

Wellbeing & Resilience Service for Carers.

A carer is anybody who gives unpaid support for a family member, friend, partner or neighbour who, due to illness, frailty or disability cannot cope without their support.

Carer Wellbeing and Resilience Service

Birmingham Mind will be running support groups at locations across the city, where you can meet up with other carers, share experiences, socialise, take part in practical exercises and access information.

We will also be running courses exploring wellbeing, mental health and resilience for carers.

Are you interested in joining an informal support group for carers, run by Birmingham Mind?

Interested?

To find out more information or to register your interest, contact Birmingham Mind Carer Wellbeing and Resilience Worker

Where?

Birmingham Buddhist Centre

11 Park Road
Moseley
Birmingham
B13 8AB

When? Tuesdays
1.30-3.30 pm

Call or text Michelle on 07734959974 or

Email michelleboyce@birminghammind.org



Birmingham Better Care



Registered Charity No. 1003906

Company Limited by Guarantee No. 2024372