

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

Pop in for a friendly chat, meet other carers and find out about support

Live Well Centre, Middlesbrough

10-12pm

[Mobilise](#)

Meet up with Neurological Carers

Online: **4-4.45pm**

[Join here](#)

Follow the We Care You Care facebook page for the latest information @wecareyoucarelocal

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 Together](#)
Singalong at Saltburn cricket club 2-3.30

[Book your place](#)

T: **01642 488977**

Carers Information Stand

Come and meet local carer organisations, connect to support.

Redcar Market

Redcar High Street

9-2:30pm

[Mobilise](#)

Bring a Book Club

Online, **4-4.45pm**

[Join here](#)

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](#)