



Hi there,

"Anyone who stops learning is old, whether at twenty or eighty. Anyone who keeps learning stays young" - Henry Ford

At Birmingham Carers Hub, we're of the Henry Ford school of thought. We firmly believe that there's always more to learn about the world, about ourselves, and of course, about our caring role. And, that's why we have designed some [free training courses](#) just for you.

As a carer for a loved one, you may not have a qualification in care-giving, yet your knowledge and experience in caring makes you an expert in our eyes. But, there are always ways to further your expertise as a carer that will help you better support your loved one and give you valuable life skills too.

Thousands of carers have taken part in our [First Aid](#), [Moving and Handling](#) the Person you Care for, and [Hidden Carers](#) training courses, and many of those told us they wished they'd taken the courses earlier! So, don't delay, book today.

This issue is dedicated to life-long learning (and to staying young in heart and mind!), so keep reading to find about our training courses as well as a fantastic opportunity to take part in a three-day [residential course](#) for carers, to help you in your day-to-day caring role.

Warmest wishes,

Birmingham Carers Hub Team

P.S. Carers Week 2018 is coming soon. Check out the Save the Date section below for some of the fantastic activities and events we'll be hosting And, don't forget to [book your place](#).



Birmingham Carers Hub Training Courses

First Aid for Carers

Sadly, older people and those with special needs can be particularly vulnerable to accidents and injuries.

During this three hour course, you will learn a range of practical skills for how to deal with injuries and illness, from treating a minor fall to a major head injury and CPR and what to do if someone has a fit.

Limited spaces available in June, September, December and March. Find out more and book below.



[Find out more...](#)

Moving and Handling the Person you Care for

As a carer, it's essential that you know about safe moving and handling so you don't hurt yourself or the person you care for.

The most common injuries carers experience are back injuries. While, moving someone incorrectly can damage fragile skin, cause shoulder and neck injuries and increase existing breathing difficulties.

Limited spaces available in June, July and September. Find out more and book below.



[Find out more...](#)

Hidden Carers Training, April 27, 9.30am - 3pm

Are you new to caring? Come along to find out about your legal rights, how to access services to support you in your caring role and tips on how to stay healthy and maintain your mental well-being.

Lunch and refreshments are provided in this relaxed and informal day session.



[Find out more...](#)

FREE Workshops for Carers

Dementia Carers 3-day Residential Programme

If you support someone with dementia and would benefit from taking a break from your caring role to learn more about dementia and develop your caring skills, this free three day residential stay could be just what you're looking for.

Residentials take place in April, May, June and July and are likely to be busy, so enquire today.

RSAS
Royal Surgical
Aid Society



NEW SUPPORT PROGRAMMES FOR FAMILY CARERS OF PEOPLE LIVING WITH DEMENTIA

[Find out more...](#)

Education, Health and Care Plans - Tribunal

This is a free workshop for parents which will look at what happens in cases where there is a refusal to assess a young person; when it is appropriate to go to tribunal; and what to expect.

Book your free place on this useful workshop on Thursday 3 May, 10am - 12.30pm, below.

[Find out more...](#)



Parent-Carer Workshops, starting April 2018

This series of six workshops begins on Thursday 19 April and is led by trainers who are parent/carers of a child with additional needs themselves. Come along to any or all of these workshops to learn more about local and national services and to gain confidence in working with practitioners to plan your child's journey.

Weekly for six weeks from Thursday 19 April - come to one, some or all.

Spaces are limited. Find out more and book below.

[Find out more...](#)



****Save the Date****

Carers Week 2018 (11 - 17 June)

This year, Carers Week is all about staying healthy and connected, and we've got plenty of free events to help you achieve this. Here's a small taster to mark in your diary:

Healthy and Connected, our annual event at Symphony Hall Foyer, June 12, 11am - 2pm ([Find out more](#))

Conference: Recognising the Needs of the Carer in an Acute Hospital Setting, June 13, 9.30am - 4pm ([Register](#))

A Life Alongside Caring, a fun family day out with lunch at the Botanical Gardens, June 17 ([Register](#))



A Life Alongside Caring

In partnership with Ageing Better in Birmingham, we are working to improve opportunities for carers and ex-carers (over 50 years old) to come together to develop safe,

interactive groups to help reduce isolation and improve the quality of life of the carer. After all, it's important to have 'a life alongside caring'.

We will work with you in a peer-lead environment to find ways to improve your social connections with fellow carers and the wider community. Sharing your experiences of being a carer can help you to find purpose and meaning and provide support for others.

If you are interested in finding out more, or already attend a group and want more support to ensure it becomes an embedded part of your community, then please get in touch at chantell.marler@forwardcarers.org.uk



Have Your Say



Have you seen Birmingham City Council and Birmingham NHS' new carers commitment?

1. **Recognise and respect the value of carers.**
(This includes adult, parent and young carers)
2. **Build a carer friendly city**
3. **Support carers to be physically, emotionally and mentally well**
4. **Support carers to financially plan for today and tomorrow**
5. **Promote carer friendly employers**
6. **Support young carers through childhood and education**

What actions and ideas would you like them to undertake as part of this strategy?

[Share your ideas here before 7 May 2018](#)

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

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