

# 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.



### Interested?

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

### Where?

Beechcroft Centre,  
501 Slade Road,  
Erdington B23 7JG

### When? Mondays

11-1pm

Call or text Michelle on 07734959974 or

Email [michelleboyce@birminghammind.org](mailto:michelleboyce@birminghammind.org)



**Birmingham Better Care**



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