



Carers Week Events

We're supporting Carers Week!



Monday 5 June



5-11 June 2023

Date	Time	Event Details	Organiser	Event Location and Booking Details
Mon 5 June	09:00 - 12:00	Recognising & Supporting Carers in the Hospital	University Hospitals Birmingham NHS Foundation Trust	Heartlands Hospital - Carer & Staff engagement on wards and departments. Only open to Carers and staff within the hospital during this time - Contact carers@uhb.nhs.uk Find out what support is available to you as a Carer.
Mon 5 June	9:30-12:00	Information & Advice Drop in with Birmingham Carers Hub Advisors		Communita Café - 76-78 Boldmere Road, B73 5TJ No booking required
Mon 5 June	9.30 - 17:00	Information & Advice Drop in Birmingham Carers Hub Advisors		Touchbase Pears - 750 Bristol Road, Selly Oak B29 6NA No booking required.
Mon 5 June	10:30 –11:30	Forward Carers Coffee Morning		Online Group Register your interest here: https://forwardcarers.tfaforms.net/14
Mon 5 June	10.30 - 14:30	Birmingham Carers Hub Parent Carer Information Event		Birmingham Symphony Hall - Broad Street, Birmingham, B1 2EA For more information call the Midland Mencap carers team on 0121 442 2944 or email families@midlandmencap.org.uk
Mon 5 June	10:30 - 13:00	Carer Self-Care and Escape - Come and take a walk, connect with Carers and enjoy what nature has to offer, followed by brunch at INES Café.		Moseley Park. Open to all Carers. Contact Sonia for more details 07743 112430
Mon 5 June	12:15 - 13:15	Gentle Yoga with massage for Carers <i>Yogi tea and snacks.</i>		Barefoot Birmingham Yoga - 7 High Street, Harborne, B17 9NT. If you're new to the Studio or don't yet have a Carers 10-Class Yoga Pass, register here and we'll guide you through the class booking process. Yoga mats will be provided. Note - This class is not suitable if you have limited mobility. You might like to try our Chair Yoga class at the Birmingham Carers Hub event on 7th June at Touchbase Pears in Selly Oak.
Mon 5 June	13:00 - 15:00	Recognising & Supporting Carers in the Hospital- Family Carers Session	University Hospitals Birmingham NHS Foundation Trust	Heartlands Hospital - Ward 30 - In partnership with the Dementia Team Only open to Carers within the hospital during this time, contact carers@uhb.nhs.uk Find out what support is available to you as a Carer.
Mon 5 June	15.00 - 16.00	Promoting the Carer Support Service within the Hospital	University Hospitals Birmingham NHS Foundation Trust	Heartlands Hospital - Carer & Staff engagement on the recently opened wards W31 & W32 . Find out what support is available to you as a Carer. Only open to Carers within the hospital during this time, contact carers@uhb.nhs.uk



Online event



Booking is required



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Free Yoga: Family carers can access free Yoga if registered with Birmingham Carers Hub, both online and in person. A Carers 10-Class Yoga pass gives you access to any classes 7 days a week in Harborne, Mere Green and Boldmere (beginners to experienced). Visit barefootbirmingham.com/carers/ to find out more.

Dementia Support online: If you care for somebody with Dementia, Dementia Carers Count Virtual Carers Centre is available for free any time of the day or night!
<https://tinyurl.com/ynaks6zk>



