

# December & January



## Carers What's On Near You Birmingham

A range of events and activities for carers across the city.

Want another copy?

Contact KiB: [mail@kissingitbetter.co.uk](mailto:mail@kissingitbetter.co.uk)

For more information, please call 07831 136152

**PLEASE CONTACT ORGANISERS TO ENSURE EVENTS ARE STILL TAKING PLACE,  
CONTACT & BOOKING INFORMATION IN BACK OF CALENDAR**

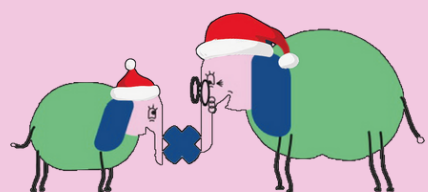
# Kissing It Better About Us

Set up 'to end the isolation of old age by bringing the generations together', through our passion to create connections with the wider community, we aim to make an immediate and lasting difference to the lives of people aged 55+, as well as our younger volunteers who support our work.

- We do this in a number of ways:
- Providing a range of events and activities to support social connection and non-clinical needs for those aged 55+ and those who care for them;
  - Offering lively and interactive teaching programmes and volunteering opportunities (online or face-to-face);
  - Enhancing healthcare through our simple, imaginative ideas (available in books and leaflets).

*'The beauty of the Kissing It Better model is that everyone involved benefits – the patients and their carers, the staff, those giving their time, the provider as a whole, and the community.'*  
NHS England report.

For information or support, contact Kissing It Better  
[www.kissingitbetter.co.uk](http://www.kissingitbetter.co.uk)  
 07831 136152 or [mail@kibmail.co.uk](mailto:mail@kibmail.co.uk)  
 Registered Charity No: 1148795



## FREE CHRISTMAS DINNERS IN BIRMINGHAM

If you're struggling to make ends meet, perhaps you cannot afford a hot meal this Christmas Day, then don't fret, as there are places which can help.

### New Street Station

Organisers are planning to give homeless people a free three-course Christmas dinner outside Birmingham New Street Station on Christmas Eve.

Network Rail is getting together with the Community Relief Foundation and the Sikh-based charity, the Midland Langar Seva Society, to offer meals and drinks to those in need.

Food and beverages will be handed out on Christmas Eve between 6pm and 9pm, with as many as 250 people able to enjoy the occasion. Entertainment, such as a choir and DJ, and presents from Santa Claus will also feature for those who attend, making it an evening to remember for everyone involved.

### Erdington

Tasti Jerk Jamaican Takeaway on South Road, Erdington, will be offering free Christmas Day food. The business will be offering a festive meal to those who come between 1pm and 4pm on December 25. Owner Rolanda Goldbourn and her family will begin preparing the food at the premises from 8am on the big day with the menu offering lots of Caribbean specialities.

### Weoley Castle Community Centre

If you're without loved ones and friends or cannot afford to make your own meal, head on down to the Weoley Castle Community Centre for a free Christmas dinner.  
 Call: 0121 427 6404  
 Email: [communityhub@midlandmencap.org.uk](mailto:communityhub@midlandmencap.org.uk)



# December Week 1

**1ST SUN**

**Hot Yoga**  
 (not for complete beginners)  
 (Harborne) Barefoot Birmingham  
 10:30 - 11:30




**Free**

**Membership**

**Payment**

★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★  
**PLEASE CONTACT ORGANISERS TO ENSURE EVENTS ARE STILL TAKING PLACE, CONTACT & BOOKING INFORMATION IN BACK OF CALENDAR**  
 ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★

## 2ND MONDAY

## 3RD TUESDAY

## 4TH WEDNESDAY

## 5TH THURSDAY

## 6TH FRIDAY

## 7TH SAT

## 8TH SUN

**Breakfast Club** - Kitts Green Disability Resource Centre  
09:30 - 11:30

**Carer Info & Advice Drop-in** (Sutton C.) Communitea Cafe  
9:30 - 12:00

**READING REVOLUTION** Balsall Heath Library  
10:00 - 11:30

**Knit and Natter** Communitea Cafe, Sutton C  
10:00 - 12:00

**Dementia Carer Support Group (Erdington)** Pype Hayes Utd Reformed Church  
10:00 - 12:00

**KiB Online Carers Coffee** Morning Zoom (see QR code, Thurs)  
10:30 - 11:30

**Dementia Activity Cafe** (Villa Park) The Corner Flag  
12:00 - 13:45

**Gentle Yoga** (Harborne) Barefoot Birmingham  
12:15 - 13:15

**Asumba CBE & Chair** Zumba Sparkhill Leisure Centre  
Men 12:30 - 13:10  
Women 13:15 - 14:00

**Dementia Carer Support Group** (Laydywood) Nechells POD  
13:30 - 15:30

**READING REVOLUTION** Perry Common Library  
14:15 - 15:45

**Birmingham Black Carers Support Group**  
Call - 07846 222913  
19:30 - 20:30

**Yoga Flow** Barefoot Birmingham  
09:30 - 10:30

**Dementia Carer Info & Advice Drop-in** (Sutton C.) Communitea Cafe  
10:00 - 12:00

**Dementia Carer Support Group** (Selly Oak) (Rubery) The Oaks  
10:00 - 12:00

**Adult Social Care Drop-in** (Brandwood and Kings Heath plus Druids Heath and Moneyhull Wards) Brandwood Community Centre  
10:30 - 12:30

**Dementia Carers Hub Nature Walk** Birmingham Botanical Gardens  
10:30 - 12:30

**Dementia Carers Hub** (Perry Barr) Spring Housing, 22 Old Walsall Road, Handsworth  
11:00 - 13:00

**Tai Chi for Carers** (Moseley) Birmingham Buddhist Centre  
11:45 - 12:45

**Acocks Green & South Birmingham Carers Group** Acocks Green Baptist Church  
12:30 - 15:00

**Friends for Life** (Sutton C.) Communitea Cafe  
13:00 - 15:00

**The CUBS Group** (Carers United B'ham S'th) Birmingham Buddhist Centre  
13:30 - 15:30

**Slow Flow Yoga - Women Only Class (Harborne)** Barefoot Birmingham  
09:30 - 10:30

Barefoot also offers free entry for carers to all weekly yoga classes  
\*Donations\*

**Adult Social Care Drop-in** - Bourneville & Cotteridge + Stirchley Wards Stirchley Baths  
10:00 - 12:00

**Dementia Carer Support Group** (Northfield) Hawkesley Community Centre  
10:00 - 12:00

**Dementia Carers Support Group** (Rubery) Bournville Parish church  
12:30 - 14:30

**Dementia Carer Support Group** (Sutton C.) United Reformed Church  
13:00 - 15:00

**Digital Drop in Sessions** (Sutton Coldfield) Communitea Cafe  
14:00 - 16:00

**Relax & Restore Yoga** (Harborne) Barefoot Birmingham  
07:30 - 08:30

**Cancer Carer Support Group** (Sutton C.) The Cancer Support Centre  
10:00 - 11:00

**Parent Carers of Autistic Children Support Group** - (Central Birmingham) Ladywood Children's Centre  
10:00 - 12:00

**Dementia Carer Support Group** (Yardley) Acocks Green Library  
10:30 - 12:30

**Dementia Carer Support Group** (Perry Barr) Oscott Community Centre  
11:00 - 13:00

**Care For Carers Support Group** Perry Common Community Hall  
11:00 - 13:00

**Tea & Jam** Symphony Hall Symphony Hall, Centenary Square,  
12:00 - 13:30

**KiB Online Carers Coffee Afternoon** 17:00 - 18:00  
Call 07831 136152 or scan to sign-up:



**Adults & Carer- Arts and Crafts session** Sutton Coldfield  
13:00 - 15:00

**Tea & Jam** Symphony Hall Symphony Hall, Centenary Square,  
13:30 - 15:00

**Art Group** (Sutton C.) Age Concern Birmingham  
10:00 - 11:30

**Ladywood Health and Happiness Club** (Port Loop) YARD Arthouse (Free for over 50s)  
10:00 - 12:00

**Carer Info & Advice drop-in** (Northfield) Hawkesley Community Centre  
10:00 - 12:00

**Carer Info & Advice drop-in** (Shard End) Moorfield Community Centre  
10:00 - 12:00

**KiB Online Carers Coffee Morning** 10.30 - 11.30  
Call 07831 136152 or scan to sign-up:



**Dementia Carer Support Walking Group** (Hall Green Group) Cannon Hill Park  
Meet at MAC entrance  
10:30 - 11:30

**Dementia Carers Hub - Carer Support Group** (Edgbaston) Harborne Baptist Church  
10:30 - 12:30

**Table Tennis Chinese** Community Centre  
10:00 - 15:00

**Beginners & Beyond Yoga** (Harborne) Barefoot Birmingham  
10:15 - 11:15

**Sense Christmas fayre** TouchBase Pears

- Stalls
- Santa's grotto
- Dance and music performances
- Non-alcoholic mulled wine & mince pies
- Arts and Crafts for children
- Spot all the naughty elves in our elf trail in the garden

10:00 - 15:00  
(additional cost to take part in some activities)





