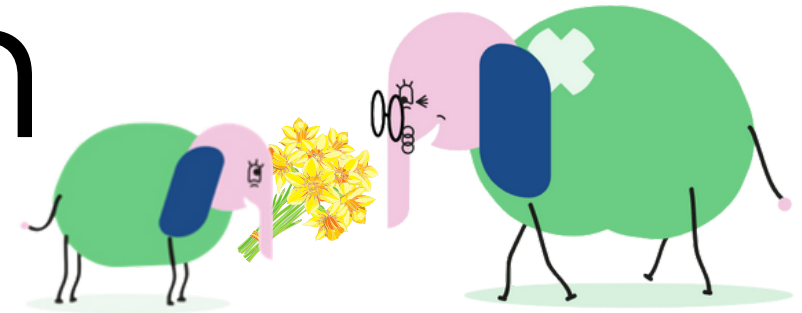
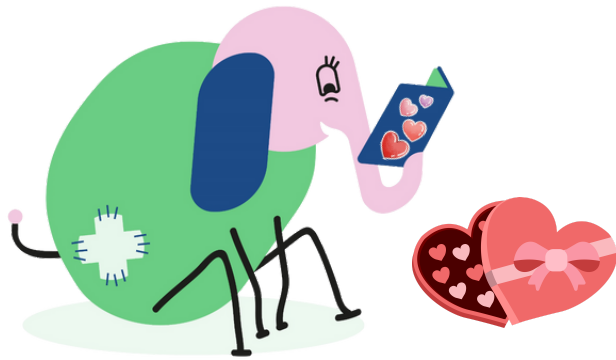


February & March



Carers

‘What's On Near You’ Birmingham

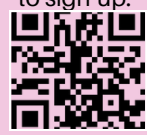

A range of events and activities for carers & those they care for.

Want another copy?

Contact KiB: 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**

3RD MONDAY	4TH TUESDAY	5TH WEDNESDAY	6TH THURSDAY	7TH FRIDAY	8TH SAT	9TH SUN
<p>Breakfast Club Tea & Toast Energy & Benefits Advice Kitts Green Disability Resource Centre 09:30 - 11:30</p> <p>Carer Info and Advice Drop-in (Now weekly) Communita Cafe, Sutton Coldfield 09.30 - 12:00</p> <p>Reading Revolution Balsall Heath Library 10:00 - 11:30</p> <p>Knit & Natter-Age Concern Communita Cafe, Sutton Coldfield 10:00 - 12:00</p> <p>Dementia Carer Support Group (Erdington) Pype Hayes Utd Reformed Church 10:00 - 12:00</p> <p>KiB Online Carers Coffee Morning Call 07831 136152 or scan to sign-up: 10.30 - 11.30</p> <p>Walking Group Meet at Communita Cafe 10.30-11.30 approx</p> <p>Aston Villa Foundation Dementia Activity Café Villa Park, The Corner Flag 12:00-13:45</p> <p>Gentle Yoga (Harborne) Barefoot Birmingham 12:15-13:15</p> <p>Free Craft group (over 50's) Brandwood, Kings Heath 12.45 to 14.45</p> <p>Dementia Carers Hub Weekly Support Group (Ladywood) Nechells POD 13:30-15:30</p> <p>READING REVOLUTION Perry Common Library 14:15 - 15:45</p>	<p>Free Cosy Cafe Brandwood, Kings Heath 09:00 - 11:30</p> <p>Dementia Carer Info Drop-in (Sutton C.) Communita Cafe 10:00 - 12:00 1st Tues</p> <p>Stroke Support Group Communita Cafe 10.00-12.00 1st & 3rd Tues</p> <p>Dementia Carer Support Group (Rubery, Selly Oak) The Oaks 10:00-12:00</p> <p>Adult Social Care Drop-in (Brandwood and Kings Heath plus Druids Heath & Moneyhull Wards) Brandwood Community Centre 10:30 - 12:30</p> <p>Dementia Carers Hub Nature Walk Birmingham Botanical Gardens, Meet Westbourne Rd 10:30-12:30</p> <p>Golden Babs Birmingham LGBT Centre 10.30-13.00</p> <p>Dementia Carers Hub (Perry Barr) Spring Housing, Handsworth 11:00-13:00</p> <p>Carer Drop In (Great Barr) The Oaks Medical Centre 11:00-13:00 Monthly</p> <p>Tai Chi for Carers (Moseley) Birmingham Buddhist Centre 11:45-12:45</p> <p>Acocks Green & South Birmingham Carers Group Acocks Green Baptist Chch 12:30-15:00 1st Tues</p> <p>Friends for Life (Sutton C.) Communita Cafe 13:00-15:00</p> <p>Stretch & Flow Yoga Not for Beginners 18.20-19.20 Hot Yoga (Challenging) 19.40-20.40 (Harborne) Barefoot Birmingham</p> <p>MGM (Mature gay men) A social group - The Fox Bar, 17 Lower Essex Street, (1st Tues of the month) - 19:30</p>	<p>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*</p> <p>Adult Social Care Drop-in - Bourneville & Cotteridge + Stirchley Wards Stirchley Baths 10:00-12:00 1st Weds</p> <p>Dementia Carer Support Group (Northfield) Hawkesley Community Centre 10:00-12:00</p> <p>Dementia Carers Support Group (Rubery) Bournville Parish church 12:30-14:30</p> <p>Digital Drop in Sessions (Sutton Coldfield) Communita Cafe 14:00-16:00</p> <p>Beginners & Beyond Yoga (Harborne) Barefoot Birmingham 18.30-19.30</p>	<p>Carer Support Group The Cancer Support Centre Sutton Coldfield 10:00-11:00 1st Thurs of month</p> <p>Birmingham Central Support Group (Autism West Midlands) Ladywood Children's Centre 10:00 - 12:00 Monthly</p> <p>Dementia Carer Support Group (Perry Barr) 277 Birdbrook Rd B44 9TY 11:00-13:00 1st Thurs</p> <p>Dementia Awareness Session (Perrt Barr) Oscott Community Centre 11.00-13.00 1st Thurs</p> <p>Care For Carers Support Group Perry Common Comm Hall 11:00-13:00</p> <p>Adults & Carer- Arts and Crafts session S'Coldfield 13:00-15:00</p> <p>Knit & Natter--Age Concern Communita Cafe, Sutton C 14.00-15.30</p> <p>KiB Online Carers Coffee Afternoon 17.00-18.00 Call 07831 136152 or scan to sign-up:</p>  <p>Relax and Restore Yoga (All Levels) Barefoot Birmingham 18.00-19.00 Note new Time</p>	<p>Art Group (Sutton C.) Age Concern Birmingham Communita Cafe 10:00-11:30</p> <p>Ladywood Health and Happiness Club (Port Loop) YARD Arthouse (Free for over 50s) 10:00-12:00</p> <p>Carer Info & Advice drop-in Hawkesley Community Centre 10:00-12:00</p> <p>Carer Info & Advice drop-in (Shard End) Moorfield Community Centre 10:00-12:00</p> <p>KiB Online Carers Coffee Morning Call 07831 136152 or scan to sign-up: 10.30 - 11.30</p>  <p>Dementia Carer Support Walking Group (Hall Green Group) Cannon Hill Park Meet at MAC entrance 10:30 - 11:30</p> <p>Dementia Carers Hub - Carer Support Group (Edgbaston) Harborne Baptist Church 10:30 - 12:30</p> <p>NEW 10-Week RESET Programme Birmingham Buddhist Centre 11.30-14.30 Online or in-person</p> <p>Midland Mencap Carers Social Lunch £6 (hot lunch, drink & pudding) Happy Bean Café, Weoley Castle Community Centre, 12.00 -13.30</p> <p>Weekend Wind-Down - Candle-lit Yoga (Harborne) Barefoot Birmingham 17.30-18.30</p>	<p>Table Tennis Chinese Community Centre 10:00-15:00</p> <p>Beginners & Beyond Yoga (Harborne) Barefoot Birmingham 10:15 - 11:15</p>	<p>Wake up Yoga All Levels (Harborne) Barefoot Birmingham 09.00 - 10.00 10:15 - 11:15</p> <p>Hot Yoga (not for complete beginners) (Harborne) Barefoot Birmingham 10:30 - 11:30</p>



