



# DEMENTIA CARER INFORMATION

## SESSIONS IN YOUR COMMUNITY

Empowering carers with knowledge and support. Join our **FREE** carer information sessions to gain valuable insights, practical tips, and resources.

### What is dementia?

#### Wednesday 10th January 2024

Hawkesley Community Centre,  
Edgewood Road, Kings Norton,  
B38 9RN

10am - 12pm

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

1pm - 3pm

### What is dementia?

#### Monday 19th February 2024

Pype Hayes URC, 939 Chester Road,  
Erdington,  
B24 0HJ

10am - 12pm

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Nechells POD, 28 Oliver Street,  
Ladywood,  
B7 4NX

1.30pm - 3.30pm

### Hints & tips for taking medication

#### Wednesday 13th March 2024

Hawkesley Community Centre,  
Edgewood Road, Kings Norton,  
B38 9RN

10am - 12pm

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

1pm - 3pm

### Hints & tips for taking medication

#### Monday 15th April 2024

Pype Hayes URC, 939 Chester Road,  
Erdington,  
B24 0HJ

10am - 12pm

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Nechells POD, 28 Oliver Street,  
Ladywood,  
B7 4NX

1.30pm - 3.30pm

### Hydration

#### Wednesday 8th May 2024

Hawkesley Community Centre,  
Edgewood Road, Kings Norton,  
B38 9RN

10am - 12pm

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

1pm - 3pm

### Hydration

#### Monday 17th June 2024

Pype Hayes URC, 939 Chester Road,  
Erdington,  
B24 0HJ

10am - 12pm

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Nechells POD, 28 Oliver Street,  
Ladywood,  
B7 4NX

1.30pm - 3.30pm

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.

### TO BOOK YOUR PLACE:

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

 0333 006 9711

 Scan QR code to book

