



**Hi there,**

It's old news that our society is ageing. According to the Huffington Post, by 2046 almost one in four people will be over the age of 65. As life expectancy increases, we want to make sure that you continue to flourish, even in your later years.

Ageing Together Week starts 22nd January, keep reading to find out more.  
#ageing2gether

Take part in the [Dementia 2020 Citizen's Panel](#) to have your say in shaping government policy and practice in dementia care. Take the survey [HERE](#). DementiaCafe for dementia carers is [ongoing in 2018](#) for useful info and advice.

Parent-carer? You don't have to face it alone. [This series of workshops](#) will give you the most up-to-date info and advice on how to build the best future for your child. See [how other parent-carers felt they benefited](#).

Loads of new activities and services from the Chinese Community Centre, from [table tennis](#) to [relaxing massage](#), and even [free hair trims](#). Keep reading to get inspired!

Warmest wishes,  
Birmingham Carers Hub



## Free NHS eye and hearing tests in your own home!



**If you or the person you care for qualifies for free NHS sight tests *and* are unable to leave your home unaccompanied or require a home visit due to a physical or mental disability, you may be eligible for a free sight and hearing test in your home**



[Find out more](#)

## Get Involved! New Initiatives in Birmingham

### Dementia 2020 Citizens' Engagement Panel

Have you been diagnosed with dementia or are you looking after someone with dementia? Take part and let the Department of Health know whether the Government's plans for dementia care and support are making a difference to you.



[Find out more...](#)

### Ageing Better Together Week

The Ageing Together Week starts Monday, January 22 to Sunday, January 28, 2018 and is being run by Ageing Better in Birmingham (ABIB).

By 2020, almost 57,000 people aged 65 plus will be living alone in the city, (37 per cent of the age group), and this rises to almost 81,000, almost 53 per cent of the age group, when those with a limiting long-term illness are included.



Feeling alone and isolated is a negative emotional experience and can adversely affect both physical health and mental well-being, with recent studies demonstrating links with stress, lower self-esteem, disturbed sleep, cardiovascular disease, dementia and other mental health outcomes.

The aim of the week is to raise awareness of the problem and to show those who feel they are by themselves that there is help and company available if they know where to look.

Take a look at the event calendar for activities taking place during this week and more.

[Find out more...](#)

# What's Happening Across Birmingham

## Young Carers Awareness Day, 25th January

To raise awareness of Young Carers, YMCA Sutton Coldfield will be attending Solihull College on the following dates between 12.00pm and 1.30pm:

24th January Woodlands campus,  
25th January Blossomfield campus  
and on 26th January, you can find them at North Birmingham Academy 8.30-1pm with an Information table available throughout the day.



## Gentle Hatha Yoga - Mon 29th Jan, 12.15-1.15pm, Barefoot Birmingham

Enjoy classic hatha postures, with modifications to suit all students who prefer a gentle, relaxing practice. Whether you are brand new to yoga or already practice regularly, everyone is welcome at this mixed ability class.

[Find out more...](#)

## YACCS Support Group for Young Adult Carers, Wed 24th Jan, 7.30-9pm, Sutton Coldfield

No young adult knows what it's like to become the parent until the need arises. YACCS is a free support group for young adult child carers of terminally ill parents, or parents with life limiting illnesses. Come along to this peer discussion group for some time-out and to share stories and support.

[Find out more...](#)



## Practical Caring Support

### Training & Workshops >>



## Early Support Parent Carer Workshops, Mon 29th Jan, 6-9pm, Moseley

These workshops are for parent/carers of children and young people of any age, with any additional need following diagnosis. We will support you through times of change and at whatever stage of the caring journey you may find yourself.

[Find out more...](#)

## Making Decisions for Your Adult Child, Thurs 25 Jan, 10.30am-12.30pm, Selly Oak

This free workshop run by our partners, Contact, will help



parents understand their legal options in making decisions for an adult child. It will be facilitated by Ruth Moore from Slater Gordon Lawyer who will look at the Mental Capacity Act 2005 and explore: How it relates to people with cognitive disability; Assessing capacity; Best Interest decisions; Making professionals listen.

[Find out more...](#)

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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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