



From Birmingham Carers Hub, to all Carers....

THANK YOU FOR CARING!

You Make the World a Better Place!



Hi there,

Carers Week 2018 (11 - 17 June), gives Forward Carers, and the wider community, an opportunity to celebrate family carers and to thank you for all you do. Without any doubt, the world would be a lesser place without the love, compassion, dedication and commitment you give to your loved ones. Thank you for caring.

We know that as a carer, you may sometimes feel isolated or have limited time for the activities and social life you enjoy. This Carers Week, make sure you take some time out to enjoy some of the fantastic, free events designed just for you.

On Tuesday 12 June, you're invited to our annual [Celebrating Carers](#) event in the Symphony Hall Foyer. This year we'll be bringing fresh new acts and entertainment along with discounted food and drinks at local venues, so you can make a day of it in Birmingham.

For those 600 of you who have already registered for our A Life Alongside Caring event at the Birmingham Botanical Gardens on Father's Day, Sunday 17 June, we're looking forward to seeing you there. You responded in droves to our invitation to attend, and we are now at full capacity. If you haven't made your Carers Week plans yet, be sure to check out the other events happening in the area next week - and do make sure you join us at Symphony Hall on 12 June (no pre-registration needed), for a great start to [Carers Week](#).

Warmest wishes,

Birmingham Carers Hub Team

Celebrating Carers

Celebrating Carers at THSH, Tues 12 June

We kick-off Carers Week celebrations on Tuesday 12 June with our annual carers celebration at the Symphony Hall foyers, 10.30am - 2.30pm.

Expect lots of fun, free activities and entertainment for all. Birmingham Carers Hub partners will also be on hand to showcase what they can do to support you as a carer.

Please note, this event is not ticketed, so please just come along on the day with your family - no need to book.

[Find out more...](#)



Family Fun Day & BBQ, Rednal, Sun 10 June

Bring all the family for a fabulous fun day and tasty BBQ to raise funds for Headway Birmingham & Solihull, one of our partners.

There will be plenty of activities to enjoy, from pony rides and bouncy castles, wellywanging, and a penalty shoot-out. Don't forget to check out the tombola for lots of great prizes. And, be sure to save space for the BBQ and sweet treats.

[Find out more...](#)



Chand Raat, Eid festival, Thurs 14 June, 2-6pm

Bring all the family to celebrate Chand Raat (Night of the Moon) as part of Eid festival. All welcome.

Browse the bazaar for clothes, jewellery and gifts and treat yourself to some relaxing treatments (manicure/ pedicure and Indian hand / head massage). There'll be lots of fun arts and activities to keep children happy too.

Make sure you take time to speak to some of the visiting organisations - Birmingham cycling, Health Exchange and Healthy Mind.

[Find out more...](#)



Botanical Gardens, Sun 17 June, 11am - 2pm

We had a fantastic response to our [A Life Alongside Caring](#) event, and we are now fully booked.

For those of you who have already registered, we look forward to seeing you there for a fun family day with special Father's Day activities. Make sure you plan some time to visit the gardens afterwards.



Would you like to volunteer with us?

Did you know this week is Volunteers' Week? If you've been considering embarking on a new project - perhaps using skills that you haven't used in some time, or getting involved in an organisation you feel passionately about, this may be the perfect time... Forward Carers are recruiting volunteers!



We've got a wide range of roles, from helping out with mailings or taking photos at our events, to becoming a lead volunteer for our Making Space for Carers project. Please drop us a line to find out more, we'd love to hear from you.

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A Special Thank you

A special thank you to these amazing local companies who have donated gifts for our free give away at our Father's Day event on 17 June 2018

[Costa Coffee Snowdome](#) / [Cadbury World](#) / [Silver and Light](#) / [Reflections Salon](#) / [Urban Verda](#) / [Miss Louise Jewellers](#) / [Johnson Dry Cleaner](#) / [Arco Lounge Harborne](#) / [The Plough Harborne](#) / [Waitrose](#) / [Sainsbury](#) / [Co-op Harborne](#) / [EMI Gold Salon](#) / [Utopia Salon](#) / [Dudley Zoological Gardens](#) / [Experience Days](#) / [Moving Forward Sports](#)

[Find out what you could win here](#)

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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