



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

## Are you receiving your carer entitlements?



Birmingham Carers Hub is committed to enhancing the lives of all carers in our City. Since January we have helped secure over £350,000 in entitlements and grants for carers. Our trained advisers are experienced in supporting carers apply for and access a variety of benefits.

Did you know we run outreach surgeries throughout the City? Contact us on tel 0333 006 9711 (low call rate) or email [info@birminghamcarershub.org.uk](mailto:info@birminghamcarershub.org.uk) to book a one to one session. We now also offer a city centre drop-in service at the Carrs Lane Centre on Saturdays 9am to 1pm.

## FREE ASD Training with Therapies 4 Autism

We are excited to announce that Birmingham Carers Hub in conjunction with Therapies 4 Autism will be running a series of wellbeing programmes across the City for parent-carers and carers of a family member with ASD (Autistic Spectrum Disorder). Places are FREE (small charge for refreshments) for carers and parent-carers living in Birmingham enrolled with the Hub. Each programme is made up of six workshops, with the first starting in October 2015. If you are interested in finding out more we will be holding two introductory sessions on 22 Sept at 10am and 12 Noon at Enterprise Hub, Bottetourt Rd, Weoley Castle, Birmingham B29 5TE. For more details and to register your interest email Vicky Weaver at [therapies4autism@gmail.com](mailto:therapies4autism@gmail.com)



## FREE Revive Wellbeing Course

How can you as a carer be prepared for when times get stressful? Feel more in control and equipped to handle tricky situations with the REVIVE course, run by our partners Birmingham Buddhist Centre and Birmingham MIND.



**Venue:** Birmingham Buddhist Centre, 11 Park Road, Moseley, Birmingham, B13 8AB. Four sessions in a small, friendly and supportive group setting (max 12) exploring how you as a carer can enable yourself to cope better with difficult periods and situations.

**Taster day:** 11am-2pm Tuesday 20 October, then 11am-2pm Tuesdays (3 Nov, 17 Nov, 1 December). Includes lunch and refreshments. For more information and for **bookings** email Sara at [carersbreaks14@gmail.com](mailto:carersbreaks14@gmail.com) or phone 07426 542272 by 12 October. There will be another course starting in January 2016.

## Men's Carer Support Group

Would you like to be part of a men's carer support group? We have a male carer interested in setting up a group, likely to be a daytime City Centre pub meet-up. Sounds good? Email



## Need emergency care for your loved one?



Midland Mencap run the Carer Emergency Response Service (CERS) on behalf of Birmingham Carers Hub. CERS now offer a planned sitting service for a family member or dependent when caring duties prevent you from attending important medical appointments. You need to be registered with CERS in order to book this service.

To register or to enquire about the planned sitting service, contact CERS direct on 0121 442 2960 or [info@cers.org.uk](mailto:info@cers.org.uk).

## FREE Moving & Handling Training

**23 & 24 September 2015 plus more dates coming soon!**

**Part A. Moving and Lifting Safely  
Part B. Hoisting and Safe Use of Equipment.**



If you're a family carer looking after someone with an illness or a disability living in Birmingham, you may need to help them to move around. It's essential that you know about safe moving and handling so you don't hurt yourself or the person you care for.

Only a few spaces left - click [HERE](#) to find out more.

## More 'Time for Me'?

'Time For Me' £150 wellbeing voucher scheme has been a huge success and is now closed. We are in discussions with Birmingham City Council and hope to re-launch in Spring 2016.




**A big thank you!**



And finally a big THANK YOU from everyone at the Hub for all the touching Thank You cards. It really is an honour to be helping so many local carers. Please do help us spread the word to reach even more carers by forwarding this enews and sharing on Facebook!

[Forward this email](#)

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