



Hi there,

Welcome to this Forward Carers enews packed full of information and events designed especially for carers like you based in and around Birmingham. This special edition is all about Carers Week (12 - 18 June).

To kick-off Carers Week, we are planning a special Celebrating Carers event on Monday 12 June at the Symphony Hall Foyer and we hope you will join us there.

Carers Week is a time to acknowledge the amazing work of the UK's unsung heroes, those caring for a family member or friend day in and day out. And, it's an opportunity for you to take some time back for yourself, to enjoy great entertainment, to meet up with others over a cuppa and to find out about the local support available to you.

THSH Programme Manager, Chris Proctor commented "It is always one of the highlights of the year to welcome Forward Carers and Midland Mencap to take over the foyers at Symphony Hall in order to celebrate the work that carers do".

Whether you've marked Carers Week for many years or are new to your caring role, there will be plenty to enjoy and discover at this Celebrating Carers event. With four floors of entertainment and information, including the ever-popular Wellbeing Zone and family-friendly activities. Plus, if you sign-up for a free carers health MOT, you may be eligible for a £50 voucher. Whatever you're into, we're sure you'll be glad you came.

We hope to see you on Monday 12 June @ Symphony Hall, Birmingham, 10.30am - 2pm.

For full information and to book your place, please click [HERE](#)

If you enjoy hearing about events and information for carers, look out for our next enews in June. We do understand that you get lots of emails, so if you'd prefer not to receive this in future, please let us know using the unsubscribe link at the

bottom of this email.



Building Carer Friendly Communities



Each year, Carers Week raises awareness of caring, highlights the challenges carers face and recognises the contribution each of you makes in so many ways.

This year, Carers Week (12 - 18 June) continues to focus on *Building Carer Friendly Communities*, places that reach out to support carers wherever they can by understanding caring, understanding disability and illness, and doing things differently.

Research has shown that carers who feel supported by their local community, have better health and are more likely to balance life and work, whilst maintaining those important relationships with friends and family. That's why we are bringing the community of local organisations who support carers, to you, at our [Celebrating Carers](#) event.

Sadly, the reality for some people is that they face extra challenges due to a lack of understanding from their local community. That's why Carers Week is so important in raising awareness and improving practice. You can read last year's report, [here](#).

Do get involved with [Carers Week](#) however you can, from pledging your support, helping to build carer friendly communities or planning your own event. Whatever you decide, don't forget to start the week at a gathering of hundreds of your fellow carers at our Celebrating Carers event.

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. Your prescriptions right to your door delivered by a friendly team.



What's Happening Across Birmingham this Carers Week

Young Adult Carers Drop-in, Sutton Coldfield, Tuesdays @ 1pm - 3pm

A friendly support group, with a difference. This weekly meet up for young adult carers also comes with access to specialist advice on career and education goals and the chance to meet 1:1 with a qualified life coach.



[Find out more...](#)

Seven Up Youth Play Sessions, Ladywood, Sat 17 June @ 2pm - 4.30pm

Seven Up is a community play group for disabled children and young people providing fully accessible play and leisure opportunities. If you haven't been before, make this Carers Week the time to try something new!



Booking is essential.

[Find out more...](#)

Afternoon Tea, Lozells Methodist Community Centre, Fri 16 June

Enjoy an afternoon tea of sandwiches, cakes and hot drinks for carers and family and friends at Lozells methodist community centre.

Free goodie bags for carers will be provided by local services. Find out more below.



[Find out more...](#)

Practical Caring Support

Carers Week Training >>

Planning for the Future: Wills and Trusts workshop, 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 Trusts can help protect your child's interests, and set your mind at ease.



[Find out more...](#)

Have Your Say



Recommend a Carer Friendly Business

Have you had a great experience with a work place, local business or service? This Carers Week, why not take a moment to recommend them to others. Raising the profile of carer-friendly places will send them a message of thanks and encourage others to improve their practices.

[Find out more...](#)



Consultation - Transforming Home Care Support

Birmingham City Council are reviewing how they meet the social care needs of vulnerable adults. They would like to hear your feedback on how home care services can be improved. All local home care support providers are included in the review, so the results are likely to affect the person you care for.

A representative will be available at the Celebrating Carers event on 12 June if you want to know more. To share your views online, please click below. Closing date is 4 July.

[Find out more...](#)

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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