



Hi there,

Share your views with Jeremy Corbyn, Leader of the Labour Party

Jeremy Corbyn MP will be in Birmingham on Tuesday 18 April, to meet with carers from across the city.

Jeremy will be joined by Barbara Keeley MP, Shadow Minister for Mental Health and Social Care; and would like to talk to carers about their caring role and experiences. Although it's short notice, we think it's an opportunity not to be missed.

Staff from the Birmingham Carers Hub team will also be on hand to answer any general questions and queries from carers.

So if you would like join us for a hot drink and a few biscuits at BVSC, Digbeth at 2.45pm, please email Dionne.williams@birminghamcarershub.org.uk with your name and telephone number.

Please note, there will be some media present. If you do not wish to be filmed or photographed, you can let us know on the day.

Tuesday 18 April 2017, 2.45pm - 4.00pm

BVSC
138 Digbeth
Birmingham
B5 6DR



Carers Week 2017

Save the Date >>

Carers Week 2017
Monday 12 - Sunday 18 June



Each year, Carers Week raises awareness of caring, highlights the challenges carers face and recognises the contribution each of you makes in so many ways. Carers Week 2017 runs from Monday 12 to Sunday 18 June.

We will be kicking off the week in style with a [special event](#) just for you!

Join us on Monday 12 June, 10.30am - 2.30pm at Symphony Hall, Birmingham, for a celebration packed full of activities and events for all.

If you came along last year, you can expect an bigger event with even more to see and do. If it's your first time, please don't hesitate to join us for some well deserved time-out and a chance to relax and connect with hundreds of your fellow carers.

Full details will be coming soon, but for now please put 12 June 10.30am - 2.30pm @ Symphony Hall in your diary and make it a date.

Relying on family or friends to pick up medication? Stressed or worried you might forget and run out? Never again!



Sign up to our FREE carer meds management and wellbeing service. Your prescriptions right to your door delivered by a friendly team.



What's Happening Across Birmingham

Upcoming Meet Ups >>

Yoga for All, Mere Green, weekly on Mon @ 7.30pm - 8.30pm and Thurs 6.30pm to 7.30pm

Whatever your experience of yoga, every carer is welcome at this mixed ability class.

Yoga and meditation can improve strength and flexibility as well as help you sleep better and reduce stress levels. What's not to love?



[Find out more...](#)

Gentle Exercise Class, Aston, fortnightly from Fri 14th April to Fri 2nd June @ 2pm - 3pm

Stretch and move your way to a healthier you at this exercise class suitable for all abilities.

Come along to this sociable class to get fit and you may leave with new friends.



[Find out more...](#)

Seniors Tea Dance, New Town, Sat 22nd April @ 3pm - 5pm

Relive those vintage years at this tea dance and much more.

Come along to the launch of this Prime Time Seniors Tea and Soup Dance to find out about all the upcoming activities. And of course, to dance the afternoon away.



[Find out more...](#)

Practical Caring Support

Upcoming Training >>

Recovery College Workshops, Summer Term (April to June), Mon and Thurs (Moseley), Tues (Solihull)

Recovery College for All run free training sessions for carers and service users affected by mental health issues.



Come along to a [Recovery Chat](#) drop-in to find out what Recovery College could do for you. We think the [Caring in a Crisis](#) and [Recovery for Carers](#) sessions look great.

[Find out more...](#)

For Parent Carers



Sleep Workshop, Selly Oak, Thurs 29th June @ 10.30am to 12.30pm

Getting your child off to a good night's sleep can seem like an impossible dream.

In this workshop for parents of disabled children and/ or children with additional needs, you will learn about the science of sleep and ways to improve your child's sleeping patterns.

[Find out more...](#)



Did you know you can get reduced parking charges at Birmingham Children's Hospital?

To qualify, you must park at the Whittall Road car park and verify your ticket electronically at a ticket machine near the main desk at the hospital reception. The reduction will be applied automatically when you pay. Ask at reception if you are unsure.

Parents on benefits may also be eligible for extra help with travel costs.

[Find out more...](#)

Last Chance to Have Your Say



Is The Short Breaks Service Working For You?

This is your last chance to let Birmingham City Council know your opinion about their short breaks services. They want to make the experience better for you in future, so your views will really count. If you haven't done so already, share your experiences and ideas [HERE](#) before the deadline closes TODAY.

[Find out more...](#)

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](#).



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