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

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Free Membership Payment

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10TH MONDAY	11TH TUESDAY	12TH WEDNESDAY	13TH THURSDAY	14TH FRIDAY	15TH SAT	16TH SUN
<p>Breakfast Club-Tea & Toast Energy & Benefits Advice Kitts Green Disability Resource Centre 09:30 - 11:30</p> <p>Carer Info and Advice Drop-in (Now weekly) Communita Cafe, Sutton C 09.30 - 12:00</p> <p>Reading Revolution Balsall Heath Library 10:00 - 11:30</p> <p>Knit & Natter--Age Concern Communita Cafe, Sutton C 10:00 - 12:00</p> <p>Dementia Carer Support Group (Erdington) Pype Hayes Utd Reformed Church 10:00 - 12:00</p> <p>Walking Group Meet at Communita Cafe S'Coldfield 10.30-11.30</p> <p>KiB Online Carers Coffee Morning Call 07831 136152 or scan to sign-up: 10.30 - 11.30</p> <p>Aston Villa Foundation Dementia Activity Cafe (Villa Park)The Corner Flag 12:00 - 13:45</p> <p>Gentle Yoga (Harborne) Barefoot Birmingham 12:15-13:15</p> <p>Dementia Carer Support Group (Laydywood) Nechells POD 13:30-15:30</p> <p>Reading Revolutionn Perry Common Library 14:15 - 15:45</p>	<p>Yoga Flow Barefoot Birmingham 09:30-10:30</p> <p>Carer Hub Advice Drop-in Touchbase Carers Hub (Selly Oak) 10:00 - 12:00 2nd Tues 10.00-12.00 4th Thurs 13.00-15.00</p> <p>Adult Social Care Drop-in (Billesley and Highters Heath Wards) Billesley Ark 10:30 - 12:30</p> <p>Golden Babs Birmingham LGBT Centre 10.30-13.00</p> <p>Carers Support Cafe Communita (Sutton C) 11:00-12.30 2nd & 4th Tues</p> <p>Dementia Carer Support Group (Perry B) Spring Housing 11:00-13:00</p> <p>Tai Chi for Carers (Moseley) Birmingham Buddhist Centre 11:45-12:45</p> <p>Friends for Life (Sutton C.) Communita Cafe 13:00-15:00</p> <p>Dementia Carer Support Group (Hodge Hill) Dophin's Women's Centre 13:00-15:00 2ND Tues</p> <p>The CUBS Group (Carers United B'ham S'th) Birmingham Buddhist Centre 13:30-15:30 Alt Tues</p>	<p>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*</p> <p>Dementia Carers Support Group Edgbaston (Quinton) Monthly William Lench Court, _ 10:00-12:00</p> <p>Digital Drop in Sessions (Sutton Coldfield) Communita Cafe 14:00-16:00</p> <p>Beginners & Beyond Yoga (Harborne) Barefoot Birmingham 18.30-19.30</p>	<p>Kings Heath coffee morning (Autism West Midlands) The Hub Hazelwell 10:00 - 12:00</p> <p>Parkinson's UK group Communita Cafe Sutton Coldfield 10.00-12.00 Alt Weeks</p> <p>Dementia Carer Support Group (Perry Barr) Oscott community Centre Birdbrook Road B44 9TY 11:00-13:00</p> <p>Care For Carers Support Group Perry Common Community Hall 11:00-13:00</p> <p>Adults & Carer- Arts and Crafts session Gate Lane, Sutton Coldfield 13:00-15:00</p> <p>Knit & Natter--Age Concern Communita Cafe, Sutton C 14.00-15.30</p> <p>KiB Online Carers Coffee Afternoon 17.00-18.00 Call 07831 136152 or scan to sign-up:</p>  <p>Relax and Restore Yoga (All Levels) Barefoot Birmingham 18.00-19.00</p>	<p>Art Group - Age Concern Communita Cafe Sutton Coldfield 10:00-11:30</p> <p>Ladywood Health and Happiness Club (Port Loop) YARD Arthouse (Free for over 50s) 10:00-12:00</p> <p>Carer Info & Advice drop-in (Northfield) Hawkesley Community Centre 10:00-12:00</p> <p>Carer Info & Advice drop-in (Shard End) Moorfield Comm Centre 10.00-12.00</p> <p>Parent Carers of Autistic Children Support Group - Northfield Northfield Bap Church 10.00-12.00</p> <p>Dementia Carer Support Walking Group (Hall Green Group) Cannon Hill Park Meet at MAC entrance 10:30 - 11:30</p> <p>KiB Online Carers Coffee Morning Call 07831 136152 or scan to sign-up: 10.30 - 11.30</p>  <p>Dementia Carers Hub - Carer Support Group (Edgbaston) Harborne Baptist Church 10.30-12.30</p> <p>Dementia - Carer Support Group (Rubery) Selly Oak The Hub On The Green 13:30 - 15.30 2nd Fri Month</p> <p>10-Week RESET Programme Birmingham Buddhist Centre (Online or In-Person) 11.30-14.30</p> <p>Midland Mencap Carers Social Lunch Happy Bean Café, Weoley Castle Community Centre, 12.00 - 13.30 (£6 hot lunch, drink, pudding)</p> <p>Weekend Wind-Down - Candle-lit Yoga (Harborne) Barefoot Birmingham 17.30-18.30</p>	<p>Table Tennis Chinese Community Centre 10:00-15:00</p> <p>Beginners & Beyond Yoga (Harborne) Barefoot Birmingham 10:15 - 11:15</p>	<p>Wake up Yoga All Levels (Harborne) Barefoot Birmingham 09.00 - 10.00 10:15 - 11:15</p> <p>Hot Yoga (not for complete beginners) (Harborne) Barefoot Birmingham 10:30 - 11:30</p>