**PLEASE CONTACT ORGANISERS TO ENSURE EVENTS ARE STILL TAKING PLACE, CONTACT & BOOKING INFORMATION IN BACK OF CALENDAR**



Free

Membership

Payment



9TH MONDAY	10TH TUESDAY	11TH WEDNESDAY	12TH THURSDAY	13TH FRIDAY	14TH SAT	15TH SUN
<p><b>Breakfast Club</b> - Kitts Green Disability Resource Centre 09:30 - 11:30</p> <p><b>READING REVOLUTION</b> Balsall Heath Library 10:00 - 11:30</p> <p><b>Knit and Natter</b> Communita Cafe, Sutton C 10:00 - 12:00</p> <p><b>Dementia Carer Support Group (Erdington)</b> Pype Hayes Utd Reformed Church 10:00 - 12:00</p> <p><b>KiB Online Carers Coffee</b> Morning Zoom (see QR code, Thurs) 10.30 - 11.30</p> <p><b>Dementia Activity Cafe</b> (Villa Park) The Corner Flag 12:00 - 13:45</p> <p><b>Gentle Yoga</b> (Harborne) Barefoot Birmingham 12:15-13:15</p> <p><b>Asumba CBE &amp; Chair</b> Zumba Sparkhill Leisure Centre Men 12:30 - 13:10 Women 13:15 - 14:00</p> <p><b>Dementia Carer Support Group</b> (Laydywood) Nechells POD 13:30-15:30</p> <p><b>READING REVOLUTION</b> Perry Common Library 14:15 - 15:45</p>	<p><b>Yoga Flow</b> Barefoot Birmingham 09:30-10:30</p> <p><b>Carer Hub Advice Drop-in</b> Touchbase Carers Hub 10:00 - 12:00</p> <p><b>Adult Social Care Drop-in</b> (Billesley and Highters Heath Wards) Billesley Ark 10:30 - 12:30</p> <p><b>Carers Support Cafe</b> Communita ( Sutton C) 11:00-12.30</p> <p><b>Dementia Carer Support Group</b> (Perry B) Spring Housing 11:00-13:00</p> <p><b>Tai Chi for Carers</b> (Moseley) Birmingham Buddhist Centre 11:45-12:45</p> <p><b>Friends for Life (Sutton C.)</b> Communita Cafe 13:00-15:00</p> <p><b>Dementia Carer Support Group (Hodge Hill)</b> Dophin's Women's Centre 13:00-15:00</p> <p><b>The CUBS Group</b> (Carers United B'ham S'th) Birmingham Buddhist Centre 13:30-15:30</p>	<p><b>Slow Flow Yoga - Women Only Class (Harborne)</b> Barefoot Birmingham 09:30 - 10:30 Barefoot also offers free entry for carers to all weekly yoga classes *Donations*</p> <p><b>Dementia Carer Support Group</b> (Northfield) Hawkesley Community Centre 10:00-12:00</p> <p><b>Dementia Carers Support Group Edgbaston (Quinton)</b> Monthly William Lench Court, - 10:00-12:00</p> <p><b>Dementia Carer Support Group</b> (Sutton C.) United Reformed Church 13:00-15:00</p> <p><b>Digital Drop in Sessions</b> (Sutton Coldfield) Communita Cafe 14:00-16:00</p>	<p><b>Relax &amp; Restore Yoga</b> (Harborne) Barefoot Birmingham 07:30 - 08:30</p> <p><b>Parent Carers of Autistic Children Support Group</b> - (Central Birmingham) Ladywood Children's Centre 10:00 - 12:00</p> <p><b>Dementia Carer Support Group (Yardley)</b> Acocks Green Library 10:30-12:30</p> <p><b>Dementia Carer Support Group (Perry Barr)</b> Oscott Community Centre 11:00-13:00</p> <p><b>Care For Carers Support Group</b> Perry Common Community Hall 11:00-13:00</p> <p><b>KiB Online Carers Coffee Afternoon</b> 17.00-18.00 Call 07831 136152 or scan to sign-up: </p> <p><b>Adults &amp; Carer- Arts and Crafts session</b> Sutton Coldfield 13:00-15:00</p>	<p><b>Art Group (Sutton C.)</b> Age Concern Birmingham 10:00-11:30</p> <p><b>Ladywood Health and Happiness Club</b> (Port Loop) YARD Arthouse (Free for over 50s) 10:00-12:00</p> <p><b>Carer Info &amp; Advice drop-in</b> (Northfield) Hawkesley Community Centre 10:00-12:00</p> <p><b>Carer Info &amp; Advice drop-in</b> (Shard End) Moorfield Community Centre 10:00-12:00</p> <p><b>Parent Carers of Autistic Children Support Group - Northfield</b> Northfield Baptist Church <b>Castle Vale</b> Young Stars Community Hub 10:00 - 12:00</p> <p><b>KiB Online Carers Coffee Morning</b> 10.30 - 11.30 Call 07831 136152 or scan to sign-up: </p> <p><b>Dementia Carer Support Walking Group</b> (Hall Green Group) Cannon Hill Park Meet at MAC entrance 10:30 - 11:30</p> <p><b>Dementia Carers Hub- Carer Support Group</b> (Edgbaston) Harborne Baptist Church 10:30 - 12:30</p> <p><b>Dementia Carers Hub- Carer Support Group</b> (Bourvillie) Selly Oak The Hub On The Green 10:30 - 12:30</p>	<p><b>Table Tennis Chinese</b> Community Centre 10:00-15:00</p> <p><b>Beginners &amp; Beyond Yoga</b> (Harborne) Barefoot Birmingham 10:15 - 11:15</p>	<p><b>Hot Yoga</b> (not for complete beginners) (Harborne) Barefoot Birmingham 10:30 - 11:30</p>

★ ★ ★ ★ ★ ★ ★ ★ ★ ★

**PLEASE CONTACT ORGANISERS TO ENSURE EVENTS ARE STILL TAKING PLACE, CONTACT & BOOKING INFORMATION IN BACK OF CALENDAR**

★ ★ ★ ★ ★ ★ ★ ★ ★ ★

**Free Membership Payment**

16TH MONDAY	17TH TUESDAY	18TH WEDNESDAY	19TH THURSDAY	20TH FRIDAY	21ST SAT	22ND SUN
<p><b>Breakfast Club</b> - Kitts Green Disability Resource Centre <b>09:30 - 11:30</b></p> <p><b>READING REVOLUTION</b> Balsall Heath Library <b>10:00 - 11:30</b></p> <p><b>Knit and Natter</b> Communitea Cafe, Sutton C <b>10:00 - 12:00</b></p> <p><b>Dementia Carer Support Group (Erdington)</b> Pye Hayes Utd Reformed Church <b>10:00 - 12:00</b></p> <p><b>KiB Online Carers Coffee</b> Morning Zoom (see QR code, Thurs)<b>10.30 - 11.30</b></p> <p><b>Dementia Activity Cafe</b> (Villa Park) The Corner Flag <b>12:00 - 13:45</b></p> <p><b>Gentle Yoga</b> (Harborne) Barefoot Birmingham <b>12:15-13:15</b></p> <p><b>Asumba CBE &amp; Chair</b> Zumba Sparkhill Leisure Centre <b>Men 12:30 - 13:10</b> <b>Women 13:15 - 14:00</b></p> <p><b>Dementia Carer Support Group</b> (Ladywood) Nechells POD <b>13:30-15:30</b></p> <p><b>READING REVOLUTION</b> Perry Common Library <b>14:15 - 15:45</b></p>	<p><b>Yoga Flow</b> Barefoot Birmingham <b>09:30-10:30</b></p> <p><b>Dementia Carer Support Group</b> (Perry B) Spring Housing <b>11:00-13:00</b></p> <p><b>Tai Chi for Carers</b> (Moseley) Birmingham Buddhist Centre <b>11:45-12:45</b></p> <p><b>Friends for Life (Sutton C.)</b> Communitea Cafe <b>13:00-15:00</b></p> <p><b>The CUBS Group</b> (Carers United B'ham S'th) Birmingham Buddhist Centre <b>13:30-15:30</b></p> <p><b>Dementia Carer Support Group (Hodge Hill)</b> Shard End Library <b>13:30-15:30</b></p>	<p><b>Slow Flow Yoga - Women Only Class (Harborne)</b> Barefoot Birmingham <b>09:30 - 10:30</b> Barefoot also offers free entry for carers to all weekly yoga classes <b>*Donations*</b></p> <p><b>Dementia Carer Support Group</b> (Northfield) Hawkesley Community Centre <b>10:00-12:00</b></p> <p><b>Dementia Monthly Carer Support Group - Edgbaston</b> Quinborne Community Centre <b>10:00-12:00</b></p> <p><b>Adult Social Care Drop in- Weoley and Selly Oak plus Bournbrook and Selly Park Wards</b> Touchbase Pears <b>10:30-12:30</b></p> <p><b>Dementia Carer Support Group</b> (Sutton C.) United Reformed Church <b>13:00-15:00</b></p> <p><b>Digital Drop in Sessions</b> (Sutton Coldfield) Communitea Cafe <b>14:00-16:00</b></p>	<p><b>Relax &amp; Restore Yoga</b> (Harborne) Barefoot Birmingham <b>07:30 - 08:30</b></p> <p><b>Dementia Carer Support Group (Yardley)</b> Acocks Green Library <b>10:30-12:30</b></p> <p><b>Dementia Carer Support Group (Perry Barr)</b> Oscott Community Centre <b>11:00-13:00</b></p> <p><b>Care For Carers Support Group</b> Perry Common Community Hall <b>11:00-13:00</b></p> <p><b>KiB Online Carers Coffee Afternoon</b> 17.00-18.00 Call 07831 136152 or scan to sign-up: </p> <p><b>Adults &amp; Carer- Arts and Crafts session</b> Sutton Coldfield <b>13:00-15:00</b></p> <p><b>Dads Group (Selly Oak)</b> Sense TouchBase Pears, A group for Dads who have children with Autism. Meet other dads, access information and resources. <b>18:00 - 20:00</b></p>	<p><b>Art Group (Sutton C.)</b> Age Concern Birmingham <b>10:00-11:30</b></p> <p><b>Ladywood Health and Happiness Club</b> (Port Loop) YARD Arthouse (Free for over 50s) <b>10:00-12:00</b></p> <p><b>Carer Info &amp; Advice drop-in</b> (Northfield) Hawkesley Community Centre <b>10:00-12:00</b></p> <p><b>Carer Info &amp; Advice drop-in</b> (Shard End) Moorfield Community Centre <b>10:00-12:00</b></p> <p><b>KiB Online Carers Coffee Morning</b> 10.30 - 11.30 Call 07831 136152 or scan to sign-up: </p> <p><b>Dementia Carer Support Walking Group</b> (Hall Green Group) Cannon Hill Park Meet at MAC entrance <b>10:30 - 11:30</b></p> <p><b>Dementia Carers Hub - Carer Support Group</b> (Edgbaston) Harborne Baptist Church <b>10:30 - 12:30</b></p> <p><b>Weekend Wind Down - Candle Lit</b> (Harborne) Barefoot Birmingham <b>17:30-18:30</b></p>	<p><b>Table Tennis Chinese</b> Community Centre <b>10:00-15:00</b></p> <p><b>Beginners &amp; Beyond Yoga</b> (Harborne) Barefoot Birmingham <b>10:15 - 11:15</b></p>	<p><b>Hot Yoga</b> (not for complete beginners) (Harborne) Barefoot Birmingham <b>10:30 - 11:30</b></p>

