CARERS RIGHTS DAY 2026

What's on for Carers

Birmingham Carers Hub and partners | 16-25 November 2026

Free advice, information and wellbeing opportunities for unpaid Carers.

HOSPITAL DROP-INS Ask about Carer support, Partner in Care Cards, visiting and assessments.

MON 16 NOV
10am-2pm

Hospital Carer Support drop-in

Queen Elizabeth Hospital Birmingham - Atrium

THU 19 NOV
9.45am-12pm

Yoga and wellbeing with Barefoot Birmingham

7 High Street, Harborne, Birmingham B17 9NT

Gentle yoga and movement: making space for your own wellbeing.

THU 19 NOV
12.30-1.30pm

Dementia Carers Rights Webinar

Online - presentation and Q&A via Microsoft Teams

Support and information for Carers of someone living with dementia.

FRI 20 NOV
10am-2pm

Hospital Carer Support drop-in

Heartlands Hospital - by the Dolphins

TUE 24 NOV
10am-2pm

Hospital Carer Support drop-in

Good Hope Hospital - Richard Salt

WED 25 NOV
10am-2pm

Hospital Carer Support drop-in

Solihull Hospital - Main reception

BOOKING & REGISTRATION

Scan a code or click its booking link in this PDF.

Barefoot Birmingham

Already registered
Book your place

Barefoot Birmingham

New to Barefoot
Register first

Dementia webinar

Online session
Book via Eventbrite