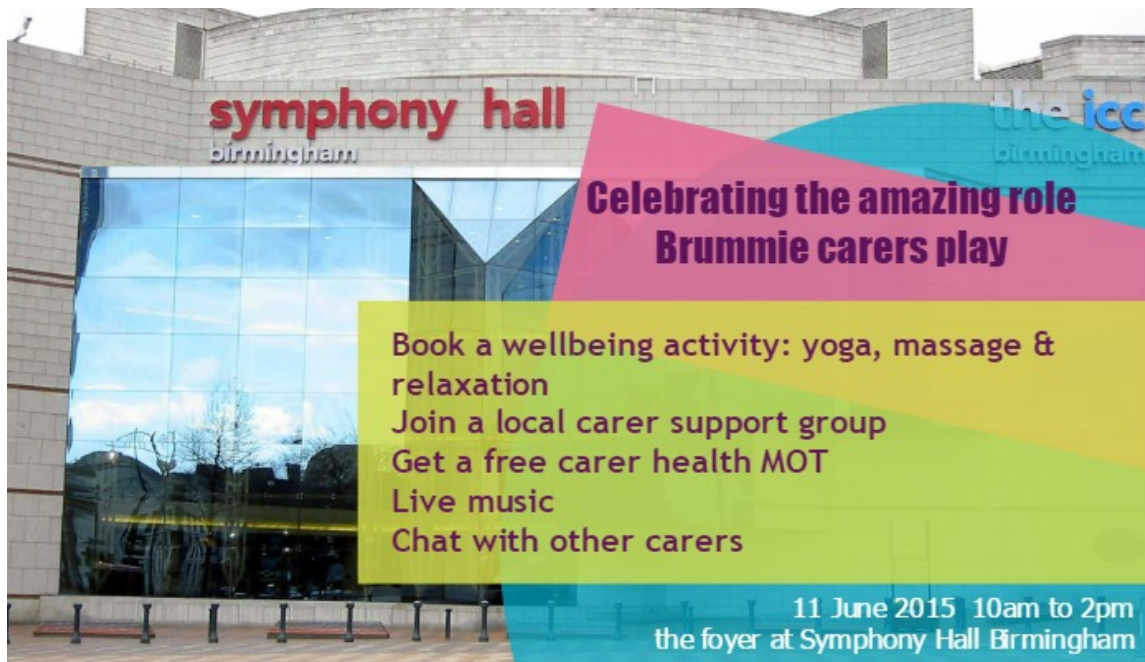




www.birminghamcarershub.org.uk



We're celebrating the amazing contribution family carers make to our communities with a brilliant **FREE event** - in partnership with Birmingham Town Hall & Symphony Hall - on **Thurs 11 June 10am to 2pm**.

It's National Carers Week 8-14 June so come and find out about all the **help, support** and **training** on offer, get **face to face advice** about your new rights under the Care Act, **meet other carers**, and take advantage of a **free health MOT check**.

Enjoy **live music** and some much needed **me-time**. There will be **refreshments**, a wellbeing zone with **free yoga and relaxation** sessions, plus a **chill-out area** for anyone with additional needs.

You'll also be able to register with the Carers Hub, if you haven't already, and apply for a **FREE £150 wellbeing voucher** - redeem against all sorts of activities from **pamper days** to **trips away**.

You're our City's unsung heroes, so come and join us at the **Symphony Hall Foyer**, Birmingham - **no need to book**. Please help us spread the word so we can support even more carers - forward this email to a friend or colleague, **SHARE** on facebook or tweet about us!

Hope to see you on the 11th.


Warm Wishes

Simon Fenton



[Forward this email](#)

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