★ ★ ★ ★ ★ ★ ★ ★ ★ ★

**PLEASE CONTACT ORGANISERS TO ENSURE EVENTS ARE STILL TAKING PLACE, CONTACT & BOOKING INFORMATION IN BACK OF CALENDAR**

★ ★ ★ ★ ★ ★ ★ ★ ★ ★

**Free Membership Payment**

23RD MONDAY	24TH TUESDAY	25TH WEDNESDAY	26TH THURSDAY	27TH FRIDAY	28TH SAT	29TH SUN
-------------	--------------	----------------	---------------	-------------	----------	----------

**Breakfast Club** - Kitts Green Disability Resource Centre  
09:30 - 11:30

**READING REVOLUTION**  
Balsall Heath Library  
10:00 - 11:30

**Knit and Natter**  
Communita Cafe, Sutton C  
10:00 - 12:00

**Dementia Carer Support Group (Erdington)**  
Pype Hayes Utd Reformed Church  
10:00 - 12:00

**KiB Online Carers Coffee**  
Morning Zoom (see QR code, Thurs) 10.30 - 11.30

**Dementia Activity Cafe**  
(Villa Park) The Corner Flag  
12:00 - 13:45

**Gentle Yoga**  
(Harborne) Barefoot Birmingham  
12:15-13:15

**Asumba CBE & Chair**  
Zumba Sparkhill Leisure Centre  
Men 12:30 - 13:10  
Women 13:15 - 14:00

**Dementia Carer Support Group** (Laydywood)  
Nechells POD  
13:30-15:30

**READING REVOLUTION**  
Perry Common Library  
14:15 - 15:45

**HAPPY Christmas Eve**

PLEASE CHECK THAT EVENTS ARE RUNNING BOOKING INFORMATION IN BACK OF CALENDAR

**MERRY CHRISTMAS**

**BOXING DAY**

PLEASE CHECK THAT EVENTS ARE RUNNING BOOKING INFORMATION IN BACK OF CALENDAR

**Art Group (Sutton C.)**  
Age Concern Birmingham  
10:00-11:30

**Ladywood Health and Happiness Club**  
(Port Loop) YARD Arthouse  
(Free for over 50s)  
10:00-12:00

**Carer Info & Advice drop-in**  
(Northfield) Hawkesley Community Centre  
10:00-12:00

**Carer Info & Advice drop-in**  
(Shard End) Moorfield Community Centre  
10:00-12:00

**KiB Online Carers Coffee Morning**  
10.30 - 11.30  
Call 07831 136152 or scan to sign-up:

**Dementia Carer Support Walking Group** (Hall Green Group)  
Cannon Hill Park  
Meet at MAC entrance  
10:30 - 11:30

**Dementia Carers Hub - Carer Support Group**  
(Edgbaston) Harborne Baptist Church  
10:30 - 12:30

**Weekend Wind Down - Candle Lit** (Harborne)  
Barefoot Birmingham  
17:30-18:30

**Community Gardener Volunteers**  
Thrive Gardeners, Kings Heath Park  
10:00-13:00

**Table Tennis Chinese**  
Community Centre  
10:00-15:00

**Beginners & Beyond Yoga**  
(Harborne) Barefoot Birmingham  
10:15 - 11:15

**Hot Yoga**  
(not for complete beginners)  
(Harborne) Barefoot Birmingham  
10:30 - 11:30

★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★

**PLEASE CONTACT ORGANISERS TO ENSURE EVENTS ARE STILL TAKING PLACE, CONTACT & BOOKING INFORMATION IN BACK OF CALENDAR**

★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★

**Yoga Flow**  
Barefoot Birmingham  
09:30-10:30

**Carers Support Cafe**  
Communita ( Sutton C)  
11:00-12:30

**Tai Chi for Carers**  
(Moseley) Birmingham Buddhist Centre  
11:45-12:45

**Friends for Life (Sutton C.)**  
Communita Cafe  
13:00-15:00

**Relax & Restore Yoga**  
(Harborne) Barefoot Birmingham  
07:30 - 08:30

**Dementia Carer Support Group (Perry Barr)**  
Oscott Community Centre  
11:00-13:00

**Care For Carers Support Group**  
Perry Common Community Hall  
11:00-13:00

**Adults & Carer- Arts and Crafts session**  
Sutton Coldfield  
13:00-15:00

**Birmingham Christmas Shelter 24th December at 10:00 until 10:00 on 28th December**  
Open 24 hours a day providing hot meals and drinks, entertainment, services, emergency clothing and a safe and warm place to sleep for Homeless or lonely adults over the Christmas period.  
St. Catherine Of Siena Catholic Primary School, Great Colmore Street, Birmingham, B15 2AY

**Free Membership Payment 6**

<b>30TH MONDAY</b>
<b>Breakfast Club -</b> Kitts Green Disability Resource Centre 09:30 - 11:30
<b>READING REVOLUTION</b> Balsall Heath Library 10:00 - 11:30
<b>Knit and Natter</b> Communitea Cafe, Sutton C 10:00 - 12:00
<b>Dementia Carer Support Group (Erdington)</b> Pype Hayes Utd Reformed Church 10:00 - 12:00
<b>KiB Online Carers Coffee</b> Morning Zoom (see QR code, Thurs) 10.30 - 11.30
<b>Dementia Activity Cafe</b> (Villa Park) The Corner Flag 12:00 - 13:45
<b>Gentle Yoga</b> (Harborne) Barefoot Birmingham 12:15-13:15
<b>Asumba CBE &amp; Chair</b> Zumba Sparkhill Leisure Centre Men 12:30 - 13:10 Women 13:15 - 14:00
<b>Dementia Carer Support Group (Laydywood)</b> Nechells POD 13:30-15:30
<b>READING REVOLUTION</b> Perry Common Library 14:15 - 15:45

<b>31ST TUESDAY</b>
<b>HAPPY NEW YEARS EVE</b>
<b>PLEASE CHECK THAT EVENTS ARE RUNNING</b>
<b>Yoga Flow</b> Barefoot Birmingham 09:30-10:30
<b>Dementia Carer Support Group (Perry B) Spring Housing</b> 11:00-13:00
<b>Tai Chi for Carers</b> (Moseley) Birmingham Buddhist Centre 11:45-12:45
<b>Friends for Life (Sutton C.)</b> Communitea Cafe 13:00-15:00
<b>The CUBS Group</b> (Carers United B'ham S'th) Birmingham Buddhist Centre 13:30-15:30

## Intergenerational Zoom Programme

Alongside the out-and-about programme, Kissing It Better runs regular **Zoom Sessions** which provide gentle entertainment and conversation for people aged 55+. It can be a great way to meet new friends and share stories.

**The sessions are free\*.**

If you would like to take part, or for any more information, please email Jill Fraser at [mail@kissingitbetter.co.uk](mailto:mail@kissingitbetter.co.uk) or call 07831 136152

Hope to see you soon!

**\*Note: your service provider might charge a fee for data usage**

“

Thank you so much for starting this publication. It's such a great source of local information and easy to read. I've already been to several events and plan to do more. It must have changed so many lives after the effect Covid has had on the community, with isolation and mental health.

