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Monday 6 June	12:00 – 14:00	Information, Advice & Guidance, a variety of stallholders, free head and shoulder massage, plus a performance from B:Music.   	*Blackwell Suite, Symphony Hall, Birmingham	No booking required just come along, we'd love to see you.	FREE! 
Tuesday 7 June	19:00-21:00	Carers Celebration Disco. Join us with your family for an evening of dancing and music, the bar will be available from 7pm.   	Blackwell Suite, Symphony Hall Birmingham	Booking required, click here http://ow.ly/ztrZ50JgVmT	FREE!
Wednesday 8 June	10:00 – 14.00	Wellbeing Garden Party – taster workshops, wellbeing stalls and refreshments.  	ACP Family Wellbeing Centre, 25 Grantham Road, Sparkbrook, Birmingham B11 1LU	To book, text ACP's Wellbeing Team 07579 764468	FREE! 
Wednesday 8 June	11:30 – 12.30	Musical Meet Up: Keys for Life. 	Blackwell Suite, Symphony Hall Birmingham	Book via B:Music's Website http://ow.ly/gEy350JiBMB	FREE!
Thursday 9 June	12:30 – 14:30	Warm and Safe Homes Workshop, energy saving tips, plus grant applications. 	Sense Touchbase Pears, Selly Oak Birmingham B29 6NA	Book via Eventbrite: http://ow.ly/LEh850J9Tmm 50 tickets available	FREE! 
Friday 10 June	12:30 – 15.00	Carers Lunch with live acoustic performance by Henry Liggins. Meet Midland Mencap's Family Carers team and other Carers  	Weoley Castle Community Centre, Birmingham B29 5TE	To book call 0121 427 6404 or email families@midlandmencap.org.uk (up to 40 tickets available)	FREE!
Saturday 11 June	15:00 – 21:30	Carers week Jubilee Party with free BBQ.   	Weoley Castle Community Centre, B29 5TE	Book via Eventbrite: http://ow.ly/HYbG50J9TnC (up to 300 tickets available)	FREE! 

Key

-  Information and advice
-  Music
-  Wellbeing
-  Tea and coffee available
-  Party
-  Dancing
-  Food available

*The Jennifer Blackwell Performance Space at Symphony Hall, Broad Street, Birmingham.

Birmingham Carers Hub is here to support family Carers who look after someone who depends on their help. Find out how we can help, visit our website www.birminghamcarershub.org.uk or call **0333 006 9711** to speak to one of our advisors.