



# Carers Week Events

We're supporting Carers Week!



Thursday 8 June



5-11 June 2023

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



Online event



Booking is required



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