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

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Free Membership Payment

17TH MONDAY	18TH TUESDAY	19TH WEDNESDAY	20TH THURSDAY	21ST FRIDAY	22ND SAT	23RD SUN
<p>Breakfast Club Tea & Toast Energy & Benefits Advice Kitts Green Disability Resource Centre 09:30 - 11:30</p> <p>Carer Info and Advice Drop-in (Now weekly) Communita Cafe, Sutton Coldfield 09.30 - 12:00</p> <p>Reading Revolution Balsall Heath Library 10:00 - 11:30</p> <p>Knit & Natter-Age Concern Communita Cafe, Sutton Coldfield 10:00 - 12:00</p> <p>Dementia Carer Support Group (Erdington) Pype Hayes Utd Reformed Church 10:00 - 12:00</p> <p>KiB Online Carers Coffee Morning Call 07831 136152 or scan to sign-up: 10.30 - 11.30</p> <p>Walking Group Meet at Communita Cafe 10.30-11.30 approx</p> <p>Aston Villa Foundation Dementia Activity Café Villa Park, The Corner Flag 12:00-13:45</p> <p>Gentle Yoga (Harborne) Barefoot Birmingham 12:15-13:15</p> <p>Dementia Carers Hub Weekly Support Group (Laydywood) Nechells POD 13:30-15:30</p> <p>READING REVOLUTION Perry Common Library 14:15 - 15:45</p>	<p>Yoga Flow Barefoot Birmingham 09:30-10:30</p> <p>Stroke Support Group Communita Cafe 10.00-12.00 (1st & 3rd of month)</p> <p>Golden Babs Birmingham LGBT Centre 10.30-13.00</p> <p>Dementia Carers Hub (Perry Barr) Spring Housing, Handsworth 11:00-13:00 Weekly</p> <p>Tai Chi for Carers (Moseley) Birmingham Buddhist Ctr 11:45-12:45</p> <p>Friends for Life (Sutton C.) Communita Cafe 13:00-15:00</p> <p>Dementia Carer Support Group (Hodge Hill) Shard End Library 13:30-15:30 3rd Tuesday</p> <p>Stretch and Flow Yoga Not for Beginners - 18.20-19.20</p> <p>Hot Yoga (Challenging) 19.40-20.40 (Harborne) Barefoot Birmingham</p>	<p>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*</p> <p>Dementia Monthly Carer Support Group - Edgbaston(Quinton) Quinborne Community Centre 10:00-12:00</p> <p>Digital Drop in Sessions (Sutton Coldfield) Communita Cafe 14:00-16:00</p> <p>Beginners & Beyond Yoga (Harborne) Barefoot Birmingham 18.30-19.30</p>	<p>Dementia Carer Support Group (Perry Barr) Oscott Community Centre 11:00-13:00</p> <p>KiB Online Carers Coffee Morning 10.30 - 11.30 Call 07831 136152 or scan to sign-up: </p> <p>Care For Carers Support Group Perry Common Community Hall 11:00-13:00</p> <p>Tea and Jam (Music making/carers choir) Symphony Hall, Broad St 12:30 - 14:00</p> <p>Adults & Carer- Arts and Crafts session Sutton Coldfield 13:00-15:00</p> <p>Knit & Natter--Age Concern Communita Cafe, Sutton C 14.00-15.30</p> <p>Relax and Restore Yoga (All Levels) Barefoot Birmingham 18.00-19.00</p>	<p>Art Group (Sutton C.) Age Concern Birmingham 10:00-11:30</p> <p>Ladywood Health and Happiness Club (Port Loop) YARD Arthouse (Free for over 50s) 10:00-12:00</p> <p>Carer Info & Advice drop-in (Northfield) Hawkesley Community Centre 10:00-12:00</p> <p>Carer Info & Advice drop-in (Shard End) Moorfield Community Centre 10:00-12:00</p> <p>KiB Online Carers Coffee Morning Call 07831 136152 or scan to sign-up: 10.30 - 11.30</p> <p>Dementia Carer Support Walking Group (Hall Green Group) Cannon Hill Park Meet at MAC entrance 10:30 - 11:30</p> <p>Dementia Carers Hub - Carer Support Group (Edgbaston) Harborne Baptist Church 10:30 - 12:30</p> <p>10-Week RESET Programme Birmingham Buddhst Centre 11.30-14.30 Online or In-Person Started 7th Feb</p> <p>Midland Mencap Carers Social Lunch Happy Bean Café, Weoley Castle Community Centre, 12.00 - 13.30 (£6 hot lunch, drink, pudding)</p> <p>Weekend Wind-Down - Candle-lit Yoga (Harborne) Barefoot Birmingham 17.30-18.30</p>	<p>Table Tennis Chinese Community Centre 10:00-15:00</p> <p>Beginners & Beyond Yoga (Harborne) Barefoot Birmingham 10:15 - 11:15</p>	<p>Wake up Yoga All Levels (Harborne) Barefoot Birmingham 09.00 - 10.00 10:15 - 11:15</p> <p>Hot Yoga (not for complete beginners) (Harborne) Barefoot Birmingham 10:30 - 11:30</p>

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

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Free Membership Payment



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



Free Membership Payment

24TH MONDAY

Breakfast Club Tea & Toast Energy & Benefits Advice
Kitts Green Disability Resource Centre
09:30 - 11:30


Carer Info and Advice Drop-in (Now weekly)
Communita Cafe, Sutton C
09.30 - 12:00

Reading Revolution
Balsall Heath Library
10:00 - 11:30

Knit & Natter-Age Concern
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
Call 07831 136152 or scan to sign-up:
10.30 - 11.30



Walking Group
Meet at Communita Cafe
10.30-11.30 approx

Aston Villa Foundation Dementia Activity Café
Villa Park, The Corner Flag
12:00-13:45

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

Dementia Carers Hub Weekly Support Group
(Laydywood) Nechells POD
13:30-15:30

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

25TH TUESDAY

Yoga Flow
Barefoot Birmingham
09:30-10:30

Golden Babs
Birmingham LGBT Centre
10.30-13.00

Carers Support Cafe
Communita (Sutton C)
11:00-12.30
2nd & 4th Tues

Dementia Carers Hub
(Perry Barr) Spring Housing, Handsworth
11:00-13:00 Weekly

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

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

Dementia Carer Support - Hodge Hill
Ambridge House B36 8QY
13.30-15.30
4th Tuesday of Month