”

Free
Membership
Payment

★ ★

PLEASE CONTACT ORGANISERS TO ENSURE EVENTS ARE STILL TAKING PLACE, CONTACT & BOOKING INFORMATION IN BACK OF CALENDAR

★ ★

1ST WEDNESDAY	2ND THURSDAY	3RD FRIDAY	4TH SAT	5TH SUN
---------------	--------------	------------	---------	---------



**PLEASE CHECK THAT EVENTS ARE RUNNING**

**Slow Flow Yoga - Women Only Class (Harborne)**  
 Barefoot Birmingham  
**09:30 - 10:30**  
 Barefoot also offers free entry for carers to all weekly yoga classes  
 \*Donations\*

**Adult Social Care Drop-in - Bourneville & Cotteridge + Stirchley Wards**  
 Stirchley Baths  
**10:00-12:00**

**Dementia Carers Support Group (Rubery)**  
 Bourneville Parish church  
**12:30-14:30**

**Digital Drop in Sessions (Sutton Coldfield)**  
 Communitea Cafe  
**14:00-16:00**

**Relax & Restore Yoga (Harborne) Barefoot**  
 Birmingham **07:30 - 08:30**

**Cancer Carer Support Group (Sutton C.)**  
 The Cancer Support Centre  
**10:00-11:00**

**Parent Carers of Autistic Children Support Group - (Central Birmingham)**  
 Ladywood Children's Centre  
**10:00 - 12:00**

**Dementia Carer Support Group (Yardley)**  
 Acocks Green Library  
**10:30-12:30**

**Dementia Carer Support Group (Perry Barr)**  
 Oscott Community Centre  
**11:00-13:00**

**Care For Carers Support Group**  
 Perry Common Community Hall  
**11:00-13:00**

**KiB Online Carers Coffee Afternoon**  
**17.00-18.00**  
 Call 07831 136152 or scan to sign-up:  



**Adults & Carer- Arts and Crafts session**  
 Sutton Coldfield  
**13:00-15:00**

**Art Group (Sutton C.)**  
 Age Concern Birmingham  
**10:00-11:30**

**Ladywood Health and Happiness Club**  
 (Port Loop) YARD Arthouse  
 (Free for over 50s)  
**10:00-12:00**

**Carer Info & Advice drop-in (Northfield)**  
 Hawkesley Community Centre  
**10:00-12:00**

**Carer Info & Advice drop-in (Shard End)**  
 Moorfield Community Centre  
**10:00-12:00**

**KiB Online Carers Coffee Morning**  
**10.30 - 11.30**  
 Call 07831 136152 or scan to sign-up:  


**Dementia Carer Support Walking Group (Hall Green Group)**  
 Cannon Hill Park  
 Meet at MAC entrance  
**10:30 - 11:30**

**Dementia Carers Hub - Carer Support Group (Edgbaston)**  
 Harborne Baptist Church  
**10:30 - 12:30**

**Weekend Wind Down - Candle Lit (Harborne)**  
 Barefoot Birmingham  
**17:30-18:30**

**Table Tennis Chinese**  
 Community Centre  
**10:00-15:00**

**Beginners & Beyond Yoga**  
 (Harborne) Barefoot Birmingham  
**10:15 - 11:15**

**Hot Yoga (not for complete beginners)**  
 (Harborne) Barefoot Birmingham  
**10:30 - 11:30**

The Kissing It Better team is providing a new game-changing service for the Primary Care Network by acting as a bridge between Social Prescribing and the voluntary sector.

They are bringing new community-based volunteers out of the woodwork to get involved in Social Connection and Moving Medicine' activities for our over 55s population and their carers, with the direct aim of keeping patients well in their local communities in order to reduce the burden on hospital beds.

The second goal is to help patients with long-term conditions or awaiting surgery to 'wait well' by being involved in social prescribing-led activities.



★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★

**PLEASE CONTACT ORGANISERS TO ENSURE EVENTS ARE STILL TAKING PLACE, CONTACT & BOOKING INFORMATION IN BACK OF CALENDAR**

★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★

**Free Membership Payment**





6TH MONDAY	7TH TUESDAY	8TH WEDNESDAY	9TH THURSDAY	10TH FRIDAY	11TH SAT	12TH SUN
<p><b>Breakfast Club</b> - Kitts Green Disability Resource Centre <b>09:30 - 11:30</b></p> <p><b>Carer Info &amp; Advice Drop-in</b> (Sutton C.) Communitea Cafe <b>9:30 - 12:00</b></p> <p><b>READING REVOLUTION</b> Balsall Heath Library <b>10:00 - 11:30</b></p> <p><b>Knit and Natter</b> Communitea Cafe, Sutton C <b>10:00 - 12:00</b></p> <p><b>Dementia Carer Support Group (Erdington)</b> Pype Hayes Utd Reformed Church <b>10:00 - 12:00</b></p> <p><b>KiB Online Carers Coffee Morning Zoom</b> (see QR code, Thurs) <b>10.30 - 11.30</b></p> <p><b>Dementia Activity Cafe</b> (Villa Park) The Corner Flag <b>12:00 - 13:45</b></p> <p><b>Gentle Yoga</b> (Harborne) Barefoot Birmingham <b>12:15 - 13:15</b></p> <p><b>Asumba CBE &amp; Chair</b> Zumba Sparkhill Leisure Centre Men <b>12:30 - 13:10</b> Women <b>13:15 - 14:00</b></p> <p><b>Dementia Carer Support Group</b> (Laydywood) Nechells POD <b>13:30 - 15:30</b></p> <p><b>READING REVOLUTION</b> Perry Common Library <b>14:15 - 15:45</b></p> <p><b>Birmingham Black Carers Support Group</b> Call - 07846 222913 <b>19:30 - 20:30</b></p>	<p><b>Yoga Flow</b> Barefoot Birmingham <b>09:30 - 10:30</b></p> <p><b>Dementia Carer Info &amp; Advice Drop-in</b> (Sutton C.) Communitea Cafe <b>10:00 - 12:00</b></p> <p><b>Dementia Carer Support Group</b> (Selly Oak) (Rubery) The Oaks <b>10:00 - 12:00</b></p> <p><b>Adult Social Care Drop-in</b> (Brandwood and Kings Heath plus Druids Heath and Moneyhull Wards) Brandwood Community Centre <b>10:30 - 12:30</b></p> <p><b>Dementia Carers Hub Nature Walk</b> Birmingham Botanical Gardens <b>10:30 - 12:30</b></p> <p><b>Dementia Carers Hub</b> (Perry Barr) Spring Housing, 22 Old Walsall Road, Handsworth <b>11:00 - 13:00</b></p> <p><b>Tai Chi for Carers</b> (Moseley) Birmingham Buddhist Centre <b>11:45 - 12:45</b></p> <p><b>Acocks Green &amp; South Birmingham Carers Group</b> Acocks Green Baptist Church <b>12:30 - 15:00</b></p> <p><b>Friends for Life</b> (Sutton C.) Communitea Cafe <b>13:00 - 15:00</b></p>	<p><b>Slow Flow Yoga - Women Only Class (Harborne)</b> Barefoot Birmingham <b>09:30 - 10:30</b> Barefoot also offers free entry for carers to all weekly yoga classes *Donations*</p> <p><b>Dementia Carers Support Group Edgbaston (Quinton)</b> Monthly William Lench Court, <b>10:00 - 12:00</b></p> <p><b>Dementia Carer Support Group</b> (Northfield) Hawkesley Community Centre <b>10:00 - 12:00</b></p> <p><b>Dementia Carer Support Group</b> (Sutton C.) United Reformed Church <b>13:00 - 15:00</b></p> <p><b>Digital Drop in Sessions</b> (Sutton Coldfield) Communitea Cafe <b>14:00 - 16:00</b></p>	<p><b>Relax &amp; Restore Yoga</b> (Harborne) Barefoot Birmingham <b>07:30 - 08:30</b></p> <p><b>Parent Carers of Autistic Children Support Group</b> - (Central Birmingham) Ladywood Children's Centre <b>10:00 - 12:00</b></p> <p><b>Dementia Carer Support Group</b> (Yardley) Acocks Green Library <b>10:30 - 12:30</b></p> <p><b>Dementia Carer Support Group</b> (Perry Barr) Oscott Community Centre <b>11:00 - 13:00</b></p> <p><b>Care For Carers Support Group</b> Perry Common Community Hall <b>11:00 - 13:00</b></p> <p><b>KiB Online Carers Coffee Afternoon</b> <b>17.00 - 18.00</b> Call 07831 136152 or scan to sign-up:</p>  <p><b>Adults &amp; Carer- Arts and Crafts session</b> Sutton Coldfield <b>13:00 - 15:00</b></p>	<p><b>Art Group</b> (Sutton C.) Age Concern Birmingham <b>10:00 - 11:30</b></p> <p><b>Ladywood Health and Happiness Club</b> (Port Loop) YARD Arthouse (Free for over 50s) <b>10:00 - 12:00</b></p> <p><b>Carer Info &amp; Advice drop-in</b> (Northfield) Hawkesley Community Centre <b>10:00 - 12:00</b></p> <p><b>Carer Info &amp; Advice drop-in</b> (Shard End) Moorfield Community Centre <b>10:00 - 12:00</b></p> <p><b>KiB Online Carers Coffee Morning</b> <b>10.30 - 11.30</b> Call 07831 136152 or scan to sign-up:</p>  <p><b>Dementia Carer Support Walking Group</b> (Hall Green Group) Cannon Hill Park Meet at MAC entrance <b>10:30 - 11:30</b></p> <p><b>Dementia Carers Hub - Carer Support Group</b> (Edgbaston) Harborne Baptist Church <b>10:30 - 12:30</b></p> <p><b>Dementia Carers Hub - Carer Support Group</b> (Bourville) Selly Oak The Hub On The Green <b>10:30 - 12:30</b></p> <p><b>Weekend Wind Down - Candle Lit</b> (Harborne) Barefoot Birmingham <b>17:30 - 18:30</b></p>	<p><b>Table Tennis Chinese</b> Community Centre <b>10:00 - 15:00</b></p> <p><b>Beginners &amp; Beyond Yoga</b> (Harborne) Barefoot Birmingham <b>10:15 - 11:15</b></p>	<p><b>Hot Yoga</b> (not for complete beginners) (Harborne) Barefoot Birmingham <b>10:30 - 11:30</b></p>

