

MONDAY



IF YOU ARE PROVIDING CARE AND SUPPORT FOR SOMEONE, THESE EVENTS ARE FOR YOU

8th
MONDAY

Queen Elizabeth Hospital Pop Up Event
10am - 2pm
Main Entrance, Hospital Way B15 2GW
We'll be offering advice on caring for someone in hospital & hospital discharge process.



NO NEED TO BOOK

8th
MONDAY

We Love Carers Marketplace
10am - 3pm
Mary Stevens Hospice, Hagley Rd, Stourbridge DY8 2JR



NO NEED TO BOOK

8th
MONDAY

Birmingham Carers Hub Drop in
10am - 12pm
Communitia, Boldmere Road, Sutton Coldfield B73 5TJ
Come down for information & advice for Carers!



NO NEED TO BOOK

8th
MONDAY

Young Adult Carers Information & Advice
11:30am - 1pm
University College Birmingham, Summer Row, Birmingham B3 1JB
Come down for information & advice for Young Adult Carers!



NO NEED TO BOOK



TUESDAY



IF YOU ARE PROVIDING CARE AND SUPPORT FOR SOMEONE, THESE EVENTS ARE FOR YOU

9th
TUESDAY

Heartlands Hospital Pop Up Event

10am - 2pm

Bordesley Green East, Birmingham B9 5SS

Find us at Dolphins Circle for advice on caring for someone in hospital & hospital discharge process.



NO NEED TO BOOK

9th
TUESDAY

Walsall Carers Hub Information Day

10am - 3pm

Walsall Town Hall, Leicester Street, Walsall WSI IPT

Gather information & advice, meet local services, wellbeing activities & workshops. Lunch & refreshments provided.



NO NEED TO BOOK

9th
TUESDAY

Chinese Community Centre: Carer Open Day

11am - 2:30pm

99 Bradford St, Birmingham B12 0NS

Enjoy Chinese buffet lunch, cultural dance show, Tai Chi show, head & shoulder massage and meet local support services. **Booking is essential.**



9th
TUESDAY

Carers Wellness Day

9:45am - 3.30pm

Barefoot Yoga, 7 High Street, Harborne B17 9NT

Yoga, dance, massage, sound bath & yummy veggie food.

Don't worry if you can't make the whole day, you can dip in and out of the sessions or enjoy a mini massage.



9th
TUESDAY

Young Adult Carers Coffee Shop Drop In

Coffee#1 The Parade, Sutton Coldfield B72 1PA

1pm - 3pm

Come down for information & advice for Young Adult Carers!



NO NEED TO BOOK



TUESDAY



IF YOU ARE PROVIDING CARE AND SUPPORT FOR SOMEONE, THESE EVENTS ARE FOR YOU

9th
TUESDAY

Carers Tai Chi Session

11:45am - 12:45pm

Birmingham Buddhist Centre, 11 Park Road, Moseley B13 8AB
Helping with relaxation, flexibility and fitness. Standing and sitting options suitable for all. No need to book!



NO NEED TO BOOK

9th
TUESDAY

Dementia Carers Hub Drop in

10am - 12pm

Communita, Boldmere Road, Sutton Coldfield B73 5TJ
Come down for information & advice for Dementia Carers!



NO NEED TO BOOK

9th
TUESDAY

Carry on Caring - Group

11am

Chatham Place, 100 Chatham Rd, Northfield B31 2JW
For Carers and ex-Carers a, with respite, advice, friendship and activities. Performance from Clive Livery, refreshments and a chance to meet the group.

**CALL JANICE
07969026245**

CARER GRANT FUNDED, BY FORWARD CARERS!

9th
TUESDAY

The Carers Coffee Morning Space

10am - 2pm

Sorrento Lounge, Alcester Rd, Moseley B13 8DD
Women-only Coffee Morning every Tuesday - space for Carers to connect, chat and peer support. Optional journal writing for wellbeing and reflection.



CARER GRANT FUNDED, BY FORWARD CARERS!

*WE ARE PROUD TO SUPPORT A FURTHER 9 CLOSED GRANT FUNDED ACTIVITIES FOR CARERS WEEK.



WEDNESDAY

IF YOU ARE PROVIDING CARE AND SUPPORT FOR SOMEONE, THESE EVENTS ARE FOR YOU

10th
WEDNESDAY

Forward Carers x Birmingham Carers Hub 10am - 3pm

Symphony Hall, Broad Street, Birmingham B1 2EA
Come along to this fun, family day to find support, information and celebrate the impact of Unpaid Carers in our communities.
Booking is helpful but not essential.



10th
WEDNESDAY

Birmingham Carers Hub Drop in 10am - 12pm

Hawkesley Community Centre, Edgewood Rd, King's Norton B38 9RN
Come down for information & advice for Carers!



NO NEED TO BOOK

10th
WEDNESDAY

Afternoon Tea for Carers

1pm - 3pm
Hawkesley Community Centre, Edgewood Rd, King's Norton B38 9RN
Relax and take time for yourself. Our advisors will be present to give information & advice for Carers!
Booking is essential.



TO BOOK CALL
0333 066 9711
OR EMAIL
JULIE.KNIGHT@BIRMINGHAMCARERSHUB.ORG.UK



CARERS WEEK '26

BUILDING CARER FRIENDLY COMMUNITIES

- Information Stands
- Workshops
- Free Light Lunch
- Messages & Chair Yoga
- Music & Entertainment

Wednesday 10th June | 10am - 3pm

Symphony Hall, Broad Street, Birmingham B1 2EA

If you are providing care and support for someone, this event is for you. Come along to this fun, family day to find support, information and celebrate the impact of Unpaid Carers in our communities.