Stretch and Flow Yoga
Not for Beginners -
18.20-19.20

Hot Yoga (Challenging)
(Harborne)
19.40-20.40
Barefoot Birmingham Centre
13:30-15:30

26TH WEDNESDAY

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

Dementia Carers Support Group - Edgbaston
(Bartley Green)
EAC Housing Care
10:00-12.00
4th Wednesday of Month

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

Beginners & Beyond Yoga
(Harborne)
Barefoot Birmingham
18.30-19.30

Disco Inclusive
Harborne Village Social Club
£5.00
19.00-22.00

27TH THURSDAY

Parkinson's UK group
Communita Cafe
Sutton Coldfield
10.00-12.00 Alt Weeks

Community Gardener Volunteers Thrive Gardeners
Kings Heath Park (Please call to confirm a place 0121 293 4531)
10:00-13:00

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 (Music making/carers choir)
Symphony Hall, Broad St
12:30 - 14:00

Central Carers Group (Midland Mencap)
B:Eats café, Symphony Hall, Broad Street
11:30 - 13.30

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

Carer Hub Advice Drop-in
Touchbase Carers Hub (Selly Oak)
13.00 - 15.00
2nd Tues 10.00-12.00
4th Thurs 13.00-15.00

Dementia Carers Support Group
Ladywood Leisure Centre
13:00 - 15:30

Knit & Natter--Age Concern
Communita Cafe, Sutton Coldfield
14.00-15.30

KiB Online Carers Coffee Zoom
Call 07831 136152
QR see QR code, Friday)
17.00-18.00

Relax and Restore Yoga (All Levels)
Barefoot Birmingham
18.00-19.00

28TH FRIDAY

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
Call 07831 136152 or scan to sign-up:
10.30 - 11.30



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

10-Week RESET Programme
Birmingham Buddhst Centre
11.30-14.30
Online or In-Person
Started 7th Feb

Midland Mencap Carers Social Lunch
Happy Bean Café, Weoley Castle Community Centre,
12.00 - 13.30
(£6 hot lunch, drink, pudding)

Weekend Wind-Down - Candle-lit Yoga
(Harborne) Barefoot Birmingham
17.30-18.30

3RD MONDAY	4TH TUESDAY	5TH WEDNESDAY	6TH THURSDAY	7TH FRIDAY	8TH SAT	9TH SUN
<p>Breakfast Club Tea & Toast Energy & Benefits Advice Kitts Green Disability Resource Centre 09:30 - 11:30</p> <p>Carer Info and Advice Drop-in (Now weekly) Communita Cafe, Sutton C 09.30 - 12:00</p> <p>Reading Revolution Balsall Heath Library 10:00 - 11:30</p> <p>Knit & Natter-Age Concern Communita Cafe, Sutton Coldfield 10:00 - 12:00</p> <p>Dementia Carer Support Group (Erdington) Pype Hayes Utd Reformed Church 10:00 - 12:00</p> <p>KiB Online Carers Coffee Morning Call 07831 136152 or scan to sign-up: 10.30 - 11.30</p> <p>Walking Group Meet at Communita Cafe 10.30-11.30 approx</p> <p>Aston Villa Foundation Dementia Activity Café Villa Park, The Corner Flag 12:00-13:45</p> <p>Gentle Yoga (Harborne) Barefoot Birmingham 12:15-13:15</p> <p>Dementia Carers Hub Weekly Support Group (Laydywood) Nechells POD 13:30-15:30</p> <p>READING REVOLUTION Perry Common Library 14:15 - 15:45</p>	<p>Yoga Flow Barefoot Birmingham 09:30-10:30</p> <p>Dementia Carer Info & Advice Drop-in (Sutton C.) Communita Cafe 10:00 - 12:00 1st Tues</p> <p>Stroke Support Group Communita Cafe 10.00-12.00 (1st & 3rd of month)</p> <p>Dementia Carer Support Group (Rubery, Selly Oak) The Oaks 10:00-12:00</p> <p>Adult Social Care Drop-in (Brandwood & Kings Heath plus Druids Heath & Moneyhull Wards) Brandwood Community Centre 10:30 - 12:30</p> <p>Dementia Carers Hub Nature Walk Botanical Gardens, Meet Westbourne Rd 10:30-12:30</p> <p>Golden Babs Birmingham LGBT Centre 10.30-13.00</p> <p>Dementia Carers Hub (Perry Barr) Spring Housing, Handsworth 11:00-13:00 Weekly</p> <p>Carer Drop In (Great Barr) The Oaks Medical Centre 11:00-13:00 Monthly</p> <p>Tai Chi for Carers (Moseley) Birmingham Buddhist Ctre 11:45-12:45</p> <p>Acocks Green & South Birmingham Carers Group Acocks Green Baptist Chch 12:30-15:00 1st Tues</p> <p>Friends for Life (Sutton C.) Communita Cafe 13:00-15:00</p> <p>Stretch and Flow Yoga Not for Beginners 18.20-19.20</p> <p>Hot Yoga (Challenging) 19.40-20.40 (Harborne) Barefoot Birmingham</p> <p>MGM (Mature gay men) A social group - The Fox Bar, 17 Lower Essex Street, (1st Tues of the month) - 19:30</p>	<p>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*</p> <p>Adult Social Care Drop-in Bourneville & Cotteridge + Stirchley Wards Stirchley Baths 10:00-12:00 1st Weds</p> <p>Dementia Carers Support Group (Rubery) Bournville Parish church 12:30-14:30</p> <p>Digital Drop in Sessions (Sutton Coldfield) Communita Cafe 14:00-16:00</p> <p>Beginners & Beyond Yoga (Harborne) Barefoot Birmingham 18.30-19.30</p>	<p>Carer Support Group The Cancer Support Centre Sutton Coldfield 10:00-11:00 1st Thurs</p> <p>Birmingham Central Support Group (Autism West Midlands) Ladywood Children's Centre 10:00 - 12:00 Monthly</p> <p>Community Gardener Volunteers Thrive Gardeners Kings Heath Park 10:00-13:00 Please phone to confirm a place 0121 293 4531</p> <p>Dementia Carer Support Group (Perry Barr) Oscott Community Centre 11:00-13:00 1st Thurs</p> <p>Dementia Awareness Session (Pert Barr) Oscott Community Centre 11.00-13.00 1st Thurs</p> <p>Care For Carers Support Group Perry Common Comm Hall 11:00-13:00</p> <p>Adults & Carer- Arts and Crafts session Sutton Coldfield 13:00-15:00</p> <p>Knit & Natter--Age Concern Communita Cafe, Sutton Coldfield 14.00-15.30</p> <p>KiB Online Carers Coffee Afternoon 17.00-18.00 Call 07831 136152 or scan to sign-up:</p> <p>Relax and Restore Yoga (All Levels) Barefoot Birmingham 18.00-19.00</p>	<p>Art Group (Sutton C.) Age Concern Birmingham 10:00-11:30</p> <p>Ladywood Health and Happiness Club (Port Loop) YARD Arthouse (Free for over 50s) 10:00-12:00</p> <p>Carer Info & Advice drop-in (Northfield) Hawkesley Community Centre 10:00-12:00</p> <p>Carer Info & Advice drop-in (Shard End) Moorfield Community Centre 10:00-12:00</p> <p>KiB Online Carers Coffee Morning Call 07831 136152 or scan to sign-up: 10.30 - 11.30</p> <p>Dementia Carer Support Walking Group (Hall Green Group) Cannon Hill Park Meet at MAC entrance 10:30 - 11:30</p> <p>Dementia Carers Hub - Carer Support Group (Edgbaston) Harborne Baptist Church 10:30 - 12:30</p> <p>10-Week RESET Programme Birmingham Buddihst Centre 11.30-14.30 Online or In-Person Started 7th Feb</p> <p>Weekend Wind-Down - Candle-lit Yoga (Harborne) Barefoot Birmingham 17.30-18.30</p>	<p>Table Tennis Chinese Community Centre 10:00-15:00</p> <p>Beginners & Beyond Yoga (Harborne) Barefoot Birmingham 10:15 - 11:15</p> <p>Wake up Yoga All Levels (Harborne) Barefoot Birmingham 09.00 - 10.00 10:15 - 11:15</p> <p>Hot Yoga (not for complete beginners) (Harborne) Barefoot Birmingham 10:30 - 11:30</p>	

