



# Carers Week South Tees Area Activities

## 5-11 June 2023

### Mon 5 June

We Care You Care  
**Launch of South Tees Carers Week campaign:**

- **Short film showcasing local carers**
- **South Tees Carers Guide's** look out for them in your local area, also downloadable from [www.wecareyoucare.info](http://www.wecareyoucare.info)

Follow the We Care You Care Facebook page for the latest information:

**@wecareyoucarelocal**

### Tue 6 June

Middlesbrough & Stockton Mind with Redcar & Cleveland Mind  
**Carers Celebration Afternoon Tea 12-4pm**

Join us for an afternoon of rare indulgence, **because carers deserve to be treated**, and leave with a pamper bag filled with goodies just for you.  
**Something in Mind, 6-8 West Dyke Road, Redcar, TS10 1DZ** (booking NOT required)

### Wed 7 June

The Junction Foundation  
**Carers Week Stall 12-2pm**  
**Middlesbrough College**  
**Dock Street, Middlesbrough TS2 1AD**

Carers Together  
**Carers Coffee Social 1-2.30pm**  
**The Café at Kirkleatham Museum, Redcar, TS10 5NW**

### Thur 8 June

Carers Together  
**Carers Week River Boat Trip 11-1:15pm**  
**Preston Park Boat Launch, Yarm Road, TS18 3RH** (pre-book: 01642 488977)

The Junction Foundation  
**Carers Week Stall 12-2pm**  
**Redcar College, Corporation Road, Redcar TS10 1EZ**

Carers Together  
**Carers Week Stall 10-12.30pm**  
**James Cook, Marton Rd, Middlesbrough TS4 3BW**

### Fri 9 June

Carers Together  
**Singalong & Hand Massage** (masseur Sue Lorrimer)  
**Hand massages 1-3pm** (pre-book: 01642 488977) and **Singalong 2-3pm**  
**Saltburn Cricket Club, Leisure Centre Car Park, Marske Mill Lane, Saltburn, TS12 1HJ**

Carers Together with Middlesbrough & Stockton Mind  
**Carers Week Stall 10-3pm**  
**Redcar Primary Care Hospital, West Dyke Road, Redcar TS10 4NW**

### Sat 10 June

#### Family Fun Day 10-5pm

Bouncy castle, Nerf shooter, assault course, children's disco, food available and local organisations on hand to support and signpost.

#### New Marske Sports Club

**2 Gurney St, New Marske, Redcar TS11 8EQ**

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



Practical Support



Help with Medication



Physical Help



Emotional Support



Personal Care



Help with Finances

## Local Support

**Carers Together** offer a wide range of services, information, advice and support for all carers across the South Tees area, aged 18 and over. Providing the Next Steps transitions service for carers aged 18-25 with The Junction Foundation. **Telephone: 01642 488977** [www.carerstogether.co.uk](http://www.carerstogether.co.uk)

**The Junction Foundation** deliver a Young Carers Information and Support Service, offering a range of support to young carers, families and young adult carers in the South Tees.

**Telephone: 01642 756000** [www.thejunctionfoundation.com](http://www.thejunctionfoundation.com)

**Middlesbrough and Stockton Mind** provides mental health community outreach for carers dealing with their own mental health and wellbeing challenges or looking after loved ones with mental health difficulties. **Telephone: 01642 257020** [www.middlesbroughandstocktonmind.org.uk](http://www.middlesbroughandstocktonmind.org.uk)

**Redcar and Cleveland Mind** provides mental health support for carers dealing with their own mental health and wellbeing challenges or looking after loved ones with mental health difficulties

**Telephone: 01642 296052** [www.rcmind.org](http://www.rcmind.org)

**PAM Assist (Middlesbrough)** provide free, confidential, emotional and wellbeing counselling for Middlesbrough carers. You can talk to PAM Assist 24/7, 365 days a year.

**Telephone: 08081 968 890** connect through the app or online at [www.pamassist.co.uk](http://www.pamassist.co.uk) Username: mbcsupport Password: mbcsupport1

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

[www.wecareyoucare.info](http://www.wecareyoucare.info)

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

**WE CARE YOU CARE.**