★ ★ ★ ★ ★ ★ ★ ★ ★ ★

**PLEASE CONTACT ORGANISERS TO ENSURE EVENTS ARE STILL TAKING PLACE, CONTACT & BOOKING INFORMATION IN BACK OF CALENDAR**

★ ★ ★ ★ ★ ★ ★ ★ ★ ★

**Free Membership Payment**



13TH MONDAY	14TH TUESDAY	15TH WEDNESDAY	16TH THURSDAY	17TH FRIDAY	18TH SAT	19TH SUN
<p><b>Breakfast Club</b> - Kitts Green Disability Resource Centre <b>09:30 - 11:30</b></p> <p><b>READING REVOLUTION</b> Balsall Heath Library <b>10:00 - 11:30</b></p> <p><b>Knit and Natter</b> Communita Cafe, Sutton C <b>10:00 - 12:00</b></p> <p><b>Dementia Carer Support Group (Erdington)</b> Pype Hayes Utd Reformed Church <b>10:00 - 12:00</b></p> <p><b>KiB Online Carers Coffee</b> Morning Zoom (see QR code, Thurs)<b>10.30 - 11.30</b></p> <p><b>Dementia Activity Cafe</b> (Villa Park)The Corner Flag <b>12:00 - 13:45</b></p> <p><b>Gentle Yoga</b> (Harborne)Barefoot Birmingham <b>12:15-13:15</b></p> <p><b>Asumba CBE &amp; Chair</b> Zumba Sparkhill Leisure Centre <b>Men 12:30 - 13:10</b> <b>Women 13:15 - 14:00</b></p> <p><b>Dementia Carer Support Group</b> (Laydywood) Nechells POD <b>13:30-15:30</b></p> <p><b>READING REVOLUTION</b> Perry Common Library <b>14:15 - 15:45</b></p>	<p><b>Yoga Flow</b> Barefoot Birmingham <b>09:30-10:30</b></p> <p><b>Carer Hub Advice Drop-in</b> Touchbase Carers Hub <b>10:00 - 12:00</b></p> <p><b>Adult Social Care Drop-in</b> (Billesley and Highters Heath Wards) Billesley Ark <b>10:30 - 12:30</b></p> <p><b>Carers Support Cafe</b> Communita ( Sutton C) <b>11:00-12.30</b></p> <p><b>Dementia Carer Support Group</b> (Perry B) Spring Housing <b>11:00-13:00</b></p> <p><b>Tai Chi for Carers</b> (Moseley) Birmingham Buddhist Centre <b>11:45-12:45</b></p> <p><b>Friends for Life (Sutton C.)</b> Communita Cafe <b>13:00-15:00</b></p> <p><b>Dementia Carer Support Group (Hodge Hill)</b> Dophin's Women's Centre <b>13:00-15:00</b></p> <p><b>The CUBS Group</b> (Carers United B'ham S'th) Birmingham Buddhist Centre <b>13:30-15:30</b></p>	<p><b>Slow Flow Yoga - Women Only Class (Harborne)</b> Barefoot Birmingham <b>09:30 - 10:30</b> Barefoot also offers free entry for carers to all weekly yoga classes <b>*Donations*</b></p> <p><b>Dementia Carer Support Group</b> (Northfield) Hawkesley Community Centre <b>10:00-12:00</b></p> <p><b>Dementia Monthly Carer Support Group - Edgbaston</b> Quinborne Community Centre <b>10:00-12:00</b></p> <p><b>Adult Social Care Drop in- Weoley and Selly Oak plus Bournbrook and Selly Park Wards</b> Touchbase Pears <b>10:30-12:30</b></p> <p><b>Dementia Carer Support Group</b> (Sutton C.) United Reformed Church <b>13:00-15:00</b></p> <p><b>Digital Drop in Sessions</b> (Sutton Coldfield) Communita Cafe <b>14:00-16:00</b></p>	<p><b>Relax &amp; Restore Yoga</b> (Harborne)Barefoot Birmingham <b>07:30 - 08:30</b></p> <p><b>Parent Carers of Autistic Children Support Group</b> - (Central Birmingham) Ladywood Children's Centre <b>10:00 - 12:00</b></p> <p><b>Dementia Carer Support Group (Yardley)</b> Acocks Green Library <b>10:30-12:30</b></p> <p><b>Dementia Carer Support Group (Perry Barr)</b> Oscott Community Centre <b>11:00-13:00</b></p> <p><b>Care For Carers Support Group</b> Perry Common Community Hall <b>11:00-13:00</b></p> <p><b>KiB Online Carers Coffee Afternoon</b> <b>17.00-18.00</b> Call 07831 136152 or scan to sign-up: </p> <p><b>Adults &amp; Carer- Arts and Crafts session</b> Sutton Coldfield <b>13:00-15:00</b></p>	<p><b>Art Group (Sutton C.)</b> Age Concern Birmingham <b>10:00-11:30</b></p> <p><b>Ladywood Health and Happiness Club</b> (Port Loop) YARD Arthouse (Free for over 50s) <b>10:00-12:00</b></p> <p><b>Carer Info &amp; Advice drop-in</b> (Northfield) Hawkesley Community Centre <b>10:00-12:00</b></p> <p><b>Carer Info &amp; Advice drop-in</b> (Shard End) Moorfield Community Centre <b>10:00-12:00</b></p> <p><b>KiB Online Carers Coffee Morning</b> <b>10.30 - 11.30</b> Call 07831 136152 or scan to sign-up: </p> <p><b>Dementia Carer Support Walking Group</b> (Hall Green Group) Cannon Hill Park Meet at MAC entrance <b>10:30 - 11:30</b></p> <p><b>Dementia Carers Hub - Carer Support Group</b> (Edgbaston) Harborne Baptist Church <b>10:30 - 12:30</b></p> <p><b>Weekend Wind Down - Candle Lit</b> (Harborne) Barefoot Birmingham <b>17:30-18:30</b></p>	<p><b>Table Tennis Chinese</b> Community Centre <b>10:00-15:00</b></p> <p><b>Beginners &amp; Beyond Yoga</b> (Harborne)Barefoot Birmingham <b>10:15 - 11:15</b></p>	<p><b>Hot Yoga</b> (not for complete beginners) (Harborne)Barefoot Birmingham <b>10:30 - 11:30</b></p>

★ ★ ★ ★ ★ ★ ★ ★ ★ ★

**PLEASE CONTACT ORGANISERS TO ENSURE EVENTS ARE STILL TAKING PLACE, CONTACT & BOOKING INFORMATION IN BACK OF CALENDAR**

★ ★ ★ ★ ★ ★ ★ ★ ★ ★

**Free Membership Payment**



20TH MONDAY	21ST TUESDAY	22ND WEDNESDAY	23RD THURSDAY	24TH FRIDAY	25TH SAT	26TH SUN
<p><b>Breakfast Club</b> - Kitts Green Disability Resource Centre 09:30 - 11:30</p> <p><b>READING REVOLUTION</b> Balsall Heath Library 10:00 - 11:30</p> <p><b>Knit and Natter</b> Communita Cafe, Sutton C 10:00 - 12:00</p> <p><b>Dementia Carer Support Group (Erdington)</b> Pype Hayes Utd Reformed Church 10:00 - 12:00</p> <p><b>KiB Online Carers Coffee</b> Morning Zoom (see QR code, Thurs) 10.30 - 11.30</p> <p><b>Dementia Activity Cafe</b> (Villa Park) The Corner Flag 12:00 - 13:45</p> <p><b>Gentle Yoga</b> (Harborne) Barefoot Birmingham 12:15 - 13:15</p> <p><b>Asumba CBE &amp; Chair</b> Zumba Sparkhill Leisure Centre Men 12:30 - 13:10 Women 13:15 - 14:00</p> <p><b>Dementia Carer Support Group (Laydywood)</b> Nechells POD 13:30 - 15:30</p> <p><b>READING REVOLUTION</b> Perry Common Library 14:15 - 15:45</p>	<p><b>Yoga Flow</b> Barefoot Birmingham 09:30-10:30</p> <p><b>Dementia Carer Support Group</b> (Perry B) Spring Housing 11:00-13:00</p> <p><b>Tai Chi for Carers</b> (Moseley) Birmingham Buddhist Centre 11:45-12:45</p> <p><b>Friends for Life (Sutton C.)</b> Communita Cafe 13:00-15:00</p> <p><b>The CUBS Group</b> (Carers United B'ham S'th) Birmingham Buddhist Centre 13:30-15:30</p> <p><b>Dementia Carer Support Group (Hodge Hill)</b> Shard End Library 13:30-15:30</p>	<p><b>Slow Flow Yoga - Women Only Class (Harborne)</b> Barefoot Birmingham 09:30 - 10:30 Barefoot also offers free entry for carers to all weekly yoga classes *Donations*</p> <p><b>Dementia Carer Support Group</b> (Northfield) Hawkesley Community Centre 10:00-12:00</p> <p><b>Dementia Carer Support Group (Edgbaston) (Bartley Green)</b> EAC Housing Care 10:00-12:00</p> <p><b>Dementia Carer Support Group</b> (Sutton C.) United Reformed Church 13:00-15:00</p> <p><b>Digital Drop in Sessions</b> (Sutton Coldfield) Communita Cafe 14:00-16:00</p>	<p><b>Relax &amp; Restore Yoga</b> (Harborne) Barefoot Birmingham 07:30 - 08:30</p> <p><b>Parent Carers of Autistic Children Support Group</b> - (Central Birmingham) Ladywood Children's Centre 10:00 - 12:00</p> <p><b>Dementia Carer Support Group (Yardley)</b> Acocks Green Library 10:30-12:30</p> <p><b>Dementia Carer Support Group (Perry Barr)</b> Oscott Community Centre 11:00-13:00</p> <p><b>Care For Carers Support Group</b> Perry Common Community Hall 11:00-13:00</p> <p><b>KiB Online Carers Coffee Afternoon</b> 17.00-18.00 Call 07831 136152 or scan to sign-up: </p> <p><b>Adults &amp; Carer- Arts and Crafts session</b> Sutton Coldfield 13:00-15:00</p>	<p><b>Art Group (Sutton C.)</b> Age Concern Birmingham 10:00-11:30</p> <p><b>Ladywood Health and Happiness Club</b> (Port Loop) YARD Arthouse (Free for over 50s) 10:00-12:00</p> <p><b>Carer Info &amp; Advice drop-in</b> (Northfield) Hawkesley Community Centre 10:00-12:00</p> <p><b>Carer Info &amp; Advice drop-in</b> (Shard End) Moorfield Community Centre 10:00-12:00</p> <p><b>KiB Online Carers Coffee Morning</b> 10.30 - 11.30 Call 07831 136152 or scan to sign-up: </p> <p><b>Dementia Carer Support Walking Group</b> (Hall Green Group) Cannon Hill Park Meet at MAC entrance 10:30 - 11:30</p> <p><b>Dementia Carers Hub - Carer Support Group</b> (Edgbaston) Harborne Baptist Church 10:30 - 12:30</p> <p><b>Weekend Wind Down - Candle Lit</b> (Harborne) Barefoot Birmingham 17:30-18:30</p>	<p><b>Table Tennis Chinese</b> Community Centre 10:00-15:00</p> <p><b>Beginners &amp; Beyond Yoga</b> (Harborne) Barefoot Birmingham 10:15 - 11:15</p>	<p><b>Hot Yoga</b> (not for complete beginners) (Harborne) Barefoot Birmingham 10:30 - 11:30</p>