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

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Free Membership Payment



10TH MONDAY	11TH TUESDAY	12TH WEDNESDAY	13TH THURSDAY	14TH FRIDAY	15TH SAT	16TH SUN
<p>Breakfast Club Tea & Toast Energy & Benefits Advice Kitts Green Disability Resource Centre 09:30 - 11:30</p> <p>Carer Info and Advice Drop-in (Now weekly) Communita Cafe, Sutton Coldfield 09.30 - 12:00</p> <p>Reading Revolution Balsall Heath Library 10:00 - 11:30</p> <p>Knit & Natter-Age Concern Communita Cafe, Sutton Coldfield 10:00 - 12:00</p> <p>Dementia Carer Support Group (Erdington) Pype Hayes Utd Reformed Church 10:00 - 12:00</p> <p>KiB Online Carers Coffee Morning Call 07831 136152 or scan to sign-up: 10.30 - 11.30</p> <p>Walking Group Meet at Communita Cafe 10.30-11.30 approx</p> <p>Aston Villa Foundation Dementia Activity Café Villa Park, The Corner Flag 12:00-13:45</p> <p>Gentle Yoga (Harborne) Barefoot Birmingham 12:15-13:15</p> <p>Dementia Carers Hub Weekly Support Group (Laydywood) Nechells POD 13:30-15:30</p> <p>READING REVOLUTION Perry Common Library 14:15 - 15:45</p>	<p>Yoga Flow Barefoot Birmingham 09:30-10:30</p> <p>Carer Hub Advice Drop-in Touchbase Carers Hub (Selly Oak) 10:00 - 12:00 2nd Tues 10.00-12.00 4th Thurs 13.00-15.00</p> <p>Adult Social Care Drop-in (Billesley and Highters Heath Wards) Billesley Ark 10:30 - 12:30</p> <p>Golden Babs Birmingham LGBT Centre 10.30-13.00</p> <p>Carers Support Cafe Communita (Sutton C) 11:00-12.30 2nd & 4th Tues</p> <p>Dementia Carer Support Group (Perry B) Spring Housing 11:00-13:00</p> <p>Tai Chi for Carers (Moseley) Birmingham Buddhist Centre 11:45-12:45</p> <p>Friends for Life (Sutton C.) Communita Cafe 13:00-15:00</p> <p>Dementia Carer Support Group (Hodge Hill) Dophin's Women's Centre 13:00-15:00 2ND Tues</p> <p>The CUBS Group (Carers United Birmingham South) Birmingham Buddhist Centre 13:30-15:30 Alternate Tuesday</p>	<p>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*</p> <p>Dementia Carers Support Group Edgbaston (Quinton) Monthly William Lench Court, _ 10:00-12:00</p> <p>Digital Drop in Sessions (Sutton Coldfield) Communita Cafe 14:00-16:00</p> <p>Beginners & Beyond Yoga (Harborne) Barefoot Birmingham 18.30-19.30</p>	<p>Parkinson's UK group Communita Cafe Sutton Coldfield 10.00-12.00 Alt Weeks</p> <p>Community Gardener Volunteers Thrive Gardeners Kings Heath Park 10:00-13:00 Please phone to confirm a place 0121 293 4531</p> <p>Dementia Carer Support Group (Perry Barr) Oscott Community Centre 11:00-13:00</p> <p>Care For Carers Support Group Perry Common Community Hall 11:00-13:00</p> <p>Tea and Jam (Music making/carers choir) Symphony Hall, Broad St 12:30 - 14:00</p> <p>Adults & Carer- Arts and Crafts session Sutton Coldfield 13:00-15:00</p> <p>Knit & Natter--Age Concern Communita Cafe, Sutton Coldfield 14.00-15.30</p> <p>KiB Online Carers Coffee Afternoon 17.00-18.00 Call 07831 136152 or scan to sign-up: </p> <p>Relax and Restore Yoga (All Levels) Barefoot Birmingham 18.00-19.00</p>	<p>Art Group (Sutton C.) Age Concern Birmingham 10:00-11:30</p> <p>Ladywood Health and Happiness Club (Port Loop) YARD Arthouse (Free-over 50s) 10:00-12:00</p> <p>Carer Info & Advice drop-in (Northfield) Hawkesley Community Centre 10:00-12:00</p> <p>Carer Info & Advice drop-in (Shard End) Moorfield Community Centre 10:00-12:00</p> <p>Parent Carers of Autistic Children Support Group - Northfield Northfield Bap Church 10.00-12.00 Monthly</p> <p>KiB Online Carers Coffee Morning Call 07831 136152 or scan to sign-up: 10.30 - 11.30 </p> <p>Dementia Carer Support Walking Group (Hall Green Group) Cannon Hill Park Meet at MAC entrance 10:30 - 11:30</p> <p>Dementia Carers Support Group (Edgbaston) Harborne Baptist Church 10-30-12.30</p> <p>Dementia Carers Support Group (Bourville) Selly Oak The Hub On The Green 10:30 - 12:30 2nd Fri</p> <p>10-Week RESET Programme Birmingham Buddhist Centre (Online or In-Person) 11.30-14.30</p> <p>Weekend Wind-Down - Candle-lit Yoga (Harborne) Barefoot Birmingham 17.30-18.30</p>	<p>Table Tennis Chinese Community Centre 10:00-15:00</p> <p>Beginners & Beyond Yoga (Harborne) Barefoot Birmingham 10:15 - 11:15</p>	<p>Wake up Yoga All Levels (Harborne) Barefoot Birmingham 09.00 - 10.00 10:15 - 11:15</p> <p>Hot Yoga (not for complete beginners) (Harborne) Barefoot Birmingham 10:30 - 11:30</p>

