



Birmingham Carers Hub Discovery Event

We're supporting Carers Week!



Wednesday 7 June



5-11 June 2023

Parking

There is limited parking spaces available. If you have a blue badge some spaces will be available on a first come, first served basis, alternatively pick and drop up from the site. Alternatively parking and information is [here](#) and how to get to the event is available [here](#).

Time	Event Details	Activity Details vent Location and Booking Details
10.30	Birmingham Carers Hub Discovery Event Opens	Tea and Coffee will be available throughout the day free of charge. Take a look around and gather information and advice from Birmingham Carers Hub's Delivery Partners.
10:30 –14.00	Free Massage	Two Massage therapists will be available from Barefoot Yoga from 10:30 until 14.00. Take a seat on a chair in the Buzz Room to hold your space.
11:00 -11.15	Official Event Opening	Make your way to the Buzz Room to hear short speeches from the CEO of Forward Carers and a representative from Birmingham City Council.
11:15 - 14:30	Browse around the stallholders	Feel free to take a look around and find out what support is available from Birmingham Carers Hub's Delivery Partners and Referral Partners.
12:00 - 12:30	Taster Session - Seated Yoga with Barefoot Birmingham	Join Kam for this gentle seated yoga taster session in the Buzz Room to help you relax, re-charge and reconnect. No previous experience necessary and the chairs will be provided. If you enjoy it, you can speak to Barefoot Birmingham about their free yoga classes for Carers.
12:30 - 14:30	Light lunch available	A free light lunch will be available consisting of vegetarian sandwiches, fruit and cakes. Unfortunately, we will NOT be able to cater for specific dietary restrictions, so please feel free to bring your own snacks along.
14:00 - 14:30	Taster Session - Relaxation Body Meditation with Birmingham Buddhist Centre	Join this 30 minute calm meditation session, no previous experience is necessary. This guided meditation will focus on each part of your body to help you to re-connect with the present and leave feeling more relaxed and peaceful.
14:30 - 15:00	Taster Session - Breathing Meditation with Birmingham Buddhist Centre	Join this 30 minute calm meditation session, no previous experience is necessary. This guided meditation will focus on your breath to ground and restore you.
14:30 15:00	The event draws to a close	Last chance to gather information from stallholders.

Stallholders

The organisers listed below are a mixture of Delivery Partners of Birmingham Carers Hub, Referral Partners and Commissioners

Support for all Carers		Health related Support	
Support for Dementia Carers		Support for Young Carers	
Support for Parent Carers		Support for Young Adult Carers	
Online Support for Carers		Support for Carers from Diverse Communities	
Support for Carers Health and Wellbeing		Support with Mental Health and Bereavement	



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