



Support Groups for Carers in Birmingham

Making Space for Carers, Making Space for you!

| Where | Postcode | When | Time | Website link | Cost |
|------------|----------|-----------------------------|-------------------|---|------|
| Selly Oak | B29 6NA | 2nd Monday of the month | 10.30am - 12.30pm | TouchBase Carers Hub | Free |
| Edgbaston | B15 3DQ | 1st Tuesday of the | 10.30am - 12.30pm | The Friendship Place at St | Free |
| Stirchley | B30 2JT | 1st Tuesday of the | 1.30pm - 3.30pm | Stirchely Baths | Free |
| Perry Barr | B42 1BT | 3rd Tuesday of the | 1.00pm - 3.00pm | Tower Hill Medical Practice | Free |
| Aston | B6 6BB | 2nd Friday of the month | 10.30am - 12.30pm | Laurie Pike Health Centre | Free |
| Hall Green | B28 8BG | Adhoc Fridays, once a month | 12.00pm - 1.30pm | Hall Green Health | Free |

Midland Mencap Support Groups

| Where | Address | Postcode | When | Time | Cost |
|---|----------------------------------|----------|--------------------|------------------|-------|
| Perry Tree Centre | Dovedale Road Kingstanding | B23 5BX | Monthly - Thursday | 11:30am - 1.00pm | £1.00 |
| Female Carer Group Sparkbrook Health & Community Centre | 34 Farm Road Sparkbrook | B11 1LU | Monthly - Thursday | 11:30am - 1.00pm | £1.00 |
| Enterprise Hub | Bottetourt Road Weoley Castle | B29 5TE | Monthly - Thursday | 11:30am - 1.00pm | £1.00 |
| Female Carer Group Handsworth | 71 Rookery Road Handsworth | B21 9QU | Monthly - Thursday | 11:30am - 1.00pm | £1.00 |
| Birmingham Symphony Hall | Broad Street | B1 2EA | Monthly - Thursday | 11:30am - 1.00pm | £1.00 |

Carers of all backgrounds are welcome to access any of these support groups, not just those who care for someone with a learning disability. If you would like more information regarding any of the support groups, please contact **0121 442 2944** or families@midlandmencap.org.uk

More Support Groups & Activities

There are lots of other support groups and activities for Carers in Birmingham, visit our website for more information www.forwardcarers.org.uk/events/