

Carers Week Activities

8-14 June 2026

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



Building
Carer Friendly
Communities



**WE CARE
YOU CARE.**

www.wecareyoucare.info

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

Tue 2 June Carers Information Stand, Morrisons, Berwick Hills, Middlesbrough 10.30am-1pm

Mon 8 June

Carers Information Stand

Come and meet local carer organisations and connect to support

The Atrium, James Cook University Hospital

10-12.30pm

Redcar Primary Care Hospital

2-4pm

**Parkway Shopping Centre
Coulby Newham**

10-2pm

Tue 9 June

Teesside Mind
Tune into Zetland FM from 10am

Hear from a local carer and Teesside Mind's Carer Support Service

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

SCAN ME



Mobilise Social Drop-In
Meet other carers
Online, 7:15-8pm
Join here

Wed 10 June

Carers Coffee Morning Drop-in

Meet other carers and find out about support

Live Well Centre, Middlesbrough

10-12pm

**Carers support group Drop-in
Woodside Dementia & Wellbeing Hub**

10-12pm

T: 01642 368945

Mobilise Meet up with Neurological Carers
Online: 4-4.45pm
Join here

Thur 11 June

Throughout June, The Junction Foundation is running its **Step Up for Young Carers Challenge**. Find out more, take part, or sponsor someone [here](#)

Mobilise Contingency Planning
Online: 12-1pm
Join here

Mobilise Men's Meet Up
Online: 7:15 - 8:00pm
Join here

Fri 12 June

Carers Information Stand

Come and meet local carer organisations, connect to support.

**Redcar Market
Redcar High Street**

9-2:30pm

John Dalton Dementia Cafe

Peer support for carers
Linthorpe Community Centre 10-12pm

Carers Together
Singalong at Saltburn cricket club 2-3.30
Book your place
T: 01642 488977

Saturday 13 June Mobilise online **Nature Notes 3-3.30** [Join here](#)

Sunday 14 June Mobilise online **Sunday Cuppa: Drop-in for Working Carers 11:00 - 11:45am** [Join here](#)