



# 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	<b>Recognising &amp; Supporting Carers in the Hospital</b>	 University Hospitals Birmingham NHS Foundation Trust	<b>Heartlands Hospital</b> - Carer & Staff engagement on wards and departments.  Only open to Carers and staff within the hospital during this time - Contact <a href="mailto:carers@uhb.nhs.uk">carers@uhb.nhs.uk</a> Find out what support is available to you as a Carer.
Mon 5 June	9:30-12:00	<b>Information &amp; Advice Drop in</b> with Birmingham Carers Hub Advisors		<b>Communita Café</b> - 76-78 Boldmere Road, B73 5TJ  <b>No booking required</b>
Mon 5 June	9.30 - 17:00	<b>Information &amp; Advice Drop in</b> Birmingham Carers Hub Advisors		<b>Touchbase Pears</b> - 750 Bristol Road, Selly Oak B29 6NA  <b>No booking required.</b>
Mon 5 June	10:30 –11:30	<b>Forward Carers Coffee Morning</b>		<b>Online Group</b>  Register your interest here: <a href="https://forwardcarers.tfaforms.net/14">https://forwardcarers.tfaforms.net/14</a>
Mon 5 June	10.30 - 14:30	<b>Birmingham Carers Hub Parent Carer Information Event</b>		<b>Birmingham Symphony Hall</b> - Broad Street, Birmingham, B1 2EA  For more information call the Midland Mencap carers team on <b>0121 442 2944</b> or email <a href="mailto:families@midlandmencap.org.uk">families@midlandmencap.org.uk</a>
Mon 5 June	10:30 - 13:00	<b>Carer Self-Care and Escape</b> - Come and take a walk, connect with Carers and enjoy what nature has to offer, followed by brunch at INES Café.		<b>Moseley Park.</b> Open to all Carers.  Contact Sonia for more details <b>07743 112430</b>
Mon 5 June	12:15 - 13:15	<b>Gentle Yoga with massage for Carers</b> <i>Yogi tea and snacks.</i>		<b>Barefoot Birmingham Yoga</b> - 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 <a href="#">here</a> 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	<b>Recognising &amp; Supporting Carers in the Hospital- Family Carers Session</b>	 University Hospitals Birmingham NHS Foundation Trust	<b>Heartlands Hospital - Ward 30</b> - In partnership with the Dementia Team  Only open to Carers within the hospital during this time, contact <a href="mailto:carers@uhb.nhs.uk">carers@uhb.nhs.uk</a> Find out what support is available to you as a Carer.
Mon 5 June	15.00 - 16.00	<b>Promoting the Carer Support Service within the Hospital</b>	 University Hospitals Birmingham NHS Foundation Trust	<b>Heartlands Hospital</b> - Carer & Staff engagement on the recently opened wards <b>W31 &amp; W32</b> . Find out what support is available to you as a Carer.  Only open to Carers within the hospital during this time, contact <a href="mailto:carers@uhb.nhs.uk">carers@uhb.nhs.uk</a>



Online event



Booking is required



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The organisers listed here are Delivery Partners of Birmingham Carers Hub.

**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/](http://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>