

Carers Week 2026



Carers Week 2026: Building Carer Friendly Communities

Carers Week 2026 is from 8th – 14th June 2026, raising awareness of the vital role unpaid carers play in our communities.

Carers Week is an annual UK wide campaign that raises awareness of caring, highlights the challenges unpaid carers face, and celebrates the enormous contribution they make to families and communities. It also helps people who may not recognise themselves as carers to identify their role and access much needed support.

This Year's Theme: Building Carer Friendly Communities

The 2026 theme, “**Building Carer Friendly Communities,**” focuses on creating places where carers are recognised, valued, and supported in everyday life.

Carer friendly communities can include workplaces, healthcare settings, schools, local services, and neighbourhoods that actively identify carers and respond to their needs, with the aim of reducing isolation. The campaign encourages individuals, organisations and communities to work together to improve understanding, increase visibility, and provide practical support.

Across the UK, around **5.8 million unpaid carers** provide essential support to people who are ill, disabled or older. Their contribution is enormous, estimated to be **worth around £184 billion a year**, underlining just how essential carers are to society.

However, many carers face challenges including impacts on their health, finances, and employment, with over half reporting feeling overwhelmed. Carers Week is an opportunity to recognise these pressures and take action to ensure carers receive the support they deserve.

Join Us: Carers Cuppa & Cake in the Community

As part of Carers Week 2026, we are delighted to invite carers across Gloucestershire to join our **Carers Cuppa & Cake in the Community** events.

These relaxed outdoor gatherings are designed to bring carers together in a friendly, informal setting offering space to connect with others, unwind, and take a well-earned break.

What to expect:

A welcoming, informal environment

Opportunities to meet and chat with other carers

Time outdoors to relax and recharge

Cake provided, just bring your own cuppa, something to sit on and a picnic if you'd like

Whether you can stay for ten minutes or the full session, you are very welcome.

Dates & Locations

Friday 5 June 2026 | 12:00pm – 2:00pm

Queen Victoria Gardens, Moreton-in-Marsh

Monday 8 June 2026 | 11:00am – 1:00pm

Pitville Park, Cheltenham

Tuesday 9 June 2026 | 12:00pm – 2:00pm

Wenchford, Blakeney, Forest of Dean

Wednesday 10 June 2026 | 12:00pm – 2:00pm

Stratford Park, Stroud

Thursday 11 June 2026 | 2:30pm – 4:30pm

Plock Court, Gloucester

Friday 12 June 2026 | 12:00pm – 2:00pm

Garner Lane, Tewkesbury

Monday 15 June 2026 | 11:30am – 1:30pm

Abbey Grounds Park, Cirencester

 **Booking:**


Please book your place here: <https://forms.office.com/e/zLwZjDnKVs>

Additional Carers Week Events

Alongside our community picnics, you can also find us at:


Tuesday 9th June 2026

 Gloucester Royal Hospital Atrium

 9:30am – 12:00 noon

Big Health Day – Thursday 11th June 2026

 Plock Court, Gloucester

 9:30am – 2:00pm

Online Information and Activity Sessions in Carers week 2026

As part of our Carers Week programme, we're also hosting two helpful online sessions in partnership with **The Care Advice Line**:

 **Carer Awareness Session**

Wednesday 10th June 2026, 11:00am – 12:00 noon on Zoom

Join us and the Care Advice Line for an introductory session on issues for Carers such as benefits, legal issues and care funding.

 **Care Funding Session**

Thursday 11 June 2026 10:00am – 11:00am on Zoom

Join us and the Care Advice Line for a session outlining care funding. There will be an opportunity to ask questions following the session.

Shibashi Qigong with Warren

Friday 12th June – 10.30am – 11.30am

Warren joins us for Carers Week to bring you a special Shibashi Qigong session. Shibashi Qigong is a popular, gentle, and flowing set of 18 exercises (Shibashi translates to “18 movements”) designed to balance body, mind, and energy (Qi).

Get Involved

Carers Week is all about coming together whether that’s attending an event, sharing your story, or simply taking time to recognise the carers in your life.

By building more carer friendly communities, we can ensure carers feel seen, supported, and valued not just during Carers Week, but all year round.