

DEMENTIA CARER SUPPORT GROUPS ACROSS BIRMINGHAM

Be part of a caring community who understand and support each other.

Come along to our dementia carer support groups near you that offers the opportunity to:

- Be part of a support network.
- Socialise and join in with fun activities.
- Share experiences and ways of coping.
- Develop skills from awareness sessions.
- Learn about community resources.



Birmingham Carers Hub offers a range of support to those who look after someone living with dementia. We have three delivery partners ([Age Concern Birmingham](#), [Age UK Birmingham](#) and [Dementia Carers Count](#)) who together form the Dementia Carers Hub.

Contact us to speak to one of our Specialist Dementia Carer Advisors for more information, help & support.



0333 006 9711



dementiacarers@.birminghamcarershub.org.uk



MONDAY

ERDINGTON

Pyre Hayes United Reformed Church, Chester Road, B24 0BN

10.00-12.00

WEEKLY GROUP

LADYWOOD

Nechells POD, 26 Oliver Street, Nechells, B7 4NX

13.30-15.30

WEEKLY GROUP

TUESDAY

PERRY BARR

Spring Housing, 22 Old Walsall road, Handsworth, B42 1DT

11.00-13.00

WEEKLY GROUP

NORTHFIELD

The Oaks, 150 Rubery Lane, Northfield, B45 9AY

10.00 - 12.00

1st TUES MONTHLY GROUP

HODGE HILL

Dolphin's women's Centre, Washwood Heath Road, B8 2HB

13.00-15.00

2nd TUES MONTHLY GROUP

HODGE HILL

Shard End Library, All Saints Square, Shard End, B34 7AQ

13.30-15.30

3rd TUES MONTHLY GROUP

HODGE HILL

Ambridge House, Folkestone Croft, Bromford, B36 8QY

13.30-15.30

4th TUES MONTHLY GROUP

WEDNESDAY

NORTHFIELD

Mindfulness Art Hawkesley Centre, Edgewood Road, Kings Norton, B38 9RN

10.00-12.00

WEEKLY GROUP

SUTTON COLDFIELD

Falcon Lodge Community Hub, Churchill Road, Sutton Coldfield, B75 7LB

13.00-15.00

WEEKLY GROUP

SELLY OAK

Bournville Parish Community Centre, Sycamore road, Bournville, B30 2AA

12.30-14.30

1st WED MONTHLY GROUP

EDGBASTON

William Lench Court, 80 Ridgacre Road, Quinton, B32 2AQ

10.00-12.00

2nd WED MONTHLY GROUP

EDGBASTON

Quinborne Community Centre, Ridgacre Road, Quinton, B32 2TW

10.00-12.00

3rd WED MONTHLY GROUP

EDGBASTON

Plough Avenue, Woodgate Valley, Bartley Green, B32 3TQ

10.00-12.00

LAST WED MONTHLY GROUP

THURSDAY

PERRY BARR

Oscott Community Centre, Birdbrook road, Great Barr, B44 9TY

11.00-13.00

WEEKLY GROUP

YARDLEY

Acocks Green Library, Shirley Road, Acocks Green, B27 7XH

10.30-12.30

WEEKLY GROUP

HALL GREEN

Walking Group Cannon Hill Park, B13 8RD, Meeting Point Outside MAC Centre

10.30-11.30

WEEKLY GROUP

EDGBASTON

Harborne Baptist Church, Harborne Park, Harborne, B17 0DH

10.30-12.30

WEEKLY GROUP

SELLY OAK

Hub on the Green, 27 Sycamore Road, Bournville, B30 2AA

13.30-15.30

2nd FRIDAY MONTHLY GROUP




ONLINE


Online via Zoom

11.30-12.30

BI-WEEKLY 2nd & 4th GROUP

FRIDAY

 dementiacarers@birminghamcarershubs.org.uk
 0333 006 9711
 Scan QR code for more support for dementia carers



Training & Information sessions for unpaid carers are also available at our groups. Contact us for more information.