



Carers Week Events

We're supporting Carers Week!



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



Online event



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