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

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Free Membership Payment

17TH MONDAY	18TH TUESDAY	19TH WEDNESDAY	20TH THURSDAY	21ST FRIDAY	22ND SAT	23RD SUN
<p>Breakfast Club Tea & Toast Energy & Benefits Advice Kitts Green Disability Resource Centre 09:30 - 11:30</p> <p>Carer Info and Advice Drop-in (Now weekly) Communita Cafe, Sutton C 09.30 - 12:00</p> <p>Reading Revolution Balsall Heath Library 10:00 - 11:30</p> <p>Knit & Natter-Age Concern Communita Cafe, Sutton Coldfield 10:00 - 12:00</p> <p>Dementia Carer Support Group (Erdington) Pype Hayes Utd Reformed Church 10:00 - 12:00</p> <p>KiB Online Carers Coffee Morning Call 07831 136152 or scan to sign-up: 10.30 - 11.30</p> <p>Walking Group Meet at Communita Cafe 10.30-11.30 approx</p> <p>Aston Villa Foundation Dementia Activity Café Villa Park, The Corner Flag 12:00-13:45</p> <p>Gentle Yoga (Harborne) Barefoot Birmingham 12:15-13:15</p> <p>Dementia Carers Hub Weekly Support Group (Laydywood) Nechells POD 13:30-15:30</p> <p>READING REVOLUTION Perry Common Library 14:15 - 15:45</p>	<p>Yoga Flow Barefoot Birmingham 09:30-10:30</p> <p>Stroke Support Group Communita Cafe 10.00-12.00 (1st & 3rd of month)</p> <p>Golden Babs Birmingham LGBT Centre 10.30-13.00</p> <p>Dementia Carers Hub (Perry Barr) Spring Housing, Handsworth 11:00-13:00 Weekly</p> <p>Tai Chi for Carers (Moseley) Birmingham Buddhist Ctre 11:45-12:45</p> <p>Friends for Life (Sutton C.) Communita Cafe 13:00-15:00</p> <p>Dementia Carer Support Group (Hodge Hill) Shard End Library 13:30-15:30 3rd Tuesday</p> <p>Stretch and Flow Yoga Not for Beginners - 18.20-19.20</p> <p>Hot Yoga (Challenging) (Harborne) Barefoot Birmingham 19.40-20.40</p>	<p>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*</p> <p>Dementia Monthly Carer Support Group - Edgbaston(Quinton) Quinborne Community Centre 10:00-12:00</p> <p>Digital Drop in Sessions (Sutton Coldfield) Communita Cafe 14:00-16:00</p> <p>Beginners & Beyond Yoga (Harborne) Barefoot Birmingham 18.30-19.30</p>	<p>Community Gardener Volunteers Thrive Gardeners Kings Heath Park 10:00-13:00 Please phone to confirm a place 0121 293 4531</p> <p>Dementia Carer Support Group (Perry Barr) Oscott Community Centre 11:00-13:00</p> <p>Care For Carers Support Group Perry Common Community Hall 11:00-13:00</p> <p>Tea and Jam (Music making/carers choir) Symphony Hall, Broad St 12:30 - 14:00</p> <p>Adults & Carer- Arts and Crafts session Sutton Coldfield 13:00-15:00</p> <p>Knit & Natter--Age Concern Communita Cafe, Sutton Coldfield 14.00-15.00</p> <p>KiB Online Carers Coffee Afternoon 17.00-18.00 Call 07831 136152 or scan to sign-up: </p> <p>Relax and Restore Yoga (All Levels) Barefoot Birmingham 18.00-19.00</p>	<p>Art Group (Sutton C.) Age Concern Birmingham 10:00-11:30</p> <p>Ladywood Health and Happiness Club (Port Loop) YARD Arthouse (Free for over 50s) 10:00-12:00</p> <p>Carer Info & Advice drop-in (Northfield) Hawkesley Community Centre 10.00-12.00</p> <p>Carer Info & Advice drop-in (Shard End) Moorfield Community Centre 10.00-12.00</p> <p>KiB Online Carers Coffee Morning Call 07831 136152 or scan to sign-up: 10.30 - 11.30 </p> <p>Dementia Carer Support Walking Group (Hall Green Group) Cannon Hill Park Meet at MAC entrance 10:30 - 11:30</p> <p>Dementia Carers Hub - Carer Support Group (Edgbaston) Harborne Baptist Church 10:30 - 12:30</p> <p>10-Week RESET Programme Birmingham Buddihst Centre 11.30-14.30 Online or In-Person Started 7th Feb</p> <p>Weekend Wind-Down - Candle-lit Yoga (Harborne) Barefoot Birmingham 17.30-18.30</p>	<p>Table Tennis Chinese Community Centre 10:00-15:00</p> <p>Beginners & Beyond Yoga (Harborne) Barefoot Birmingham 10:15 - 11:15</p>	<p>Wake up Yoga All Levels (Harborne) Barefoot Birmingham 09.00 - 10.00 10:15 - 11:15</p> <p>Hot Yoga (not for complete beginners) (Harborne) Barefoot Birmingham 10:30 - 11:30</p>

