





| Date            | Time          | Event Details   | Event Location and Booking Details  |
|-----------------|---------------|---|---|
| Mon<br>15 May   | 10:30-11:30   | <b>Kissing it Better- Coffee Morning (online)</b><br><i>Coffee &amp; chat online. (If you prefer, you are welcome to join out of vision with your mic off just to listen).</i>  | <b>ONLINE</b> -Register your interest here-<br><a href="https://forwardcarers.tfaforms.net/14">https://forwardcarers.tfaforms.net/14</a>   |
| Mon<br>15 May   | 12:00 –13:45  | <b>Aston Villa Foundation Dementia Activity Café</b><br><i>The Dementia Activity Café offers people living with Dementia an opportunity to engage in activities that are ultimately led by themselves, whilst offering respite for Carers and family over a tea/coffee.</i> | <b>The Cornerflag at Villa Park,</b><br>Free to attend, with free parking available on site.<br><br>For more information, please email Wellbeing Events and Activities Officer Chloe Hicks <a href="mailto:ch23@avfc.co.uk">ch23@avfc.co.uk</a>   |
| Tues<br>16 May  | 10.00 - 12:00 | <b>Dementia Carer Information &amp; Advice Drop-in</b>  | <b>Communita Café</b><br>76-78 Boldmere road, Sutton Coldfield, Birmingham B73 5TJ<br><b>Call: 0333 006 9711</b><br><b>No booking required</b>  |
| Tues<br>16 May  | 11:45-12:45   | <b>Tai Chi for Carers</b><br><i>Gentle flowing movements which help with relaxation, balance, flexibility and fitness. Standing and sitting options suitable for all abilities.</i>   | <b>Birmingham Buddhist Centre</b><br>11 Park Road, Moseley, Birmingham B13 8AB<br><b>No booking required.</b>   |
| Wed<br>17 May   | 12:30-14.00   | <b>Dementia Awareness Afternoon</b><br><i>Birmingham Carers Hub Dementia Advisors will be there, Adult social services and many more will be available for a chat and lots of information.</i>  | <b>Sutton Coldfield Reform Church, B73 6AA</b><br><b>Call: 0121 663 1765</b><br><b>No booking required.</b>   |
| Wed<br>17 May   | 10:30-12:30   | <b>Selly Oak Adult Social Care Team Community Drop-in Session</b><br><i>Come along to discuss Social Isolation, Carer Support, Home Safety, Dementia Support &amp; Aids and adaptations and more.</i>   | <b>Sense, Touchbase Pears, 750 Bristol Road</b><br>Birmingham, B29 6NA.<br><br><b>Covering the Weoley and Selly Oak plus Bournbrook and Selly Park Wards</b>  |
| Wed<br>17 May   | 14:00 - 16:00 | <b>Digital Drop in Session</b><br><i>Pop along and see Joe if you need advice, support or guidance on how to use your device - this can be on your phone, laptop or tablet.</i>   | <b>Age Concern Birmingham- Communita Café</b><br>76-78 Boldmere road, Sutton Coldfield B73 5TJ<br><br><b>Call 0121 630 2462 or Call Joe on 07432739018</b>  |
| Thurs<br>18 May | 11:00 - 13:00 | <b>Dementia Carers Hub, Perry Barr Carers Support Group</b><br><i>Come along for a cuppa and chat with other Carers.</i>  | <b>Oscott Community Centre,</b><br>277 Birdbrook Road, Great Barr, Birmingham, B44 9TY<br><b>No booking required.</b>   |
| Thurs<br>18 May | 18:00 - 19:00 | <b>Dementia Carers Hub, Online Carers Group</b><br><i>Join online and meet other Carers and share what topics you would like to find out more about from specialist Dementia professionals.</i>   | <b>ONLINE GROUP-</b> To book:<br>Call- <b>0121 437 0033</b> and ask to book onto the Carers Group<br><b>or</b><br>Email- <a href="mailto:memorycare@ageukbirmingham.org.uk">memorycare@ageukbirmingham.org.uk</a>  |
| Fri 19 May      | 10:00 - 12:00 | <b>Dementia Carer Information &amp; Advice Drop in</b>  | <b>Hawkesly Community Centre</b><br>51 Edgewood Rd, Kings Norton, Birmingham, B38 9RN<br><b>No booking required.</b>  |
| Fri 19 May      | 10:30-11:30   | <b>Kissing it Better- Coffee Morning (online)</b><br><i>Coffee &amp; chat online. (If you prefer, you are welcome to join out of vision with your mic off just to listen).</i>  | <b>ONLINE</b><br><br><b>Register your interest here</b> <a href="https://forwardcarers.tfaforms.net/14">https://forwardcarers.tfaforms.net/14</a>    |

**Further Information, Help and Advice**

 Call **0333 006 9711** and ask to speak to one of our Specialist Dementia Carer Advisors

 Email: [dementiacarers@birminghamcarershub.org.uk](mailto:dementiacarers@birminghamcarershub.org.uk)

 Facebook: Like & Follow us [@Birminghamcarershub](https://www.facebook.com/Birminghamcarershub)



**Asking the same question over and over again.**

**It's not called getting old, it's called getting ill.**  
Dementia Action Week  
15-21 May 2023

