

Are you a **carer** for someone experiencing memory problems or dementia in Birmingham?

## Join one of our Caring for Carers **Dementia Support Groups**

**Sutton Coldfield, every Monday\***

Banners Gate Community Hall, Reay Nadin Drive, Sutton Coldfield, B73 6UR

**Quinton, every Tuesday**

Quinborne Community Centre, Ridgacre Road, Quinton, Birmingham B32 2TW

**Handsworth Wood, every Thursday**

Clem Dench Scouting Centre, Hamstead Hall Road, Handsworth Wood, B20 1HX

**All sessions 11am - 1pm**



- For unpaid carers
- A space to share and listen
- Get information and support
- £2 per person
- For your reassurance - Covid safety measures are in place
- Max. 15 space available

**Book your free place at -**

**<https://dementia-support-groups.eventbrite.co.uk>**

Or call - 0121 803 1065

Email - [barbara.hylton-walker@sandwellcrossroads.org](mailto:barbara.hylton-walker@sandwellcrossroads.org)

For more info visit [www.sandwellcrossroads.org](http://www.sandwellcrossroads.org)

