

Carers DIRECTORY

Organisation	About	Contact
Birmingham Carers Hub	Carers Hub offer a wide range of support to unpaid carers in Birmingham from Carers Cards to support with benefits, to activities.	Phone : 0333 006 9711 Email : info@birminghamcarershub.co.uk Website : www.birminghamcarershub.co.uk
Solihull Carers Trust	Support unpaid carers in Solihull.	Phone : 0121 788 1143 Website : solihullcarers.org
Spurgeons Young Carers	They support children and young people who care for a family member with an illness or disability.	Phone : 0193 341 2412 Website: info@spurgeons.org
Disabled Living Foundation	Information and advice on equipment for independent living	Phone : 0300 999 0004 Email : info@dfl.org.uk Website : https://livingmadeeasy.org.uk/
Bluebird Care	A leading home care and live in care providers.	Phone : 0121 803 6787 Email : birminghamwest@bluebirdcare.co.uk Website : https://www.bluebirdcare.co.uk/
Contact	Information and advice on equipment for independent living	Phone: 0300 999 0004 Email: info@contact.org.uk Website: https://contact.org.uk/
MIND Birmingham	The largest independent mental health charity in Birmingham	Phone: 0121 262 3555

<p>grounded. Hall Green</p>	<p>Part of Living Well Consortium. A community focussed wellbeing hub offering a safe, accessible and non-intimidating place to visit to discuss options for mental health support as well as attend wellbeing workshops and community events, all of which aim to improve mental wellbeing, remove the stigma around mental health and bring the community together.</p>	<p>Phone: 0121 663 6590 Address: 1043 Stratford Road Hall Green Birmingham B28 8AS Email: hallgreen@groundedcafe.co.uk Website: https://groundedcafe.co.uk/hall-green/</p>
<p>Thrive Gardens : Kings Heath</p>	<p>Thrive Birmingham offers therapeutic gardening programmes to people with a defined health, social or educational need.</p>	<p>Phone: 0121 293 4531 Website: https://www.thrive.org.uk/</p>
<p>Social Prescriber</p>	<p>Provide hollistic support within the community for issues regarding housing, wellbeing, isolation, benefits and welfare and employment.</p>	<p>Contact your GP practice</p>
<p>Dementia Advisor</p>	<p>Did you know we have access to dementia advisers? Dementia advisers can listen to your needs and offer tailored information and advice so you can consider your future options, link you up with local professionals and services, including everything from social groups to help managing your money, provide support for you to access the services they refer you to so that you aren't alone.</p>	<p>Contact your GP practice</p>