★ ★ ★ ★ ★ ★ ★ ★ ★ ★

**PLEASE CONTACT ORGANISERS TO ENSURE EVENTS ARE STILL TAKING PLACE, CONTACT & BOOKING INFORMATION IN BACK OF CALENDAR**

★ ★ ★ ★ ★ ★ ★ ★ ★ ★

**Free Membership Payment**

27TH MONDAY	28TH TUESDAY	29TH WEDNESDAY	30TH THURSDAY	31ST FRIDAY
<b>Breakfast Club</b> - Kitts Green Disability Resource Centre <b>09:30 - 11:30</b>	<b>Yoga Flow</b> Barefoot Birmingham <b>09:30-10:30</b>	<b>Slow Flow Yoga - Women Only Class (Harborne)</b> Barefoot Birmingham <b>09:30 - 10:30</b> Barefoot also offers free entry for carers to all weekly yoga classes *Donations*	<b>Relax &amp; Restore Yoga</b> (Harborne) Barefoot Birmingham <b>07:30 - 08:30</b>	<b>Art Group (Sutton C.)</b> Age Concern Birmingham <b>10:00-11:30</b>
<b>READING REVOLUTION</b> Balsall Heath Library <b>10:00 - 11:30</b>	<b>Carers Support Cafe</b> Communitea ( Sutton C) <b>11:00-12.30</b>	<b>Dementia Carer Support Group (Northfield)</b> Hawkesley Community Centre <b>10:00-12:00</b>	<b>Parent Carers of Autistic Children Support Group -</b> (Central Birmingham) Ladywood Children's Centre <b>10:00 - 12:00</b>	<b>Ladywood Health and Happiness Club</b> (Port Loop) YARD Arthouse (Free for over 50s) <b>10:00-12:00</b>
<b>Knit and Natter</b> Communitea Cafe, Sutton C <b>10:00 - 12:00</b>	<b>Dementia Carer Support Group (Perry B)</b> Spring Housing <b>11:00-13:00</b>	<b>Dementia Carer Support Group (Sutton C.)</b> Falcon Lodge Community Hub <b>13:00-15:00</b>	<b>Dementia Carer Support Group (Yardley)</b> Acocks Green Library <b>10:30-12:30</b>	<b>Carer Info &amp; Advice drop-in</b> (Northfield) Hawkesley Community Centre <b>10:00-12:00</b>
<b>Dementia Carer Support Group (Erdington)</b> Pype Hayes Utd Reformed Church <b>10:00 - 12:00</b>	<b>Tai Chi for Carers</b> (Moseley) Birmingham Buddhist Centre <b>11:45-12:45</b>	<b>Dementia Carer Support Group (Sutton C.)</b> Falcon Lodge Community Hub <b>13:00-15:00</b>	<b>Dementia Carer Support Group (Perry Barr)</b> Oscott Community Centre <b>11:00-13:00</b>	<b>Carer Info &amp; Advice drop-in</b> (Shard End) Moorfield Community Centre <b>10:00-12:00</b>
<b>KiB Online Carers Coffee</b> Morning Zoom (see QR code, Thurs) <b>10.30 - 11.30</b>	<b>Friends for Life (Sutton C.)</b> Communitea Cafe <b>13:00-15:00</b>	<b>Digital Drop in Sessions</b> (Sutton Coldfield) Communitea Cafe <b>14:00-16:00</b>	<b>Care For Carers Support Group</b> Perry Common Community Hall <b>11:00-13:00</b>	<b>KiB Online Carers Coffee Morning</b> <b>10.30 - 11.30</b> Call 07831 136152 or scan to sign-up: 
<b>Dementia Activity Cafe</b> (Villa Park) The Corner Flag <b>12:00 - 13:45</b>	<b>The CUBS Group</b> (Carers United B'ham S'th) Birmingham Buddhist Centre <b>13:30-15:30</b>	<b>Disco Inclusive (Harborne)</b> Harborne Village Social Club £5 entry <b>19:00-22:00</b>	<b>KiB Online Carers Coffee Afternoon</b> <b>17.00-18.00</b> Call 07831 136152 or scan to sign-up: 	<b>Dementia Carer Support Walking Group</b> (Hall Green Group) Cannon Hill Park Meet at MAC entrance <b>10:30 - 11:30</b>
<b>Gentle Yoga</b> (Harborne) Barefoot Birmingham <b>12:15-13:15</b>	<b>Dementia Carer Support Group (Hodge Hill)</b> Shard End Library <b>13:30-15:30</b>		<b>Adults &amp; Carer- Arts and Crafts session</b> Sutton Coldfield <b>13:00-15:00</b>	<b>Dementia Carers Hub - Carer Support Group</b> (Edgbaston) Harborne Baptist Church <b>10:30 - 12:30</b>
<b>Asumba CBE &amp; Chair</b> Zumba Sparkhill Leisure Centre Men <b>12:30 - 13:10</b> Women <b>13:15 - 14:00</b>			<b>Dads Group (Selly Oak)</b> Sense TouchBase Pears, A group for Dads who have children with Autism. Meet other dads, access information and resources. <b>18:00 - 20:00</b>	<b>Weekend Wind Down - Candle Lit</b> (Harborne) Barefoot Birmingham <b>17:30-18:30</b>
<b>Dementia Carer Support Group</b> (Laydywood) Nechells POD <b>13:30-15:30</b>				
<b>READING REVOLUTION</b> Perry Common Library <b>14:15 - 15:45</b>				

The Kissing It Better calendar is complete handbook of information to both the public and professionals. Layout clear and easy to read and up to date information at your fingertips. A lifeline to many.

★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★

**PLEASE CONTACT ORGANISERS TO ENSURE EVENTS ARE STILL TAKING PLACE, CONTACT & BOOKING INFORMATION IN BACK OF CALENDAR**

★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★

**Free Membership Payment**

**Acocks Green & South Birmingham Carers Group**  
 Acocks Green Baptist Church, 39 Yardley Rd, B27 6HG  
**Event enquiries: 0121 443 5162 Every Tuesday 12:30 - 15:00**

**Adults & Carers Arts & Crafts Session**  
 37-39 Gate Lane, Boldmere, Sutton Coldfield, B73 5TR  
 A safe environment for disabled adults and their carers to take part in arts and crafts, meet new people and have fun.  
**To book please email: [booking@squarepegactivities.org](mailto:booking@squarepegactivities.org)**  
**13:00 - 15:00 Thursdays Term Time Only**

**Adult Social Care Drop-in (Billesley and Highters Heath Wards)**  
 Billesley Ark, 725 Yardley Wood Road Birmingham, B13 0PT  
**Venue: 0121 243 1392 / 2nd Tuesday of the Month 10.30-12.30**

**Adult Social Care Drop-in (Brandwood and Kings Heath plus Druids Heath and Moneyhull Wards)**  
 Brandwood Community Centre, 157 Allens Croft Road, B14 6RP  
**Venue: 01214 433310**  
**10.30-12.30 1st Tuesday of the Month**

**Adult Social Care Drop-in (Bournville and Cotteridge + Stirchley Wards)**  
 Stirchley Baths Community Hub, Bournville Lane Birmingham, B30 2JT **Venue: 0121 464 9072**  
**1st Wednesday of the month 10.00 - 14.00**

**Art Group**  
 Age Concern Birmingham  
 76-78 Boldmere road, Sutton Coldfield, Birmingham, B73 5TJ  
**Venue: 01216 302462 - 10.00-11.30 FRIDAYS**

**Asumba CBE & Chair Zumba- Men's CBE**  
 Sparkhill Leisure Centre, Stratford Rd, Birmingham, B11 4EA  
**Event enquiries: 07444 467612 or [info@al-cic.co.uk](mailto:info@al-cic.co.uk)**  
**Venue: 0121 702 0950**  
**Mondays - Men 12.30 - 13.10, Women 13.15 - 14.00**

**Beginners & Beyond Yoga -**  
 Barefoot Birmingham, 7 High St, Harborne, Birmingham B17 9NT  
<https://barefootbirmingham.com/harborne/>  
**Enquires Call: 0121 426 2633**  
**Every Saturday at 10.15 - 11.15**

**Birmingham Black Carers Support Group**  
 Windsor Street South SDA Church, 24 Windsor Street, (off Forster St.) Nechells, Birmingham, B7 4HX  
**For more information and for the zoom link, please call Sylvia: 07846 222913 or email [info@birminghamblackcarers.org.uk](mailto:info@birminghamblackcarers.org.uk)**

**Breakfast Club (Kitts Green)**  
 Disability Resource Centre  
 Unit 18, Ace Business Park, Kitts Green, Birmingham, B33 0LD  
**Venue: 03030 402040 9.30-11.30 / Every Monday**