Contact us for more info:
info@birminghamcarershub.org.uk
0333 066 9711

SCAN TO BOOK OR JUST TURN UP ON THE DAY



Are you an unpaid carer?

Carers Week

WEDNESDAY 10TH JUNE 2026
1 PM TO 3 PM

Afternoon Tea
FREE TO UNPAID CARERS

- Need advice about your caring role? Speak to one of our friendly advisors.
- Connect, relax and take time for yourself.

HAWKESLEY COMMUNITY CENTRE
Edgewood Rd, King's Norton, Birmingham B38 9RN

This afternoon tea is a ticket event with limited availability. To book please contact Julie on julie.knight@birminghamcarershub.org.uk



THURSDAY

IF YOU ARE PROVIDING CARE AND SUPPORT FOR SOMEONE, THESE EVENTS ARE FOR YOU

11th
THURSDAY

Community Health & Wellness Day

10:30am - 2pm

Soho House Museum, Soho Ave, Birmingham B18 5LB

Join for health checks, head massages, henna, steelpan by Jamma, information stalls & Carer Friendly activities!

Scan the QR Code to book!



11th
THURSDAY

Botanical Gardens Trip with Midland Mencap 11am

Birmingham Botanical Gardens, Westbourne Rd, Edgbaston B15 3TR

Enjoy a relaxing walk in nature, take time for your own wellbeing. Meet & chat to other Carers.



11th
THURSDAY

Action for Children: SEND Support Group

12:30pm - 2:30pm

Birmingham Children's Community Centre,
61 Bacchus Road, Winson Green B18 4QY

Join us for a SEND Carers Support Group!



**NO NEED
TO BOOK**

11th
THURSDAY

Young Adult Carers Drop In 11am - 1pm

Birmingham Mind Wellbeing Hub - Link Street in
between the Bullring & Grand Central

Come down for information & advice for Young Adult Carers!



**NO NEED
TO BOOK**



FRIDAY



IF YOU ARE PROVIDING CARE AND SUPPORT FOR SOMEONE, THESE EVENTS ARE FOR YOU

12th
FRIDAY

Sandwell Carers Week Event 10am - 2:30pm

Sandwell Valley Visitor Centre, Salters Lane, West Bromwich B71 4BG
Come along to this fun, family day to find support, information and celebrate the impact of Unpaid Carers in our communities.
Booking is helpful but not essential.



12th
FRIDAY

Dudley Council Marketplace Event 10am - 3pm

Merry Hill Shopping Centre, Pedmore Rd, Brierley Hill DY5 1SP
Come down for information & advice for Carers! Meet our team from the Dudley Wellbeing Service & Dudley Young Carers!



NO NEED TO BOOK

BUILDING CARERS WEEK '26

Wellbeing Walks

Family & Dog Friendly

Information Stands

CARER FRIENDLY COMMUNITIES

Art Sessions

Workshops

ParkRide- FREE Adapted Bikes

Refreshments

Friday 12th June | 10am – 2:30pm

Sandwell Valley Visitor Centre, Salters Lane, West Bromwich B71 4BG

If you are providing care and support for someone, this event is for you. Come along to this fun, family day to find support, information and celebrate the impact Unpaid Carers in our communities.

Contact us for more info:

✉ info@sandwellcarers.org.uk

☎ 0121 798 2372

SCAN HERE TO BOOK A SPOT, OR TURN UP ON THE DAY!



FRIDAY



IF YOU ARE PROVIDING CARE AND SUPPORT FOR SOMEONE, THESE EVENTS ARE FOR YOU

12th
FRIDAY

Birmingham Carers Hub Drop in

10am - 12pm
Moorfield Hall Community Centre Hartshill Rd, Shard End B34 6QX
Come down for information & advice for Carers!



**NO NEED
TO BOOK**

12th
FRIDAY

Afternoon Tea for Carers

1pm - 3pm
Communita, Boldmere Road, Sutton Coldfield B73 5TJ
Relax and take time for yourself. Our advisors will be present to give information & advice for Carers!
Booking is essential.



**TO BOOK CALL
0333 066 9711
OR EMAIL
JULIE.KNIGHT@
BIRMINGHAM
CARERSHUB.
ORG.UK**

12th
FRIDAY

Pop up for Dementia Carer Support

10am - 1pm
Barclays Bank, The Parade, The Mall Shopping Centre, Sutton Coldfield B72 1PH
Come into the branch to speak to us about support for Dementia Carers!



**NO NEED
TO BOOK**

12th
FRIDAY

Creative Writing Session

12pm - 2pm
Midlands Art Centre- Meet in the Cafe
A two-hour creative writing session with author/tutor Rachel Mayfields with Sunbeamers.

**TO BOOK EMAIL
FACILITATOR,
RACHEL:
THEWHITEDOGIS
ME@GMAIL.COM**

**CARER GRANT
FUNDED, BY
FORWARD
CARERS! ***

12th
FRIDAY

Family Wellbeing Walk

10am - 12pm
Cannon Hill Park, Russell Rd, Moseley B13 8RD
Fun relaxed walk in Cannon Hill Park. A chance to connect, move & enjoy time together as a Community.
Meet at the band stand.



***WE ARE PROUD TO SUPPORT A FURTHER 9 CLOSED GRANT FUNDED ACTIVITIES FOR CARERS WEEK.**

