



Carers Week Events








We're supporting Carers Week!



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 <small>Delivered by Age Concern Birmingham</small>	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 <small>Delivered by Age Concern Birmingham</small>	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.		Communita Café- 76-78 Boldmere road, Sutton Coldfield, B73 5TJ



Booking is required



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[Register](#) with 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/ to find out more.

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