



# CARERS WEEK 8-14 JUNE

Facebook @BirminghamCarersHub



Forward Carers initiative

CARING CAN BE A HUGE REWARDING EXPERIENCE BUT CARERS OFTEN FIND IT CHALLENGING TO TAKE CARE OF THEIR OWN WELLBEING WHILST CARING, THIS WEEK WE ARE MAKING CARING VISIBLE

TIMES	MON	TUES	WED	THU	FRI	SAT	SUN
9.00 AM	Carers Week – What it's all about?	Carers Week – Am I a Carer?	CFB Business Awards – Save the date	Carers Card – What is it and how do I get one?	Carers Assessment & Wellbeing payment		
11.00 AM	Join in with Moving memories choir	Training – What is available?	Supporting someone with Dementia?	Support Groups What does this mean?	Creative Carers Art Session with B'ham Museums Trust	CFB Making a Difference	Celebrating Carers quotes & inspirational stories from carers
12.00 PM	Live! Carer Friendly Brum Launch	Supporting Carers through Covid-19	Join Leaf Creative with some family fun with Bark People	Live! 'Virtual Coffee Lounge'***	Health Liaison How does this help me?	Celebrating Carers – slideshow of images over the last year	
3.00 PM	Relaxation session with Birmingham Buddhist Centre	CFB Carer Friendly	First Aid Safety with First Response	Safe Moving & Lifting with First Response	Live! Parent Carers What's the offer?		
7.00 PM	Action for Children - Supporting families	Young Adult Carers – what support is available for me?	Who is Birmingham Carers Hub	CFB Carer Aware		Live! Party with Paper Kite Duo	

- Video Link Post
- Blog Post
- LIVE on Facebook
- Facebook Post
- Workshop

Also happening this week

- **BAREFOOT YOGA SESSIONS RUNNING ALL WEEK! (CARERSWEEK)**
- **Join Erin on Midland Mencap's Facebook page everyday at 1pm for a new workshop**
- **Join MAC Hidden Voices on Midland Mencap's Facebook page everyday at 11.30am**

\*\*\*Coffee Lounge via Zoom Email families@midlandmencap.org.uk for invite

