



carers have felt **lonely or socially isolated** as a result of their caring responsibilities



Hi there,

We all benefit from being by ourselves from time to time, it's an opportunity to reflect, regenerate and look after ourselves. Yet, repeated periods of isolation from friends and family can lead to us becoming lonely. Loneliness can impact on our physical and mental health with 8 in 10 of carers saying they have experienced these feelings of social pain first-hand.

Caring for your loved one often means putting their needs first and for some people this can mean losing contact with important social circles. Whether it's because you have less time or energy for get-togethers or can't travel as far for social activities, sometimes we let these important social contacts slide.

Ageing Better in Birmingham sets out to tackle the problem of social isolation. With so many carers experiencing loneliness, Ageing Better recognises that bringing carers together can make a huge difference to quality of life.

The Ageing Better Fund, supported by the Big Lottery, has been set up to provide funding for existing carer support groups or those who would like to organise regular social activities for carers at risk of isolation. No matter how unusual your idea, if it will bring together carers over 50, then please apply to the Ageing Better Fund. You could receive a grant of up to £2,000 to bring your idea to life!

For more information and details on how to apply, [click here](#) or email [kathleen.richards@birminghamcarershut.org.uk](mailto:kathleen.richards@birminghamcarershut.org.uk)



## Your Needs, Your Say, Your Care

### Understanding the Transforming Care Programme >>



Ever thought you wanted to contribute to the planning of services for loved ones? The Transforming Care programme is the next step in ensuring people with disabilities and their families have more say in their care, are kept at the heart of all decisions and are supported in the local community.

**Building the Right Support, Transforming Care Together** is a one-day conference for young people with disabilities and / or autism and those who care for them. During the event you will learn more about the Transforming Care agenda and future plans. This is your chance to find out more about and have your say in the ways you wish to be involved with your local Transforming Care plans. You will have a chance to meet other carers, hear from specialist speakers and take part in a series of workshops on mental health, crisis care and improving involvement and participation.

**You'll have to act quickly if you want to attend as the conference is this Tuesday 28th March, 10am - 4pm in Wolverhampton.**

To learn more about the plans and to book a place, please click [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.**



[Register here](#)

## What's Happening Across Birmingham

### \*Save the Date\* >>

#### National Carers Week This Year - 12 - 18 June

Birmingham Carers Hub will be holding a carers event on Monday 12th June so please SAVE THE DATE!

More details to follow in next month's newsletter or you can find out more about all Birmingham Carers Hub and partner events below...

**Carers Week 2017**  
Monday 12 - Sunday 18 June



[Find out more...](#)

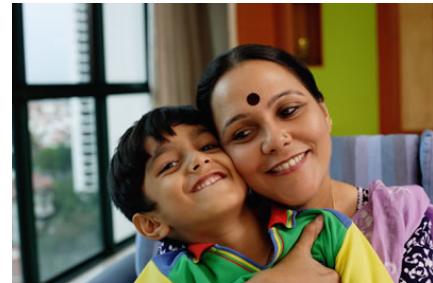
### Upcoming Meet Ups >>

#### Autism Support, Winson Green, Fri April 21 @ 10:00 am - 11:30 am

This is a support and advisory service for parents/carers of children who have a diagnosis of Autism.

Come along for advice on a range of services including Welfare Benefits and Education and to meet other parents/carers.

[Find out more...](#)



#### Yoga & Meditation Half-Day Workshop, Moseley, Tuesday April 25 @ 10:15 am - 2:15 pm

Yoga and meditation are proven to help you sleep and reduce your stress. 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...](#)



#### Autism Friendly Screenings, Sundays Throughout the Month, Selected Times and Locations

Sensory friendly screenings so people with autism can experience the joys of cinema without feeling overwhelmed.

Click below for information about autism friendly screenings or search the [events calendar](#) for dates. Please note, for a short time only, Odeon cinemas will be trialing films for an



older age group on selected Monday evenings.

[Find out more...](#)

## Practical Caring Support

### Upcoming Training >>



#### **6 Week Parent Carer Workshop, Weds from Apr 26th (Handsworth), Tuesdays from June 13th (Northfield)**

If you have a child with additional needs of any age, join this friendly workshop to learn about the services you can access and to gain confidence in your child's journey. As our journey progresses, we become experts by experience, that's why this programme is designed and led by fellow parent carers. Venues in [Handsworth](#) or [Northfield](#).

[Find out more...](#)



#### **Planning for the Future: Wills and Trusts - Thurs 15th June, 10.30am-12.30pm**

It's natural to worry about what will happen to our loved ones when we are no longer around to care for them. This Birmingham city centre workshop will explain how Wills and Trust can help protect your child's interests, and set your mind at ease.

[Find out more...](#)

## Partner Spotlight

### Contact a Family >>



#### **Who Are We?**

Contact a Family are one of our fantastic partner organisations. If you care for a child, no matter what their condition or disability, Contact a Family can provide up-to-date information on services, advice on all issues that affect you and support for your family.

[Find out more...](#)

## Have Your Say



### Is The Short Breaks Service Working For You?

Birmingham City Council want to know your opinion about their short breaks services. They want to make the experience better for you in future, so your views will really count. Share your experiences and ideas [HERE](#). Don't delay, the questionnaire closes on 13th April.

[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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