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

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Free Membership Payment 10

24TH MONDAY	25TH TUESDAY	26TH WEDNESDAY	27TH THURSDAY	28TH FRIDAY	29TH SAT	30TH SUN
<p>Breakfast Club Tea & Toast Energy & Benefits Advice Kitts Green Disability Resource Centre 09:30 - 11:30</p> <p>Carer Info and Advice Drop-in (Now weekly) Communita Cafe, Sutton Coldfield 09.30 - 12:00</p> <p>Reading Revolution Balsall Heath Library 10:00 - 11:30</p> <p>Knit & Natter-Age Concern Communita Cafe, Sutton Coldfield 10:00 - 12:00</p> <p>Dementia Carer Support Group (Erdington) Pype Hayes Utd Reformed Church 10:00 - 12:00</p> <p>KiB Online Carers Coffee Morning Call 07831 136152 or scan to sign-up: 10.30 - 11.30</p> <p>Walking Group Meet at Communita Cafe 10.30-11.30 approx</p> <p>Aston Villa Foundation Dementia Activity Café Villa Park, The Corner Flag 12:00-13:45</p> <p>Gentle Yoga (Harborne) Barefoot Birmingham 12:15-13:15</p> <p>Dementia Carers Hub Weekly Support Group (Laydywood) Nechells POD 13:30-15:30</p> <p>READING REVOLUTION Perry Common Library 14:15 - 15:45</p>	<p>Yoga Flow Barefoot Birmingham 09:30-10:30</p> <p>Golden Babs Birmingham LGBT Centre 10.30-13.00</p> <p>Carers Support Cafe Communita (Sutton C) 11:00-12.30 2nd & 4th Tues</p> <p>Dementia Carers Hub (Perry Barr) Spring Housing, Handsworth 11:00-13:00 Weekly</p> <p>Tai Chi for Carers (Moseley) Birmingham Buddhist Centre 11:45-12:45</p> <p>Friends for Life (Sutton C.) Communita Cafe 13:00-15:00</p> <p>Dementia Carer Support - Hodge Hill Ambridge House B36 8QY 13.30-15.30 4th Tuesday of Month</p> <p>Stretch and Flow Yoga Not for Beginners - 18.20-19.20</p> <p>Hot Yoga (Challenging) 19.40-20.40 (Harborne) Barefoot Birmingham</p> <p>The CUBS Group (Carers United Birmingham South) Birmingham Buddhist Centre 13:30-15:30</p>	<p>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*</p> <p>Dementia Carers Support Group - Edgbaston (Bartley Green) EAC Housing Care 10:00-12.00 4th Wednesday of Month</p> <p>Digital Drop in Sessions (Sutton Coldfield) Communita Cafe 14:00-16:00</p> <p>Beginners & Beyond Yoga (Harborne) Barefoot Birmingham 18.30-19.30</p> <p>Disco Inclusive Harborne Village Social Club £5.00 19.00-22.00</p>	<p>Parkinson's UK group Communita Cafe Sutton Coldfield 10.00-12.00 Alt Weeks</p> <p>Community Gardener Volunteers/Thrive Gardeners Kings Heath Park, (Please call to confirm a place 0121 293 4531) 10:00-13:00</p> <p>Dementia Carer Support Group (Perry Barr) Oscott Community Centre 11:00-13:00</p> <p>Care For Carers Support Group Perry Common, Community Hall 11:00-13:00</p> <p>Central Carers Group (Midland Mencap) B:Eats café, Symphony Hall, Broad Street 11:30 - 13.30</p> <p>Adults & Carer- Arts & Crafts session Sutton Coldfield 13:00-15:00</p> <p>Carer Hub Advice Drop-in Touchbase Carers Hub (Selly Oak) 13.00 - 15.00 2nd Tues 10.00-12.00 4th Thurs 13.00-15.00</p> <p>Dementia Carers Support Group Ladywood Leisure Centre 13.30-15.30</p> <p>Knit & Natter--Age Concern Communita Cafe, Sutton Coldfield 14.00-15.30</p> <p>KiB Online Carers Coffee Afternoon 17.00-18.00 Call 07831 136152 or scan to sign-up:</p> <p>Relax & Restore Yoga (All Levels) Barefoot Birmingham 18.00-19.00</p>	<p>Art Group (Sutton C.) Age Concern Birmingham 10:00-11:30</p> <p>Ladywood Health and Happiness Club (Port Loop) YARD Arthouse (Free for over 50s) 10:00-12:00</p> <p>Carer Info & Advice drop-in (Northfield) Hawkesley Community Centre 10:00-12:00</p> <p>Carer Info & Advice drop-in (Shard End) Moorfield Community Centre 10:00-12:00</p> <p>KiB Online Carers Coffee Morning Call 07831 136152 or scan to sign-up: 10.30 - 11.30</p> <p>Dementia Carer Support Walking Group (Hall Green Group) Cannon Hill Park Meet at MAC entrance 10:30 - 11:30</p> <p>Dementia Carers Hub - Carer Support Group (Edgbaston) Harborne Baptist Church 10:30 - 12:30</p> <p>10-Week RESET Programme Birmingham Buddhist Centre 11.30-14.30 Online or In-Person Started 7th Feb</p> <p>Weekend Wind-Down - Candle-lit Yoga (Harborne) Barefoot Birmingham 17.30-18.30</p>	<p>Table Tennis Chinese Community Centre 10:00-15:00</p> <p>Beginners & Beyond Yoga (Harborne) Barefoot Birmingham 10:15 - 11:15</p> <p>Wake up Yoga All Levels (Harborne) Barefoot Birmingham 09.00 - 10.00 10:15 - 11:15</p> <p>Hot Yoga (not for complete beginners) (Harborne) Barefoot Birmingham 10:30 - 11:30</p>	

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

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Free Membership Payment

31ST MONDAY
Breakfast Club Tea & Toast Energy & Benefits Advice Kitts Green Disability Resource Centre 09:30 - 11:30
Carer Info and Advice Drop-in (Now weekly) Communithea Cafe, Sutton C 09.30 - 12:00
Reading Revolution Balsall Heath Library 10:00 - 11:30
Knit & Natter-Age Concern Communithea 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 Call 07831 136152 or scan to sign-up: 10.30 - 11.30
Walking Group Meet at Communithea Cafe 10.30-11.30 approx
Aston Villa Foundation Dementia Activity Café Villa Park, The Corner Flag 12:00-13:45
Gentle Yoga (Harborne) Barefoot Birmingham 12:15-13:15
Dementia Carers Hub Weekly Support Group (Laydywood) Nechells POD 13:30-15:30
READING REVOLUTION Perry Common Library 14:15 - 15:45



FREE YOGA FOR CARERS

Barefoot Wellbeing CIC (Non-Profit Co. No. 09740242) is dedicated to bringing the benefits of yoga to groups who may not typically have access. That's why we offer free Yoga for family carers in partnership with Birmingham Carers Hub.

What We Offer

- Online & In-Person Classes: Access yoga sessions from the comfort of your home or join us in person at our studios.
- Carers 10-Class Yoga Pass: Attend any of our regular Harborne classes (beginner to experienced) 7 days a week.
- Community Classes:
 - Mere Green: Sunday mornings and Monday evenings.
 - Boldmere: Tuesday mornings/evenings and Friday mornings.

Why Join?

Recharge your mind and body through yoga, improve your wellbeing, and feel good. Whether you're a part-time or full-time carer, or not currently receiving Carer benefits, you're welcome to join this supportive community.

How to Get Started

Register with the Birmingham Carers Hub – it's quick, easy, and free. Once registered, you'll gain access to these incredible opportunities for self-care. Have Questions? Email us at info@barefootbirmingham.com. Take time for yourself – you deserve it! 🌿

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.

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

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Free Membership Payment

The Kissing It Better calendar's are a 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.