**Cancer Carers Support Group (Sutton Coldfield)**  
 The Cancer Support Centre  
 Lindridge Road, Sutton Coldfield B75 6JB  
**[info@suttoncancersupport.org](mailto:info@suttoncancersupport.org) or 0121 378 6295**  
**1st Thursday of Month at 10.00**

**Care for Carers Support Group**  
 Perry Common Community Hall  
 87 Witton Lodge Road, Perry Common, Birmingham, B23 5JD  
**Enquiries call: 0121 382 1930 or [fauzia.begum@wittonlodge.org.uk](mailto:fauzia.begum@wittonlodge.org.uk)**  
**Every Thursday 11.00-13.00**

**Carer Drop-In (Great Barr)**  
 Oaks Medical Centre, 199 Shady Lane, Great Barr, B44 9ER  
**0121 389 2222 11.00-13.00 Once a month. Dates vary**

**Carer Info & Advice Drop-in (Shard End)**  
 Moorfield Community Centre  
 Hartshill Road, Shard End Birmingham, B34 6QX  
 Organiser: Birmingham Carers Hub  
**[info@birminghamcarershub.org.uk](mailto:info@birminghamcarershub.org.uk) or 0333 006 9711**  
**Venue: 0121 362 3650 / Once a month 10.00-12.00**

**Carer Info & Advice Drop-in (Northfield)**  
 Hawkesley Community Centre  
 51 Edgewood Road, Birmingham, B38 9RN  
 Organiser: Birmingham Carers Hub  
**[info@birminghamcarershub.org.uk](mailto:info@birminghamcarershub.org.uk) or 0333 006 9711**  
**Venue: 0121 399 0122 / Every Friday 10.00-12.00**

**Carer Info & Advice Drop-in (Sutton Coldfield)**  
 Communita Cafe, 76-78 Boldmere road, Sutton Coldfield, Birmingham, B73 5TJ  
 Organiser: Birmingham Carers Hub  
**[info@birminghamcarershub.org.uk](mailto:info@birminghamcarershub.org.uk) or 0333 006 9711**  
**Venue: 0121 362 3650**  
**9.30-12.00 First Monday of month**

**Carer Life-Spa (Harborne)**  
 Barefoot Birmingham, 7 High St, Harborne, B17 9NT  
 Organiser: Barefoot Birmingham  
 Email: [info@barefootbirmingham.com](mailto:info@barefootbirmingham.com)  
 Call: 0121 426 2633  
**9.45-12.00 Last Thursday of the month**

**Carers Hub Drop-in (SellyOak)**  
 TouchBase Pears, 750 Bristol Road, Birmingham B29 6NA  
 Organiser: Forward Carers  
**[carerfriendly@carerfriendly.org.uk](mailto:carerfriendly@carerfriendly.org.uk)**  
**0121 274 0439 or 07732 563717**  
**2nd Tuesday 10.00-12.00 4th Thursday 15.00-17.00**

**Carers Event for Carers** registered at Hall Green Health, Northbrook Group Practice and Swanswell Medical Centre  
 127 - 129 Highfield Rd, Birmingham, B28 0HS  
**Organiser: Community Care Hall Green PCN**

**Carers Support Cafe**  
 Communita Cafe, 76-78 Boldmere road, Sutton Coldfield, Birmingham, B73 5TJ  
**Call: 07535 737259 / 2nd & 4th Tuesday of the Month**

**Central Carers Group**  
 B:Eats café, Symphony Hall, Broad Street  
 Organiser: Midland Mencap  
**Call: 0121 442 2944**

**Community Gardener Volunteer**  
 Thrive Gardens - Kings Heath Park Vicarage Road Birmingham, B14 7TQ  
 Organiser: Thrive  
**[birmingham@thrive.org.uk](mailto:birmingham@thrive.org.uk) or 0121 293 4531**  
**10.00-13.00**

**CUBS (Carers United Birmingham) Group (Moseley)**

Birmingham Buddhist Centre, 11 Park Road, Moseley, Birmingham B13 8AB

**Enquires Call: 07426 542272**

**Alternate Tuesdays at 13.30-15.30**

**Dads Group**

Sense TouchBase Pears, 750 Bristol Road, Selly Oak, B29 6NA  
Thursdays, 18:00 - 20:00

**Dementia Activity Cafe (Villa Park)**

The Corner Flag at Villa Park, The North Stand Edge Villa Park Football Complex, Witton Ln, Birmingham B6 6HE

**Venue: 0121 327 2299 / Mondays 12.00-13.45**

**Dementia Carers Hub**

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

Organiser: Dementia Carers Hub

**dementiacarershub@ageukbirmingham.org.uk**

**Enquires Call: 0121 437 0033**

**11.00-13.00 Every Tuesday**

**Dementia Carers Hub - Carers Support Group (Edgbaston)**

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

Organiser: Dementia Carers Hub

**dementiacarershub@ageukbirmingham.org.uk**

**Call: 0121 437 0033 / Fridays 10:30 - 12:30**

**Dementia Carers Hub - Carers Support Group (Bournville, Selly Oak)**

The Hub On The Green, 27 Sycamore Road, Bournville B30 2AA

Organiser: Age UK, Age Concern Birmingham & Dementia Carers Count

**dementiacarershub@ageukbirmingham.org.uk**

**13.30-15.30 every 2nd Friday**

**Dementia Carers Hub Nature Walk**

Westbourne Road, Birmingham, B15 3TR

Organiser: Age UK & Birmingham Carers Hub

**info@birminghamcarershub.org.uk**

**0121 437 0033**

**10.30 - 12.30 1st Thursday of month**

**Dementia Hub Awareness Session - Perry Barr**

Hestia House 22 Old Walsall Road, Handsworth, B42 1DT

Organiser: Age UK & Birmingham Carers Hub

**info@birminghamcarershub.org.uk**

**0333 006 9711**

**Dementia Carers Support Group (Edgbaston)**

EAC Housing Care, Plough Avenue, Woodgate Valley, Bartley Green, Birmingham, B32 3TE

Organiser: Dementia Carers Hub

**dementiacarershub@ageukbirmingham.org.uk**

**0121 437 0033**

**Dementia Carers Support Group (Edgbaston)**

Quinbourne Community Centre, Ridgacre Rd, Quinton, Birmingham, B32 2TW

Organiser: Dementia Carers Hub

**dementiacarershub@ageukbirmingham.org.uk**

**0121 437 0033**

**Venue: 0121 682 7474**

**Dementia Carers Support Group (Edgbaston)**

William Lench Court  
80 Ridgacre Rd, Quinton, Birmingham B32 2AQ

Organiser: Dementia Carers Hub

**dementiacarershub@ageukbirmingham.org.uk**

**0121 437 0033**

**Venue: 0121 426 0455**

**Dementia Carers Support Group (Erdington)**

Pype Hayes United Reformed Church  
39 Chester Rd, Erdington, Birmingham B24 0HJ

Organiser: Dementia Carers Hub

**dementiacarershub@ageukbirmingham.org.uk**

**Enquires Call: 0121 437 0033**

**10.00-12.00 Every Monday**

**Dementia Carers Support Group (Hodge Hill)**

Ambridge House, Folkestone Croft, Bromford Drive, B36 8QY

Organiser: Dementia Carers Hub

**dementiacarershub@ageukbirmingham.org.uk**

**0121 437 0033**

**13.30-15.30 4th Tuesday of the month**

**Dementia Carers Support Group (Hodge Hill)**

Dolphins Women's Centre, Ward End Park Rd, Washwood Heath Rd, Birmingham B8 2HB

Organiser: Dementia Carers Hub

**dementiacarershub@ageukbirmingham.org.uk**

**0121 437 0033 Venue: 0121 326 8343**

**13.00-15.00 2nd Tuesday of the month**

**Dementia Carers Support Group (Hodge Hill)**

Shard End Library, 8 The Shard, All Saints Square, Shard End, Birmingham, B34 7AQ

Organiser: Dementia Carers Hub

**dementiacarershub@ageukbirmingham.org.uk**

**0121 437 0033 Venue: 0121 464 6779**

**13.30-15.30 Third Tuesday of month**

**Dementia Carers Support Group (Ladywood)**

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

Organiser: Dementia Carers Hub

**dementiacarershub@ageukbirmingham.org.uk**

**Enquires Call: 0121 437 0033 or Venue: 0121 681 2173**

**Mondays 13.30 - 15.30**

**Dementia Carers Support Group (Northfield)**

Hawkesley Community Centre

51 Edgewood Road, Birmingham, B38 9RN

Organiser: Dementia Carers Hub

**dementiacarershub@ageukbirmingham.org.uk**

**Equires Call: 0121 437 0033 or Venue: 0121 399 0122**

**Every Wednesday 10:00 - 12:00**

**Dementia Carers Support Group (Perry Barr)**

Oscotts Community Centre, 277 Old Oscott Ln, Birdbrook Rd, Birmingham B44 9TY

Organiser: Dementia Carers Hub

**dementiacarershub@ageukbirmingham.org.uk**

**Enquires Call: 0121 437 0033**

**Every Thursday 11.00-13.00**

**Dementia Carers Support Group (Rubery)**

Bournville Parish Church Bournville Parish church, Sycamore Road, Bournville, B30 2AA

Call: **0121 437 0033**

**dementiacarershub@ageukbirmingham.org.uk**

**1st Wednesday of month & 2nd Friday 12:30-14:30**

## Dementia Carers Support Group (Selly Oak)

The Oaks The Oaks, 150 Rubery Lane, Birmingham, B45 9AY  
 Organiser: Dementia Carers Hub - Call: 0121 437 0033  
 dementiaacarershub@ageukbirmingham.org.uk  
 12.30-14.00 1st Tuesday of month

