



Make caring
Visible, Valued
and Supported

Carers Week
6-12 June 2022

Carers Week 2022

What's On Across the South Tees Area

Date	Info & Advice	Activity				
Mon 6 June	Carers Information Stall Cleveland Centre Middlesbrough	Carers Drop-in with Carers Together 10-1pm Woodside Resource Centre, Cavendish Road, Middlesbrough, TS4 3EB More details: 01642 488977		Short Break Carers Appreciation The Junction Foundation 4:30-6:30pm Crafts: card & medal making Advanced booking required: 01642 756000		
Tue 7 June	Carers Information Stall Cleveland Centre Middlesbrough	Carers Jubilee Themed Coffee Morning, 10-11:30am Redcar & Cleveland Mind 6-8 West Dyke Road, Redcar. More details: E:engagement@rcmind.org	Carers Well-Being Walk Tees Barrage 10-12noon Middlesbrough & Stockton Mind 01642 257020	Virtual Coffee Morning 11-12noon Zoom Carers Together joined by Nicky Weavers from Northumbrian Water More details: 01642 488977	Young Carers Social Session 5-6:30pm The Junction Foundation Advanced booking required: 01642 756000	
Wed 8 June	Carers Information Stall Cleveland Centre Middlesbrough	Carers Thorpe Perrow Trip Carers Together 9:30-5pm £5 per person Advanced booking required: 01642 488977		Aapna Day Care Carers Awareness Day 10-2pm Tea & Coffee provided. 31-35 Eastbourne Road Middlesbrough, TS5 6QS		
Thur 9 June	Carers Info & Advice Drop-In, Pop Up Shop 11-3pm Cleveland Centre Middlesbrough	Carers Musical Train Carers Together & Whippet Up! Middlesbrough to Saltburn 12-4pm Train tickets to be purchased before boarding Advanced booking required: 01642 488977	Carers Picnic in the Park Optional game of rounders 11:30-1pm Stewarts Park Bring your own picnic Middlesbrough & Stockton Mind 01642 257020	Carers Drop-in with Carers Together 1-4pm Woodside Resource Centre, Cavendish Road, Middlesbrough, TS4 3EB More details: 01642 488977	Carers Virtual Resilience & Well-Being 1:30-2:30pm Zoom Carers Together More details: 01642 488977	Carers of Adults with Autism Group 5:30pm Acklam Green, Stainsby Rd, Middlesbrough, TS5 4JS Carers Together More details: 01642 488977
Fri 10 June	Carers Info & Advice Drop-In, 10-2pm Footprints Community Cafe, 14 High Street, Redcar, TS10 1DY	The Junction Foundation's Short Break Young Carers Siblings Session 9:30-12:30pm Advanced booking required: 01642 756000		Carers Together Singalong 2pm-3pm Saltburn Cricket Club, Leisure Centre Car Park, Marske Mill Lane, Saltburn , TS12 1HJ		

Does someone rely on you for care and support?

Do you provide...

- Practical support
- Emotional support
- Personal care
- Physical help
- Help with medication
- Help with finances

...did you know you are a carer?

Call in to one of the information drop-in sessions to find out how local organisations can support you or participate in one of the carers activity sessions/ events.

**WE CARE
YOU CARE.**

For lots of useful information, resources and details of the range of local support available visit:

www.wecareyoucare.info

@wecareyoucarelocal