Sarah Cave -Bournemouth

Acocks Green & South Birmingham Carers Group
 Acocks Green Baptist Church, 39 Yardley Rd, B27 6HG
 Event enquiries: 0121 443 5162 1st 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
 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

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, please call Sylvia: 07846 222913 or email info@birminghamblackcarers.org.uk

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

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
 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 Dates vary

Carer Info & Advice Drop-in (Shard End)
 Moorfield Community Centre
 Hartshill Road, Shard End Birmingham, B34 6QX
 Organiser: Birmingham Carers Hub
info@birminghamcarershubs.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@birminghamcarershubs.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@birminghamcarershubs.org.uk or 0333 006 9711
 Venue: 0121 362 3650
 9.30-12.00 Mondays

Carer Life-Spa (Harborne)
 Barefoot Birmingham, 7 High St, Harborne, B17 9NT
 Organiser: Barefoot Birmingham
 Email: info@barefootbirmingham.com
 Call: 0121 426 2633
 9.45-12.00

Carers Hub Drop-in (SellyOak)
 TouchBase Pears, 750 Bristol Road, Birmingham B29 6NA
 Organiser: Forward Carers
carerfriendly@carerfriendly.org.uk
 0121 274 0439 or 07732 563717
 2nd Tuesday 10.00-12.00 4th Thursday 13.00-15.00

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

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

Central Carers Group (Midland Mencap)
 B: Eats café, Symphony Hall, Broad Street
 A relaxed wellbeing group, welcoming and connecting carers from across Birmingham!
 Join us for a complimentary tea, coffee, biscuits and a chance to meet other carers in a central location.
 *Please contact us prior to the meet up as some months we go out into the community instead!
 Organiser: Midland Mencap
 Call: 0121 442 2944
 Email: families@midlandmencap.org.uk
 4th Thursday of each month 11:30 - 13.30

Community Gardener Volunteer
 Thrive Gardens - Kings Heath Park Vicarage Road Birmingham, B14 7TQ
 Organiser: Thrive
birmingham@thrive.org.uk or 0121 293 4531
 10.00-13.00 Last Saturday of the Month
 Please phone to confirm a place 0121 293 4531

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
Please ring to confirm a place: 0121 437 0033
10.30 - 12.30 1st Tuesday 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 Info and Advice (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 (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
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
Enquires 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
 dementia-carers@ageukbirmingham.org.uk
 12.30-14.00 1st Tuesday of 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
 dementia-carers@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
 dementia-carers@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

Free Craft group for over 50's

Brandwood Centre, 157 Allens Croft Road, Kings Heath, Birmingham B14 6RP
 Call: 0121 443 3310 Extn 5
 Email: joanne@brandwoodcentre.co.uk
 Mondays at 12.45 - 14.45

Golden Babs

Golden Babs is a vibrant LGBT+ community initiative in Birmingham LGBT Centre. We offer a welcoming space every Tuesday for those aged 50 and above to gather, connect, and celebrate through enriching activities, including coffee mornings, arts and crafts, movies, dance, poetry, music, and engaging workshops.
 Birmingham LGBT Centre 38-40 Holloway Circus, Birmingham B1 1EQ
 Email: ericscutaro@blgbt.org or Call: 0121 643 0821
 Tuesday's from 10.30 - 13.00

Friends for Life

Communita Cafe 76-78 Boldmere road, Sutton Coldfield, B73 5TJ
 communita@ageconcernbirmingham.org.uk
 Enquires Call: 0121 630 2462 - Tuesday's 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
 Tuesday 19.40 - 20.40
 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 Mondays 14.00-15.30 Thursdays

LBTQ+ WOMEN'S SOCIAL

A social group for all LBTQ+ women. Come along for refreshments and a chat, in a safe and friendly space.
 Birmingham LGBT Centre 38-40 Holloway Circus, Birmingham B1 1EQ
 Call: 0121 643 0821
 Every 6 weeks Saturday from 16:00

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
 Friday's 10.00-12.00

MGM (MATURE GAY MEN)

A friendly social group for mature gay men and their admirers. Come along, make new friends and have an enjoyable evening. First visit free, then a subscription of £4 per visit, including a raffle ticket.
 The Fox Bar, 17 Lower Essex Street, Birmingham B5 6SN
 Every 1st Tuesday of the month from 7.30pm onwards, except January

Midland Mencap Carers Social Lunch

£6 (hot lunch, drink and pudding)
 Happy Bean Café, Weoley Castle Community Centre, Bottetourt Road, Birmingham, B29 5TE
 Call: 0121 427 6404 - Every Friday 12.00 - 13.30

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

Parkinson's UK group
 Communitea Cafe, 76-78 Boldmere Road, Sutton Coldfield, Birmingham, B73 5TJ
 Organiser: Age Concern Birmingham
 communitea@ageconcernbirmingham.org.uk
 Call: 0121 630 2462 - Venue: 0121 362 3650
10.00-12.00 Alt Weeks

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

Reading Revolution -Perry Common Library
 380 College Road Birmingham, B44 OHH
 Organiser: The Reader
To Book Call: 07756432024 or Venue: 0121 464 0481
 tonymanvillesro@thereader.org.uk
Mondays 14.15-15.45

Relax & Restore Yoga -
 Barefoot Birmingham, 7 High St, Harborne, B17 9NT
<https://barefootbirmingham.com/harborne/>
Enquires Call: 0121 426 2633
Every Thursday at 18.00 - 19.00

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

Stroke Support Group
 Communitea Cafe, 76-78 Boldmere Road, Sutton Coldfield, Birmingham, B73 5TJ
 Organiser: Age Concern Birmingham
 communitea@ageconcernbirmingham.org.uk
Call: 0121 630 2462 - Venue: 0121 362 3650
1st & 3rd Tuesday of the month

Stretch and Flow Yoga
 Barefoot Birmingham, 7 High St, Harborne, B17 9NT
 Organiser: Barefoot Birmingham
<https://barefootbirmingham.com/harborne/>
Enquires Call: 0121 426 2633
Tuesdays 18.20-19.20

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
 Justham Family Room and Jane How Room, Symphony Hall, Broad Street Birmingham, West Midlands B1 2EA
 Facilitated by Midland Mencap & Bmusic
<https://bmusic.co.uk/events/tea-jam-2024>
Development@bmusic.co.uk Venue: 0121 780 3333

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

Wake up Yoga - All Levels
 Barefoot Birmingham, 7 High St, Harborne, B17 9NT
 Organiser: Barefoot Birmingham
<https://barefootbirmingham.com/harborne/>
Enquires Call: 0121 426 2633
Sundays 09.00 - 10.00 & 10:15 - 11:15

Walking Group
 Meet at Communitea Cafe, Communitea Cafe, 76-78 Boldmere Road, Sutton Coldfield, Birmingham, B73 5TJ
 Organiser: Age Concern Birmingham
 communitea@ageconcernbirmingham.org.uk
Call: 0121 630 2462 - Venue: 0121 362 3650
10.30-11.30

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

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

