



carers RIGHTS DAY

Hi there,

On Carers Rights Day last year, we helped equip carers like you with information, advice, support and services to give you a little more peace of mind. But what about "hidden" carers? Those who may not realise they are in a caring role, but who could sure use the help and support?

This year we're all about making new connections with others in our communities. We're holding information sessions at 4 [locations across Birmingham](#), so bring a friend, or just come along and make some new ones!

Don't forget to pick up your Families Together Christmas Carol Concert tickets, available from 10 Nov - [more info here](#).

Concerned about the quality of your health and social care services? [HealthWatch's new info-sharing initiative](#) will put your mind at ease. Are you 50+ and thriving, but just a little bored? [Ageing Better's fun social activities](#) might be just the thing for you.

And finally, read about how our friends at the West Midlands Fire Service want us to [keep safe this festive season and beyond...](#)

Warmest wishes,
Birmingham Carers Hub



Free NHS eye and hearing tests in your own home!



**If you or the person you care for
qualifies for free NHS sight**



**tests and are unable to leave your home
unaccompanied or require a home visit due to a physical or mental
disability, you may be eligible for a free sight and hearing test in your
home**

Get Involved! New Initiatives in Birmingham

Fire Safety Guidance for Carers

What do emollient creams, air flow mattresses and incontinence pads have in common? They are all items used to help people with decreased mobility feel more comfortable in bed - but did you know that they may also be fire hazards?



Adults with care and support needs may be at an increased risk of fire. It is essential that fire safety is included in any care plan. If you're a carer or involved with providing care for a loved one, these guidelines will help you fully understand how best to reduce any risk.

[Find out more...](#)

Social Activities with Ageing Better

Social isolation can come about through the life-changing events that can affect everybody. Carers have reported feeling more isolated after a bereavement, onset of dementia, depression, a serious illness in a partner, or having fewer social contacts and relationships due to their caring role.



You may not feel isolated yourself - but your company and friendship could make all the difference to someone who does.

[Find out more...](#)

Sharing views on Health and Social Care

Healthwatch England are the independent national champion for people who use health and social care services. They aim to make sure that those running services put people at the heart of care. Healthwatch England want more people to share experiences, whether good or bad, about the quality of care they are receiving. Check out the videos of how you can leave feedback and how you can contribute to the improvement of local services.



[Find out more...](#)

Care Quality Commission (CQC) Local Performance Review

CQC will be reviewing Health and Social Care services in Birmingham during December and

January. They are keen to meet carers of older people (65+) to hear their views on how well the Local Authority and NHS work together. The carers workshop will be on 19 December at 12.30 - 14.30 at Woodcock Street Council Building, Aston. If you are interested in joining this session please email: paul.jones@midlandmencap.org.uk.

What's Happening Across Birmingham

Families Together at Christmas - Sun 17 Dec, 11am, Town Hall Birmingham

It's almost Christmas time, and we want you to come sing, dance and be merry at Birmingham's only Christmas concert exclusively for carers. With the Halas Homes Sign and Sign Choir, and the Metropolitan Brass Ensemble.

Prizes for Best Worst Christmas Jumper, Best Christmas Hat/Headgear and Festive Spirit Prize, for the person who gets into the Christmas spirit the most during the concert itself!

[Find out more...](#)



Autism Friendly Screenings - Justice League, 20 Nov 6-8pm

Once a month, ODEON host a sensory friendly screening for older audiences designed to be an inclusive and welcoming environment for people with sensory sensitivities and their loved ones.

In this action-packed film, Batman and Wonder Woman work quickly to recruit a team to stand against a newly awakened enemy.

[Find out more...](#)



Silverstone Court Choir - 22 Nov 11am-2pm, Stinchley

Friendly older carers who love to sing are seeking new members for choir group. Whether you're a beginner or have some experience of singing you are welcome to join us. Refreshments provided.

[Find out more...](#)



Dosti Ladies Social Group - Every Wednesday 1-3pm, Saltley

Dosti Ladies is an informal group led by volunteers. If

you're looking for a friendly women's group, this could be for you!

Dosti Ladies enjoy a range of activities such as cake decorating, card making, knitting and crochet and looking after their herb garden - and especially enjoy a nice cup of tea and biscuits.



[Find out more...](#)

Practical Caring Support

Support Groups >>

DO YOU CARE FOR SOMEONE WITH A DISABILITY?

looking forward

WOULD YOU LIKE TO MEET OTHER PEOPLE FACING SIMILAR CHALLENGES?

Do you find it difficult to find the right information at the right time? We understand that parent and carers can sometimes feel alone and isolated.

Looking Forward provides opportunities to help raise awareness for individuals with disabilities, allows you to meet other carers and share experiences in a friendly and informal setting.

When?
The group runs fortnightly on a Thursday between 10 and 11am. (Please book in advance.)

Please refer to:
www.gemids.org.uk/parent-carers-group for dates and times.

Where?
Central Daily Midlands,
17 Victoria Road, Harborne,
Birmingham, B15 2AQ.

Looking Forward, Parent Carer Support Group - Fortnightly, Thursdays 10-11am, Harborne

Looking Forward provides opportunities to help raise awareness for individuals with disabilities, allows you to meet other parent carers and share experiences in a friendly and informal setting.

[Find out more...](#)



Early Support Parent Carer Workshop, Thurs 30 Nov 10am-1pm (Recurring)

These workshops are for parent/carers of children and young people of any age, with any additional need following diagnosis. We will support you through times of change and at whatever stage of the caring journey you may find yourself.

[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**

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