

CARING FOR SOMEONE IN BIRMINGHAM?



cers
carers emergency response service

- **FREE** round-the-clock back-up care
- Emergency care planning
- Peace of mind always
- Regulated by Care Quality Commission

Email: info@cers.org.uk

CERS direct tel. 0121 442 2960

Birmingham carers also receive:

- FREE** and subsidised out-of-school and holiday clubs for kids with additional needs
- FREE** casework and help with carer entitlements
- FREE** wellbeing – mindfulness, relaxation, yoga, crafts, outdoor activities

Call 0333 006 9711 (low call rate)

Forward Carers powers Birmingham Carers Hub offering **FREE** services to improve your wellbeing



@bhamcarershub

REGISTER WITH US TODAY
www.birminghamcarershub.org.uk



@BirminghamCarersHub

You don't need to be in receipt of entitlements to benefit from our services.

Birmingham Carers Hub working in partnership with Birmingham City Council

CARING FOR A FAMILY MEMBER OR FRIEND?



1 in 4 households is home to a carer.
If you're looking after a disabled, seriously ill or frail loved one we're here to help.

Register with us for:

- Information and advice
- Training for your caring role
- Wellbeing and relaxation
- Events and support groups
- Online resources

www.forwardcarers.org.uk

Call 0333 006 9711 (low call rate)

REGISTER WITH US TODAY

Supporting all carers, young, old and in-between.
You don't need to be in receipt of entitlements to benefit from our services.

Forward Carers is a consortium of not for profit organisations working together to improve the lives of carers