop its new strategic plan.**

*Suitable for: Carers, Professionals*



### **ACCESSING SOCIAL CARE**

*Birmingham City Council*



**Birmingham Adult Social Care - The offer and support available with Q/A**

**A session led by Julia Parfitt, Head of Service/Principal Social Worker - Birmingham City Council and Gordon Strachan, Commissioning Manager - Birmingham City Council**

*Suitable for: Carers, Professionals*

# CARERS WEEK 2021

## THE CARERS CONFERENCE



**DAY 3**

**WORKING AGE CARERS**

*Wednesday, 9th June 2021*



### **PARENT CARERS**

*Midland Mencap*

**12.00pm** **LIVE**

**Information and support for parent carers from Birmingham Carers Hub. Find out how Birmingham Carers Hub can help you if you are a parent or guardian supporting a child with a disability.**

*Suitable for: Carers, Professionals*



### **CARER FRIENDLY COMMUNITIES**

*Forward Carers*

**2.00pm**

**Come and hear about how Forward Carers have shaped the future of Carer Friendly Communities, and how we can support your local community.**

*Suitable for: Businesses, Carer Support Service and Local Authorities*

# CARERS WEEK 2021

## THE CARERS CONFERENCE



**DAY 4**

**YOUNG AND YOUNG ADULT  
CARERS**

*Thursday, 10th June 2021*

**YMCA**



**YOUNG AND YAC PATHWAY**

*Sutton Coldfield YMCA and Spurgeons 4.30pm*



**YMCA Sutton Coldfield and Spurgeons**

**Information and support for children and young people in a caring role.**

*Suitable for: Carers, Professionals, Education sector*

**DAY 5**

**AGEING WELL**

*Friday, 11th June 2021*



**AGEING WELL**

*Ageing Better and NNS*

**10.00am**



**Come and hear about what is the offer for older Carers across Birmingham from the Ageing Better and NNS teams who have 100's of groups, activities and sessions running across the city**

*Suitable for: Carers, Professionals*



**DEMENTIA FRIENDLY**

*Birmingham Carers Hub*

**1.00pm**



**Come and hear about how Birmingham Carers Hub offer can support you in your Caring journey**

*Suitable for: Carers, Professionals*



# CARERS WEEK 2021

## THE CARERS CONFERENCE



**DAY 6**

**MENTAL HEALTH & WELLBEING**

*Saturday, 12th June 2021*



### LIVING WELL CONSORTIUM

**zoom**

*Mat Pilates for all abilities*

**9.00am**

This class will focus on gentle strengthening exercises for the tummy, back, bottom, legs, and arms. Suitable for all levels and safe for those with back or tummy muscle issues.

45 mins of movement every Saturday at 9.00am on Zoom.

*Suitable for: Carers*



### UNDERSTANDING MENTAL HEALTH

**LIVE** **zoom**

*Birmingham Mind*

**10.30am**

**A workshop delivered by Birmingham Carers Hub partner, Birmingham Mind, exploring what is mental health and how carers can build resilience and managing their own wellbeing.**

*Suitable for: Carers, Professionals, Businesses*



### SELF-CARE ACTIVITY (TBC)

**LIVE** **zoom**

*TBC*

**11.00am**

**Carer wellbeing - self-care activity**

*Suitable for: Carers*



### CARER LIFE SPA



*Barefoot Yoga - Harborne*

**2.00-4.00pm**

**In-person and pre-booked session, Join Kam Bola at Barefoot Birmingham for a much deserved real-life retreat from your caring duties. There will also be time to share experiences of caring over a cup of tea.**

*Suitable for: Carers*

# CARERS WEEK 2021

## THE CARERS CONFERENCE



**DAY 7**

**REFLECTIONS**

*Sunday, 13th June 2021*



### REFLECTION AND BEREAVEMENTS

*Winterbourne House & Gardens*

**11.30-2.00pm**



**A afternoon walk and an opportunity to reflect on the past year for those carers who have had a bereavement or loss.**

**Limited numbers - invitation only**

*Suitable for: Carers*



### LAUNCH OF VIRTUAL AFTERNOON TEA

*Forward Carers*

**12.30pm**



**Join Georgina from Forward Carers as she announces the brand new at home afternoon tea programme.**

*Suitable for: Carers*



### AN AFTERNOON OF REFLECTION

*Social Media*



**Quotes and messages from Carers over the last year**

**Throughout the week, Birmingham Carers Hub delivery partners will be hosting face to face activities across the city, be sure to check our event calendar for more information;**

**[Upcoming Events – Forward Carers](#)**