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Tuesday 6 June



5-11 June 2023

Date	Time	Event Details	Organiser	Event Location and Booking Details
Tues 6 June	09:00 - 12:00	Promoting the Carer Support Service within the Hospital	NHS University Hospitals Birmingham NHS Foundation Trust	Good Hope Hospital - Carer & Staff engagement on wards and hospital departments Only open to Carers within the hospital during this time. Contact carers@uhb.nhs.uk and find out what support is available to you as a Carer.
Tues 6 June	10.00 - 12:00	Dementia Carers Hub Advisor Information & Advice Drop in	Information & ADVICE SERVICE Delivered by Age Concern Birmingham	Communita Café - 76-78 Boldmere Road, B73 5TJ No booking required.
Tues 6 June	10:00 –13:00	Dementia Carers Hub Advisor will be at Home Instead Dementia Café- come along!	Information & ADVICE SERVICE Delivered by Age Concern Birmingham	All Saints Church - Bellwell Lane, Four Oaks, B74 4TR
Tues 6 June	10:30 - 12.30	Adult Social Care Drop in	Birmingham City Council	Brandwood Community Centre - Brandwood and Kings Heath plus Druids Heath and Moneyhull Wards No need to book, just call in.
Tues 6 June	Meet at 11am 11:30 - 13:00	Hydrotherapy for Carers (10 spaces)	OSCAR Birmingham Organisation for Sickle Cell Anaemia (UK) and Haemoglobinopathy Support	OSCAR Birmingham - 22 Regent Place, Birmingham, B1 3NJ. Meet at OSCAR for 11am- Open to Sickle Cell Carers only. Contact Nimrah on 0121 212 9209 for details.
Tues 6 June	11:45 - 12:45	Tai Chi for Carers		Birmingham Buddhist Centre - 11 Park Road, Moseley, B13 8AB No booking required.
Tues 6 June	12:00 - 14:00	Dementia Carer Support Group- Yardley	Support Group Yardley Delivered by Age UK Birmingham & Age Concern Birmingham	Stechford leisure centre community room - Station Road, Birmingham, B33 8QN No booking required
Tues 6 June	12:00 - 15:00	Young Adult Carer Information and Advice Drop-in		Coffee #1- Sutton Coldfield , 69-73 The Parade, Sutton Coldfield, B72 1PA No booking required- call Alan for more info 07931277708 .
Tues 6 June	13.30 - 15:30	Dementia Carers Hub Advisor will be at Sing me sunshine Group- come along!	Information & ADVICE SERVICE Delivered by Age Concern Birmingham	St Columba's Church Hall - Banners Gate Road, B73 6TX
Tues 6 June	15:00-1600	Promoting the Carer Support Service within the Hospital	NHS University Hospitals Birmingham NHS Foundation Trust	Good Hope Hospital - Carer & Staff engagement on the recently opened wards W28 & W29 Only Open to Carers within the hospital during this time. Contact carers@uhb.nhs.uk and find out what support is available to you as a Carer.

Booking is required

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Carers Week Events

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Wednesday 7 June



5-11 June 2023

Date	Time	Event Details	Organiser	Event Location and Booking Details
Wed 7 June	09.30 - 12:00	Dementia Carers Hub Advisor Information & Advice Drop in	Information & ADVICE SERVICE Delivered by Age Concern Birmingham	Communita Café - 76-78 Boldmere Road, B73 5TJ No booking required.
Wed 7 June	10:00 - 12:00	Adult Social Care Drop in	Birmingham City Council	Stirchley Baths Community Hub- Bournville and Cotteridge plus Stirchley Wards No booking required - just turn up.
Wed 7 June	10:30 - 14:30	Birmingham Carers Hub Discovery Event . Find out all that Birmingham Carers Hub has to offer. <ul style="list-style-type: none"> • Free yoga • Free massage • Free health check • Information and advice • Cost of living advice • Free tea & coffee 		Sense TouchBase Pears- 750 Bristol Road, Selly Oak B29 6NA Reserve your place on Eventbrite here , or scan this QR Code to find out how Birmingham Carers Hub can help you in your caring role.  
Wed 7 June	10:45 - 13:15	Dementia Carers Hub Advisor will be at St Chads Dementia Café- come along!	Information & ADVICE SERVICE Delivered by Age Concern Birmingham	St Chads Church- 41 Hollyfield Road, B75 7SN
Wed 7 June	14:00 - 16:00	Digital Drop-in sessions - Pop along & see Joe if you need advice, support or guidance on how to use your device.	AGE concern Birmingham	Communita Café- 76-78 Boldmere road, Sutton Coldfield, B73 5TJ



