



Carers Week Calendar

Monday 10th June- Sunday 16th June 2024



MONDAY 10th	TUESDAY 11th	WEDNESDAY 12th	THURSDAY 13th	FRIDAY 14th	SATURDAY 15th
11am- 6:00pm Carers Appreciation Day	10:00am-3:00pm Birmingham Carers Hub- Health & Wellbeing Event	11:30am-4:00pm Carers Relaxation Walk & Cream Tea	10.00am-12:00pm Barefoot Yoga 'Sharing Our Stories'	10.30am-4:00pm Coffee morning with live music	12:00pm-6:00pm BCH Carers Community Party
The H Suite, Icknield Port Road, Edgbaston B16 0AA	Signing Tree 100 Ladywood Rd, Birmingham B16 8SZ	Hawkesley Community Centre 51 Edgewood Rd, Kings Norton B38 9RN	Barefoot Yoga Studio 7 High Street, Harborne, Birmingham B17 9NT	Communita Cafe, Age Concern, 76-78 Boldmere Road, Sutton Coldfield B73 5TJ	Farm Park, 100 Dearman Rd, Sparkbrook Birmingham B11 1HH
-Health & Wellbeing Discussion -Healthy Lunch -Entertainment	-Information -Guidance -Entertainment for all the family	-Dementia Group facilitators & advisors. Afternoon Tea with live music & singing	Creating and sharing Carer stories through collage making and poetry. FREE. Scan to book.	- Afternoon Tea with live music & singing -FREE cake & a drink	FREE fun for all the family! Live entertainment, stalls, information services
Tickets limited. Contact Erma 0121 422 0184 / 07957 738887	Birmingham Carers Hub partners will be in attendance	Tickets limited. To book contact- 03330 069711		Tickets limited. To book contact- 03330 069711	Birmingham Carers Hub partners will be in attendance
10:30-11:30am Carers Coffee Catch- ups	7:00pm-8:00pm What does the Carers Leave Act mean for you?	5:00pm- 7:00pm Headway Carers BBQ*	5:00pm- 6:00pm Carers Coffee Catch- ups	10:30am-11:30am Carers Coffee Catch- ups	
Online on Zoom. Scan to book 	Online. Book below 	Headway Birmingham & Solihull Leighton House, 20 Chapel Rise, Rednal B45 9SN	Online on Zoom 	Online on Zoom. Scan to book 	
Connect, share, & find support with fellow carers	1 hour discovery session, ask questions	*Open to Carers supporting those with brain injuries	Connect, share, & find support with fellow carers	Connect, share, & find support with fellow carers	SUNDAY 30th
10.00am-4.30pm Nail Pamper Day*	11:30am-1:00pm Hydrotherapy*	11:00am- 2:00pm Coffee & Canvas	11.30am-2:30pm Midland Mencap Carers Trip to Thinktank	11.30am-2:00pm Carers Lunch with Midland Mencap	DATE CHANGE 12:00pm- 4:00pm Family Fun Day at Cofton Park*
OSCAR Birmingham 22 Regent Place B1 3NJ	OSCAR Birmingham 22 Regent Place B1 3NJ	Chai & Crumbs 2 Waterfront Walk, Birmingham B1 1SZ	Millenium Point Curzon St, Birmingham B4 7XG	Weoley Castle Community Centre, Bottetourt Road, Birmingham B29 5TE	Cofton Park Lickey Rd, Northfield, Rednal B45 8UN
*Open to Carers looking after people with Sickle Cell or Thalassaemia	*Open to Carers looking after people with Sickle Cell or Thalassaemia	15 spaces open to all Carers.	FREE Event! Booking is essential For more info & to book your place contact... 0121 442 2944 or email families@midland mencap.org.uk	FREE Event! Booking is essential For more info & to book your place contact... 0121 442 2944 or email families@midland mencap.org.uk	BBQ & Street food, fair ground games, bouncy castle, hand- made crafts. Fundraising for Headway Birmingham & Solihull
Appointment only Call 0121 212 9209	10 SPACES ONLY Appointment only Call 0121 212 9209	Bookings only. Call 0121 212 9209			*Open to Carers supporting those with brain injuries & their Cared- for
Supported by 	10:00am-3:30pm Queen Elizabeth Hospital	10:00am-3:30pm Good Hope Hospital Treatment Centre	10:00am-3:30pm Heartlands Hospital Treatment Centre	11.30am-1:00pm Young Carers College Drop In	
	Carers Promotional Stand with CERS, Birmingham Carers Hub & Forward Carers	Carers Promotional Stand with CERS, Birmingham Carers Hub & Forward Carers	Carers Promotional Stand with CERS, Birmingham Carers Hub & Forward Carers	Young Adult Carers can get help and talk about issues and concerns	
	Open to staff & the public. No booking required	Open to staff & the public. No booking required	Open to staff & the public. No booking required	Greenwood Academy Farnborough Rd, Castle Vale B35 7NL	

**ALL
EVENTS
FREE!**