

Carer Wellbeing Service at your local GP



**Yesterday I
took my partner
to chemo.**

**Today I'm
pretending
everything's ok.**

**All day,
every day,
I'm a carer.**

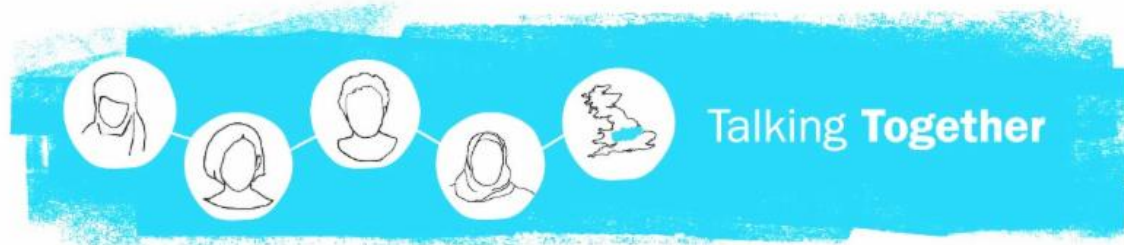
Birmingham Carers Hub is pleased to announce a new 'Carer Wellbeing' service, running in partnership with many GPs across Birmingham. We want to make more people 'carer aware' and we're setting up 'Carer Corners' in surgeries to identify people just like you in caring roles.

We will be offering Carer Health MOTs to help you take positive steps to improve mental and physical health and boost your health and happiness! We may even be able to assist you financially to access sporting or leisure activities to make a positive difference to how you feel.

Caring for a loved one can be rewarding but it can also be demanding on your own physical and emotional energy. When you are just about coping from day to day and responding to the needs of others, your own health can suffer. We know carers are more likely to be in poor health - both physically and mentally - than people without caring responsibilities. So let us help you take action:

Look out for us at your local GP Surgery or contact our Carer Wellbeing Team on 0121 603 0007 or hex.wellbeingcoordinator@nhs.net

Volunteers Needed for The Hidden Carers Project >>



The Hidden Carers project in Birmingham is exploring how to meet the needs of carers who have limited access to carer support and may not identify as a carer because of culture or language barriers.

The workshop will cover understanding the role of a carer and the language needed for a carer role, as well as information on carers' rights and how to engage with carer services.

Volunteer facilitators are currently being sought to help deliver the programme. An understanding of the carer experience is desirable but not essential. Volunteer training and support will be given prior and during workshop delivery.

Interested in volunteering? Send your CV and a brief covering letter to the Project Co-ordinator Siân Finn at sian@timebank.org.uk or via post to:

**TimeBank
Unit 755, The Big Peg
120 Vyse St
Birmingham B18 6NF**

Deadline: 10th February
Interviews: 15th February
Training Day: 24th February 2017

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.



[Register here](#)

What's happening across Birmingham

Upcoming Meet Ups >>

NEW! Alzheimer's Society Birmingham Cafe - Various locations & dates

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...](#)



NEW! Singing for the Brain

Love to sing but feel you're not good enough? Want to try singing in a group but too self-conscious or worried you can't keep up? 'Singing for the Brain' is group singing for people with dementia and their carers.

[Find out more...](#)



Dementia Information & Support for Carers (DISC) North Birmingham - Mon 30th January, 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...](#)



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...](#)



Yoga & Meditation Half-day Workshop - Tues 31st January, 10.15am-2.15pm

This half-day yoga and meditation workshop at the Birmingham Buddhist Centre is open to any carer on a drop-

in basis.

[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 February, 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...](#)



Moving & Handling The Person You Care For Training - Wed 22th February, 10am-1.30pm

In this FREE moving & handling training you will learn how to prevent injury, moving your loved one with more confidence, comfort, and ease.

[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

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