

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, or scan the QR code, to speak to one of our Specialist Dementia Carer Advisors for more information, help & support.

☎ 0333 006 9711

✉ dementiacarers@birminghamcarershub.org.uk



SCAN ME

MONDAY

ERDINGTON

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

10.00-12.00

WEEKLY GROUP

LADYWOOD

The Holte Hub, Aston Villa Park, B6 6HE

12.00-13.30

WEEKLY GROUP



Support Group for Carers, families and Persons Living with Dementia.

This group is specifically for carers only, as we strive to create a supportive environment that is tailored to your unique needs.

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

EDGBASTON

Nature Wellbeing Walk
Botanical Gardens, Westbourne Road, B15 3TR

10.30-12.30

1st TUES MONTHLY GROUP

HODGE HILL

Dolphin's women's Centre, Washwood Health 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

Sutton Coldfield United Reformed Church, 1 Brassington Avenue, B73 6AA

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

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

10.30-12.30

WEEKLY GROUP

LADYWOOD

Ladywood Leisure Centre, Ladywood Middleway, B16 8TR

13.30-15.30

LAST THURSDAY MONTHLY GROUP

ONLINE

Online
via Zoom

11.30-12.30

BI-WEEKLY 2nd & 4th GROUP

FRIDAY

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

Training & Information sessions for unpaid carers are also available at our groups.

Contact us for more information.