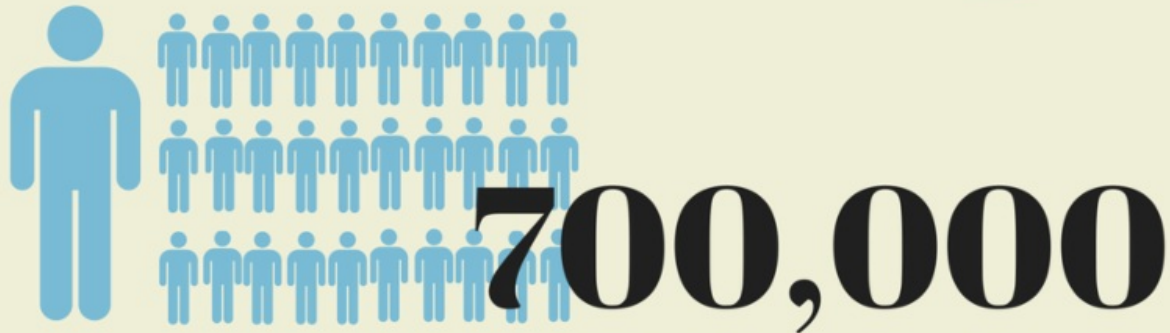


£24b a year

cost of dementia care to the UK economy



carers in the UK looking after loved ones with dementia

What can you do in the fight against dementia?

Hi there,

Losing our memory is perhaps one of the biggest concerns many of us have about growing older. A healthy lifestyle can help lower your risk of developing dementia.

Simple lifestyle changes can include eating a healthier diet including lots of fibre, fruit and veg and exercising regularly. Taking part in moderate-intensity activity (walking, cycling, or swimming) for 2.5 hours a week is recommended.

Research also shows that people who take part in activities that stimulate the brain (reading, puzzles, chess, and learning new skills) are less likely to develop dementia. Depending on the stage and type of dementia, keeping physically and mentally fit can also help slow the progression of symptoms.

We know that 700,000 carers in the UK currently look after loved ones with dementia. This is expected to rise to 1.4 million by 2050. Due to the nature of dementia, the support needs of your loved one - and your needs too - will change over time.

Birmingham Carers Hub is here to help, so keep reading to find out about the latest events near you...

Birmingham Carers Hub Team



Coming Up in 2017

Singing for the Brain: A Project by Alzheimer's Society >>



Singing is not only an enjoyable activity, it can also provide a way for people with dementia, along with their carers, to express themselves and socialise with others in a fun and supportive group.

Hidden in the fun are activities which build on the well-known preserved memory for song and music in the brain. Even when many memories are hard to retrieve, music is especially easy to recall.

Do you need to be good at singing to join? No - everyone's welcome whether you already sing or not, and you don't need to read music. Our trained singing leaders are skilled in teaching songs from scratch at a pace that includes everyone. People from all walks of life and at different stages of dementia enjoy Singing for the Brain and, after their first visit, nearly always come back for more.

Next session is Mon 27th February, 10.30am-12pm in Shirley. Groups also singing in Balsall Heath, Moseley, Harborne, Solihull, and Aston. More info [HERE](#).

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 >>

Dementia Information & Support for Carers (DISC) North Birmingham - Mon 27th February, 11am-1pm

A free support group for carers who are looking after someone with memory issues or a dementia diagnosis. We offer information, advice and the chance to meet other people who are in a similar situation.

[Find out more...](#)



Alzheimer's Society Birmingham Cafe, Selly Oak - Wed 8th March, 10.30am-12.30pm

This café is a monthly gathering for people with dementia and their families and friends. Get information, emotional support and the opportunity to meet others living with the impact of dementia.

[Find out more...](#)



Looking Forward: Support for Parents and Carers of People with Disability, Thurs, 9th March, 10-11am

Looking Forward provides opportunities to help raise awareness for individuals with disabilities, allows you to meet other carers and share experiences in a friendly and informal setting.

[Find out more...](#)



Gentle Hatha Yoga - Mondays 12.15-1.15pm

A yoga and meditation practice can help you alleviate stress, maintain strength and flexibility, and sleep better at night.

[Find out more...](#)



Tai-Chi for Beginners - Wednesdays, 10.30-11.30am

Tai-Chi can improve your physical and mental wellbeing. Created at least 400 years ago in China, it is an innovative form of gentle exercise that has successfully put Taoist philosophy, a philosophy of being natural, into practical use.

[Find out more...](#)



Practical Caring Support

Upcoming Training >>



C-KISS (Carers Knowledge Information and Skills Sharing - Sat 11th March, 9.30am-3.30pm)

This workshop aims to answer any questions you may have about caring, care services, care equipment and technology. We can help you understand and feel more comfortable with caring and seeking help with care. You will be equipped with the knowledge, information and skills to be a more capable carer.

[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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