

Carers Week

Activities

9-15 June 2025

You are a Carer if you look after someone who relies on you to provide any of the these:



**WE CARE
YOU CARE.**

www.wecareyoucare.info
[@wecareyoucarelocal](https://www.facebook.com/wecareyoucarelocal)

Sunday 1 June Carers Information Stand, Eston Market 9am-1pm come and meet local carer organisations, connect to local support

Mon 9 June

We Care You Care
Sign up to the Carers Week Pledge and together we'll make a difference

SCAN ME



Follow the We Care You Care facebook page for the latest information
[@wecareyoucarelocal](https://www.facebook.com/wecareyoucarelocal)

Mobilise
Evening Chat and Connect Virtual Cuppa
 Online, 7:15 - 8:00pm
[Join here](#)

Tue 10 June

Teesside Mind
Carers Support Group
 St Hilda's Church, Redcar
 For more details:
 T: Julie on 01642 257020

Carers Together
Beginners Running Group
 Guisborough Forest & Walkway Visitor Centre
 1-2pm
[Book your place](#)
 T: 01642 488977

Mobilise
Evening Chat and Connect Virtual Cuppa
 Online, 7:15 - 8pm
[Join here](#)

Wed 11 June

We Care You Care
Carers Awareness Session
 for professionals and volunteers
 10-11:30am
[Book your place](#)

Carers Together
Tai Chi
 25K Community Centre
 10-10:45am
[Book your place](#)
 T: 01642 488977

Carers Information Stand
 Meet local carers services and hospital trust staff - free drop-in
The Atrium at James Cook University Hospital
 10-3pm

Thur 12 June

Carers Information Stand
 Come and meet local carer organisations, connect to support.
Hillstreet Centre
 Middlesbrough

Mobilise
Men's Meet Up
 Online, 7:15 - 8:00pm
[Join here](#)

During the week **The Junction Foundation** is running a **young carers group** as well as delivering **awareness assemblies** across schools

Fri 13 June

Carers Together
Sunderland Museum, Winter Gardens & Roker
 Day Trip 9-5pm
[Book your place](#)
 T: 01642 488977

Carers Information Stand
 Come and meet local carer organisations, connect to support.
Redcar Market
 Redcar High Street
 9-4pm

Mobilise
Bring a Book Club
 Online, 4 -4.45pm
[Join here](#)

Saturday 14 June Mobilise **Mini:LIVE Karen's monthly reflection** 11-11:15am [Join here](#)

Sunday 15 June Mobilise **Online virtual Cuppa with Awais** 11:00 - 11:45am [Join here](#)