Booking is required



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Carers Week Events

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Thursday 8 June



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Date	Time	Event Details	Organiser	Event Location and Booking Details
Thurs 8 June	Call for times	Holistic Therapy Sessions	OSCAR Birmingham Organisation for Sufferers, Carers, Relatives and Therapists Support	OSCAR Centre - 22 Regent Place, Birmingham, B1 3NJ. For Carer's experiencing chronic pain, low levels of depression or Anxiety. 1-hour appointments- Contact Leon on 0121 212 9209
Thurs 8 June	09:00 - 12:00	Promoting the Carer Support Service within the Hospital	NHS University Hospitals Birmingham NHS Foundation Trust	QE Hospital - Carer & Staff engagement on wards and departments. Only open to Carers within the hospital during this time. Contact carers@uhb.nhs.uk and find out what support is available to you as a Carer.
Thurs 8 June	10:00 - 12:00	Grayson Perry Art Club Exhibition Trip	midlandmencap	Midlands Arts Centre - Cannon Hill Park, Birmingham, B12 9QH For more information call the carers team on 0121 442 2944 or email families@midlandmencap.org.uk
Thurs 8 June	11:00 - 13:00	Carers Garden Party	acp	Ashiana Community Project - 25 Grantham Rd, Sparkbrook, Birmingham B11 1LU
Thurs 8 June	11.00 - 13:00	Dementia Carer Support Group - Perry Barr	dementia carers hub Support Group Perry Barr Delivered by Age UK Birmingham & Age Concern Birmingham	Oscott Community Centre - 277 Birdbrook Road, Great Barr, Birmingham, B44 9TY No booking required
Thurs 8 June	11.00 - 14:30	Headway Birmingham & Solihull - Information session on : <ul style="list-style-type: none">• Power of Attorney• Court of Protection• Benefit applications such as PIP & Universal Credit.	Headway Birmingham & Solihull	Leighton House - Rubery For more information and to book your place please call 0121 457 7541 and press option 1.
Thurs 8 June	13.00 - 15:00	'Carer aware in 10' Virtual session	NHS University Hospitals Birmingham NHS Foundation Trust	Carer Awareness Drop-in session via MS Teams. UHB staff can attend these sessions - repeated every 15 minutes
Thurs 8 June	15:00 - 16:00	'Carers Cuppa' Staff Carer Event	NHS University Hospitals Birmingham NHS Foundation Trust	Are you a Carer and work at UHB? Pop along to the Carers Cuppa. CARERS@uhb.nhs.uk
Thurs 8 June	18:00 - 19:00	Dementia Support Group - Online Dementia Awareness session	dementia carers hub Carer Awareness SESSIONS Delivered by Dementia Care Connect	Online session To book, please call 0121 437 0033 and ask to register with the Zoom Carer Group or email dementiacarershub@ageukbirmingham.org.uk



Online event



Booking is required



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Carers Week Events

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Friday 9 June

Carers Week

5-11 June 2023

Date	Time	Event Details	Organiser	Event Location and Booking Details
Fri 9 June	09:30 - 17:00	Information & Advice Drop in with Carers Hub Advisor		Touchbase Pears - 750 Bristol Road, Selly Oak B29 6NA No booking required.
Fri 9 June	09:30 - 12:00	Dementia Advisor Information & Advice Drop in	Information & ADVICE SERVICE Delivered by Age Concern Birmingham	Moorfield Community Centre - Hartshill Road, B34 6QX No booking required
Fri 9 June	10:00 - 12:00	Dementia Advisor Info & Advice Drop in		Hawksley Community Centre - 51 Edgewood Road, B38 9RN No booking required
Fri 9 June	10:00 - 13:00	Dementia Carers Hub Advisor will be at <i>Friends on Friday Group</i> - come along!	Information & ADVICE SERVICE 	Sutton Coldfield Methodist Church - South Parade, B72 1QY No booking required
Fri 9 June	10:30 - 11:30	Forward Carers Coffee Morning		Online Click here to register interest: https://forwardcarers.tfaforms.net/14
Fri 9 June	10.30 - 12:00	Restful Creativity Session		Moseley Road Baths - 497 Moseley Road, Balsall Heath, Birmingham, B12 9BX For more information call the carers team on 0121 442 2944 or email families@midlandmencap.org.uk
Fri 9 June	10:30 - 13:00	YMCA Sutton Coldfield Advisors will be on hand to speak to Young Adult Carers (18—25 yrs) Meet the Dementia Carers Hub Advisor on Health Day for Information & Advice	Information & ADVICE SERVICE Delivered by Age Concern Birmingham	Sutton Coldfield United Reform Church - 1 Brassington Avenue, B73 6AA No booking required



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Carers Week Events

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Saturday 10 & Sunday 11 June



5-11 June 2023

Date	Time	Event Details	Organiser	Event Location and Booking Details
Sat 10 June	09:30 - 17:00	Self-Care Saturday		See if you can find some time during the day to mindfully do something for yourself. Here are some tips for relaxation https://www.youtube.com/watch?v=cyEdZ23Cp1E
Sun 9 June	Times TBC	Launch Event for 'Tea and Jam'		Birmingham Symphony Hall - Broad Street, Birmingham, B1 2EA For more information on timings call the carers team on 0121 442 2944 or email families@midlandmencap.org.uk



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