



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

## Family Carers Day Fri 30 Oct - New community venue in Sutton



*Photo credit: [Sutton Coldfield Local](#)*

Midland Mencap, in partnership with Birmingham Carers Hub is holding a Family Carers Day on Friday 30 October 10.30am - 2.30pm at their new outdoor learning & activities centre at Clifton Road, Sutton Coldfield, right on the edge of gorgeous Sutton Park!

Come and check out the fantastic facilities and take part in FREE taster sports and wellbeing sessions, including cycling in the park (bikes provided). There will be an opportunity to book out-of-school activities for children with additional support needs. FREE family health checks and West Midlands Fire Service Home Safety checks too. We also want to hear what activities and training opportunities you would like to see at the centre.

No need to book, just come along!

**SAVE THE DATE! - Carers Christmas Carol Concert,  
Sun 13 Dec, 11am at Town Hall, Birmingham**



Photo credit: [THSH](#)

Soak up the festive spirit in the City Centre with a spectacular carolling performance at Town Hall, Birmingham. We are excited to announce that we are finalising plans for a very special Family Carer Christmas concert to get us in the festive mood.

We are working with our partners to keep ticket prices to a minimum. Watch this space for more details closer to the date.

### **Living well with Dementia - FREE Talk by Penny Garner, Founder of the Contented Dementia Trust**



**Mon 19 Oct 2015, 7-9pm**

Coffee from 6.45pm.

St Mary's (Priory), Vivien Rd, Harborne B17 0DN

The Contented Dementia Trust helps those who have already been diagnosed with some form of dementia, and their carers, for whom practical help and resources are more important than research into prevention and cure.

Penny Garner will speak to carers about how they and those they care for can live well with dementia. The event is free, although there will be a voluntary collection for the Contented Dementia Trust. **Contact Cynthia on [cyndeesson@aol.com](mailto:cyndeesson@aol.com) to book.**

### Learn about Dementia Services available near you



**Wed 18 Nov 2015, 9.30am - 4pm**

Lunch and refreshments provided.

Venue: ASTON VILLA FOOTBALL CLUB B6 6HE

Inviting all people with dementia, their carers, and local Health and Social Care professionals to come along and learn about local dementia services.

Covers a broad range of issues such as Day Services, Planning for the Future, Home Safety, Consumer Protection, Rare Dementia, and more.

Plenty of information and advice on how to make yourself, your home, workplace or district dementia-friendly. See the agenda and [book your place here](#).

**FREE Will-writing by Mencap**



Are you unsure about how best to leave your loved one with a learning disability money in your will? Planning ahead can make all the difference to those close to you, and provide you with peace of mind. The Mencap Wills and Trusts team will provide parents and families with free booklets about writing wills and setting up trusts for the benefit of a loved one with a learning disability.

There's also a free two-hour seminar offering specialist legal advice for families and carers.

'Planning for the Future' events in your area:

**Wed 4 Nov 12.30 - 2.30pm & 6.30 - 8.30pm**

The Birmingham and Midland Institute, Margaret Street,  
Birm. B3 3BS

For more information our to book a place call Gina on 0207 696 6925

### **October is Free Wills Month**

This is part of Free Wills Month which is intended for individuals or couples aged 55 and over. Free Wills Month brings together a group of well-respected charities to offer the general public the opportunity to have their simple Wills written or updated free of charge by using participating solicitors. [Click here for more details](#)

### **FREE Flu Vaccination for Carers**





Selected Boots Stores (Boldmere, New Oscott, The Fort, Walsall, Perry Barr, Erdington and Crabtree Drive, Chelmsley Wood) are offering a free flu vaccination to all unpaid carers and those on carers allowance.

Book directly with any of these stores or for more information contact Satty Sandha, Boots Store Manager at Crabtree Drive, Chelmsley Wood.

Call 0121 7705602 or email [sattysandha@yahoo.co.uk](mailto:sattysandha@yahoo.co.uk)

**Birmingham City University Carers Project  
FREE Training & Awareness Programme**



*Photo credit: [Department for Communities & Local Government](#)*

**Sat 24 Oct 2015**

Birmingham City University

To find out more or book please contact Ann Cubbin:

Call 0121 331 7130 or email [ann.cubbin@bcu.ac.uk](mailto:ann.cubbin@bcu.ac.uk)

When your loved one relies on the help of professional carers, it can be a stressful and often confusing time. There are probably dozens of questions you want to ask but never get the opportunity. This training session aims to equip you with knowledge and understanding of how care is delivered from a professional perspective, and provide you the answers you need for your peace of mind.

Held at Birmingham City University, this one-day training is FREE and will cover topics such as proper safety in using equipment, the role of nutrition; and preventing skin problems.

Transport, lunch and refreshments throughout the day provided.

---


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



[Forward this email](#)

STAY SUPPORTED

 Like us on Facebook