## Dementia Carers Support Group (Sutton Coldfield)

Communita Café, 76-78 Boldmere Road, Sutton Coldfield, B73 5TJ  
 Enquires Call: 0333 006 9711  
 10.00-12.00 1st Tuesday of every month

## Dementia Carers Support Group (Sutton Coldfield)

Falcon Lodge Community Hub, 25-27 Newdigate Rd, The Royal Town of Sutton Coldfield, Birmingham, Sutton Coldfield B75 7LB  
 Organiser: Dementia Carers Hub  
 dementiaacarershub@ageukbirmingham.org.uk  
 0121 437 0033 Venue: 0121 748 8111  
 Every Wednesday 13.00-15.00

## Dementia Carers Support Group (Yardley)

Acocks Green Library, Shirley Rd, Acocks Green, B27 7XH  
 Organiser: Dementia Carers Hub  
 dementiaacarershub@ageukbirmingham.org.uk  
 Enquires Call: 0121 437 0033 or Venue: 0121 464 1738  
 Every Thursday 10.30-12.30

## Dementia Carers Support Walking Group (Hall Green)

Cannon Hill Park, Russell Rd, Moseley, Birmingham B13 8RD  
 Meet outside the MAC Centre  
 Enquires Call: 0333 006 9711 / Every Friday 10.30-11.30

## Digital Drop in Sessions

Communita Cafe, 76-78 Boldmere road, Sutton Coldfield, B73 5TJ  
 Organiser: Age Concern Birmingham  
 Call Joe: 07432739018 / Every Wednesday 14.00-16.00

## Disco Inclusive

Harborne Village Social Club, 3 Serpentine Road, Harborne, B17 9RD  
 Call Sharon: 0121 729 8431  
 Call Graham: 0121 565 2875 or 07401341306  
 Venue: 0121 426 6344 Last Wednesday of the Month

## Friends for Life

Communita Cafe 76-78 Boldmere road, Sutton Coldfield, B73 5TJ  
 communita@ageconcernbirmingham.org.uk  
 Enquires Call: 0121 630 2462. Venue: 0121 362 3650  
 Every Tuesday at 13.00-15.00

## Gentle Yoga

Barefoot Birmingham, 7 High St, Harborne, B17 9NT  
<https://barefootbirmingham.com/harborne/>  
 Enquires Call: 0121 426 2633  
 Every Monday at 12.15 - 13.15

## Hot Yoga -

Barefoot Birmingham, 7 High St, Harborne, B17 9NT  
<https://barefootbirmingham.com/harborne/>  
 Enquires Call: 0121 426 2633  
 Every Sunday at 10.30 - 11.30

## KiB - Carers Coffee Mornings / Evenings

Online Zoom  
 Organiser: Kissing It Better (KiB)  
 Call Jill: 01789 488018 or 07831 136152  
 mail@kibmail.co.uk  
 Mondays and Fridays 10.30-11.30  
 Thursdays 17.00-18.00

[Scan here to sign-up](#)



## KiB - Carers Get-Together

The Old Vicarage Church Lane, Aston Cantlow, Near Henley-in-Arden B95 6JB  
 Organiser: Kissing It Better (KiB)  
 Call Jill: 01789 488018 or 07831 136152  
 mail@kibmail.co.uk  
 Mondays 19.30-21.30

## Knit and Natter

Communita Cafe, 76-78 Boldmere road, Sutton Coldfield, Birmingham, B73 5TJ  
 Organiser: Age Concern Birmingham  
 communita@ageconcernbirmingham.org.uk  
 Call: 0121 630 2462 - Venue: 0121 362 3650  
 10.00-12.00 Every Monday

## Ladywood Health and Happiness Club

YARD Arthouse 25 Rotton Park Street, Port Loop, B16 0AE  
 Free weekly programme in the Ladywood area of Birmingham to encourage connection through lively activities. Great for physical and mental health.  
 Email: joiedevivreventures@gmail.com  
 Call: 0121 516 3341 or Lynda 07933 931 561  
 Every Friday 10.00-12.00

## Parent Carers of Autistic Children Support Group -

Castle Vale Young Stars Community Hub, Spitfire House, 10 High Street, Castle Vale, Birmingham B35 7 PR  
 Organiser: Autism West Midlands  
 Organiser: 0121 450 7582  
 10.00-12.00 2nd Friday of the month

## Parent Carers of Autistic Children Support Group -

Northfield Northfield Baptist Church  
 789 Bristol Road South Northfield Birmingham, B31 2NQ  
 Organiser: Autism West Midlands  
 Enquires Call: 0121 450 7582 or Venue: 0121 476 6678  
 10.00 on 2nd Friday (every other month)

## Parent Carers of Autistic Children Support Group -

Kings Heath  
 The Hub Hazelwell, 318 Vicarage Road, B14 7NH  
 Organiser: Autism West Midlands  
 Enquires Call: 0121 450 7582 or Venue: 0121 441 5500  
 Thursday 10:00 - 12:00

## Parent Carers of Autistic Children Support Group -

Ladywood  
 Ladywood Children's Centre 9 Plough and Harrow Road  
 Organiser: Autism West Midlands  
 Enquires Call: 0121 450 7582 or Venue: 0121 441 5500  
 1st Thursday every month 10:00 - 12:00

## Reading Revolution - Balsall Heath Library

Moseley Road Birmingham, B12 9BX  
 Organiser: The Reader  
 Enquires Call: 0121 450 7582 or Venue: 0121 464 1962  
 Mondays 10:00-11:30

# Event Locations and Contact Information

(Events in alphabetical order)



**Reading Revolution - Perry Common Library**  
380 College Road Birmingham, B44 0HH  
Organiser: The Reader  
To Book Call: 07756432024 or Venue: 0121 464 0481  
tonymanvillesro@thereader.org.uk

**Relax & Restore Yoga - Mondays 14.15-15.45**  
Every Thursday at 07.30-08.30  
Barefoot Birmingham, 7 High St, Harborne, B17 9NT  
<https://barefootbirmingham.com/harborne/>  
Enquires Call: 0121 426 2633

**Sense Christmas Fayre**  
Sense TouchBase Pears Bristol Road Selly Oak B29 6NA  
Come along to enjoy the day with all the family and help raise funds for Sense too!  
Email: [info@touchbasepears.org.uk](mailto:info@touchbasepears.org.uk)

**Slow Flow Yoga - Women Only Class**  
Barefoot Birmingham, 7 High St, Harborne, B17 9NT  
Organiser: Barefoot Birmingham  
<https://barefootbirmingham.com/harborne/>  
Enquires Call: 0121 426 2633  
Wednesday 9.30-10.30

**Support for Fathers of Autistic Children**  
Autism West Midlands, 69 Melchett Road, Kings Norton  
Business Centre King's Norton B30 3HP  
amandap@autismwestmidlands.org.uk  
<https://www.eventbrite.co.uk/e/dads-group-tickets-773605945207>  
Venue: 0121 555 7863  
19.00-21.00 Last Thursday of month

**Table Tennis**  
99 Bradford St, Digbeth, Birmingham, B12 0NS  
Organiser: Birmingham Buddhist Centre  
Call: 01216 858510 / Saturdays 10:00 - 15:00



**Tea & Jam - Music-Making Sessions**  
Jennifer Blackwell Performance Space, Symphony Hall  
The International Convention Centre, Broad Street  
Birmingham, West Midlands B1 2EA  
Organiser: B:Music  
<https://bmusic.co.uk/events/tea-jam-2024>  
Development@bmusic.co.uk  
Venue: 0121 780 3333  
Bi-weekly Thursdays at 12.00-13.30 & 13:30 - 15.00

**Tai Chi for Carers (Moseley)**  
Birmingham Buddhist Centre  
11 Park Road, Moseley, Birmingham B13 8AB  
Organiser: Birmingham Buddhist Centre  
Enquires Call: 07426 542272  
11:45am-12.45pm on Every Tuesday

**Wellbeing Support Groups for Parent Carers**  
Erdington Leisure Centre, Orphanage Road, B24 9HU  
Organiser: Midland Mencap  
families@midlandmencap.org.uk  
Call: 0121 442 2944  
Venue: 0121 516 5650  
10.00-12.00 3rd Tuesday of month

**Wellbeing Support Groups for Parent Carers**  
Ladywood Leisure Centre  
Ladywood Middleway, Birmingham B16 8TR  
Organiser: Midland Mencap  
families@midlandmencap.org.uk  
Call: 0121 442 2944  
Venue: 0330 109 9150  
10.00-12.00 3rd Monday of month

**Wellbeing Support Groups for Parent Carers**  
Barefoot Birmingham, 7 High St, Harborne B17 9NT  
<https://barefootbirmingham.com/harborne/>  
Enquires Call: 0121 426 2633  
Every Tuesday at 17.30-18.30  
Yoga Flow

**Weekend Wind Down - Candle Lit Yoga**  
Barefoot Birmingham, 7 High St, Harborne, B17 9NT  
<https://barefootbirmingham.com/harborne/>  
Enquires Call: 0121 426 2633  
Every Friday 17.30 - 18.30

**Wellbeing Support Groups for Parent Carers**  
Northfield Leisure Centre, Bristol Rd South, B31 2PD  
Organiser: Midland Mencap  
families@midlandmencap.org.uk  
Call: 0121 442 2944  
Venue: 0121 796 2331  
10.00-12.00 3rd Wednesday of month

**Wellbeing Support Groups for Parent Carers**  
Stechford Leisure Centre  
Station Rd, Birmingham B33 8QN  
Organiser: Midland Mencap  
families@midlandmencap.org.uk  
Call: 0121 442 2944  
Venue: 0121 796 2331  
10.00-12.00 3rd Wednesday of month

