



[www.birminghamcarershub.org.uk](http://www.birminghamcarershub.org.uk)



### **Speaking From Experience: Short Talks on Caring by People Who Do**

Announcing the headline talks at our Celebrating Family Carers Event! We will be giving recognition to Birmingham's invisible heroes, unpaid family carers like yourselves on Fri 10 June 2016, 10.30am-3pm at the prestigious Symphony Hall, Birmingham!

Do you ever feel like no one understands the challenges you experience as a carer? Do you feel overwhelmed, under-prepared, and not up to the task? We all go through moments like these, but knowing that you're not alone and there is help out there can make all the difference.

Come along to our 15-minute talks in the Side Room, Level 5, where we have invited inspirational carers like yourselves to share their wisdom and experience. Check out the sneak preview of the presentation topics below.

Let us know you're coming, and be in the Fast Track queue on the day Register in advance: **[YES, count me in!](#)**



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## Creating Carer-Friendly Communities Online

*Kirsty Fleetwood, Community Development Manager VirginCare  
11am & 2.05pm*

Aimed at supporting carer groups, networks and agencies, this short 15 minute workshop will use Virgin Care's dedicated carer website [www.carersclub.org](http://www.carersclub.org) as case study for developing online spaces for carers. Kirsty will share the research behind the way the site has been developed and the content it holds. Including quick wins for making your digital carers space more carer friendly and using non typical content hooks for engagement.



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## Taking Time For Me: A Carer's Guide to Positivity

*Vikki Barnes, Clinical Psychologist for VirginCare  
12pm & 1.10pm*

Vikki will share tips about understanding your own mental strength as well as practising exercises to relax you, centre your thoughts and cultivate your positivity. This workshop is all about you, so make time to come and be part of it.



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## Caring for Young Carers - Dare to Dream

*Charlotte Richardson, ITV Fixers  
12.30pm*

A carer since the age of 14, Charlotte wants to encourage other young carers to dream big. Charlotte Richardson, now 21, wants to remove the stigma that young carers have and show that even though you might be in a position of looking after someone close, you can still lead a rich and vibrant life and have your own dreams and aspirations.



## A Guide To Parent-Carer Finance

Birmingham Carers Hub Team

12.50pm



Working out what benefits and funding you are entitled to as a parent carer can sometimes feel like trying to find your way through a maze without a map! Luckily for you, our speakers will help guide you through the ins and the outs of what is available financially to help support Parent-Carers. There will be time for questions at the end.



Want to discover exclusive events, activities, training sessions and more? Our Events Calendar is the ultimate up-to-date guide on what's going on for carers and their families in and around Birmingham. Check it out [HERE](#).

Be sure to add to your bookmarks and visit often - there's loads going on and we are constantly updating.

Got an event you'd like us to promote? Click [HERE](#).

For regularly recurring events such as coffee mornings, support groups, art clubs and fitness classes/activities, you can search by location nearest to you [HERE](#).

### Upcoming Events

#### [Meditation, Qi Gong and Mindfulness for Wellbeing](#)

Tuesdays, 11.15am-12.45pm

#### [Paper Marbling - Creative Carers Programme](#)

Sat 18 June, 11am-1.30pm

#### [First Aid Training Course](#)

Fri 24 June, 10am-1pm

Like us on [Facebook](#) or follow us on [Twitter](#) to receive the latest updates of what's on in your area. If you have any feedback or suggestions, we'd love to hear from you. Call 0333 006 9711 (low call rate) or email [info@birminghamcarershub.org.uk](mailto:info@birminghamcarershub.org.uk).

Birmingham Carers Hub Team

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