Dementia Carer Support Groups Across Birmingham

Come along to our dementia Carer support groups and be part of a caring community who understand and support each other.
Groups near you, that offer the opportunity to:

- ★ Be part of a support network
- ★ Socialise and join in with fun activities
- ★ Share experiences and ways of coping
- ★ Develop skills from awareness sessions
- ★ Learn about community resources

Scan for more info & support

0121 437 0033, option 2

dementiacarershub@ageukbirmingham.org.uk

Birmingham Carers Hub offers a range of support to those who look after someone living with dementia. We have three delivery partners (Age Connects West Midlands, Age UK Birmingham and Dementia Carers Count) who together form the Dementia Carers Hub.

Birmingham age UK

age connects west midlands

DEMENTIA CARERS COUNT

dementia carers hub

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

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

MONDAY	**ERDINGTON** The Erdington Club, 33 Sutton New Road, B23 6TD **10.00-12.00** **WEEKLY GROUP**	**GREAT BARR** Birmingham Settlement, 600 Kingstanding Rd, B44 9SH **12.00-13.30** **WEEKLY GROUP**			
TUESDAY	**HANDSWORTH** Spring Housing, 22 Old Walsall road, Handsworth, B42 1DT **11.00-13.00** **WEEKLY GROUP**	**EDGBASTON** ***Nature Wellbeing Walk*** Botanical Gardens, Westbourne Road, B15 3TR **11.00-13.00** **1st TUES MONTHLY GROUP**	**SHARD END** Briarscroft Residential Home, 27 Packington Avenue, Shard End, B35 7PB **10.00-12.00** **1st & 3rd TUES EVERY MONTH**	**MOSELEY** Lench's Close, Wake Green Rd, Moseley, B13 9EY **11.00-13.00** **LAST TUESDAY MONTHLY GROUP**	**WEOLEY & SELLY OAK** Shenley Court Hall 200 Green Meadow Rd, Weoley Castle, B29 4ED **10.30-12.30** **LAST TUESDAY MONTHLY GROUP**
WEDNESDAY	**KINGS NORTON** ***Mindfulness Art*** Hawkesley Centre, Edgewood Road, Kings Norton, B38 9RN **10.00-12.00** **WEEKLY GROUP**	**SUTTON COLDFIELD** Sutton Coldfield United Reformed Church, 1 Brassington Avenue, B73 6AA **13.00-15.00** **WEEKLY GROUP**	**BOURNVILLE** Bournville Parish Community Centre, Sycamore road, Bournville, B30 2AA **12.30-14.30** **1st WED MONTHLY GROUP**	**QUINTON** William Lench Court, 80 Ridgacre Road, Quinton, B32 2AQ **10.00-12.00** **2nd WED MONTHLY GROUP**	
THURSDAY	**GREAT BARR** Oscott Community Centre, Birdbrook road, Great Barr, B44 9TY **11.00-13.00** **WEEKLY GROUP**	**YARDLEY** South Yardley Library, Yardley Road, Yardley, B25 8LT **10.30-12.30** **WEEKLY GROUP**	**SELLY PARK** Neville Williams House, Forget me Not Hub, Greenland Road, B29 7PP **10.30-12.30** **FIRST THURSDAY MONTHLY GROUP**	**KINGS HEATH** Middleton Road Retirement Housing, Kings Heath, B14 7HP **12.30-14.30** **SECOND THURSDAY MONTHLY GROUP**	**LADYWOOD** Ladywood Leisure Centre, Ladywood Middleway, B16 8TR **13.30-15.30** **LAST THURSDAY MONTHLY GROUP**
FRIDAY	**KINGS HEATH** ***Walk & Tea Group*** Cartlands Tea Rooms, Kings Heath Park, B14 7TQ **13.00-14.30** **WEEKLY GROUP**	**HARBORNE** Harborne Baptist Church, Harborne Park, Harborne, B17 0DH **10.30-12.30** **WEEKLY GROUP**			

Updated June 2026