

Carers Awareness Week 8-14 June 2026

The **Carers Week 2026** theme is **Building Carer Friendly Communities**, this means creating places, services, workplaces and community spaces where unpaid carers are **recognised, understood, valued and supported**.

Some key facts

- Around **5.8 million unpaid carers** live in the UK.
- Around **21,654 unpaid carers** were identified in Newham in the **2021 Census**.
- A carer is someone who supports a family member, friend or neighbour who could not manage without help.
- Many carers do not see themselves as carers, so they may not know support is available.
- Carers have a right to request a **Carer's Assessment**.
- Carers deserve to be **recognised, valued and supported**.

Tuesday 9th June

Carers Awareness Training – Online

11am-12pm

Delivered by Social Welfare Alliance to help professionals gain knowledge and understanding to enable them to identify and support a carer

[Events for frontline workers, volunteers and champions | Well Newham](#)



Tuesday 9th June

Carers Cooking Workshop

10:30am – 12pm

Hosted by Nutrition Kitchen, session focused on simple, balanced recipes that can be easily recreated at home, helping carers to support both their own wellbeing and that of those they care for.

Wednesday 10th June

Carers Advice and Well-being Clinic

Beckton Library 10am-12pm

Information on local carers activities

Advice and guidance on welfare benefits

How to get a Carer Assessment, Emergency card and Carer Survey Health Check - Blood pressure checks.

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Thursday 11th June

Staff Carers Information stand

11am-1pm Newham Dockside, Atrium area

To provide staff with key information on;

Carer's Assessments

Carers Toolkit

Local community activities available to support carers

Thursday 11th June

Carers Breakfast and Advice

10:30am – 11:30am

Hosted by Our Newham Money, offering a light breakfast for carers in Newham to get eligible welfare and benefit advice.

Register online for activities.



Carers
Toolkit

Friday 12th June

Community Garden Coffee and Chat

10:30am-12pm

A coffee morning in a beautiful community garden, providing carers with a calm and welcoming space to relax and unwind.

The session offers an opportunity to enjoy refreshments, connect with others, and take a peaceful break from their caring responsibilities in a natural setting.

Saturday 13th June

Carers, LD and Autism Exhibition

Beckton Library 4pm-6pm

An art exhibition will be delivered by Beckton Friendship Club to celebrate autism, learning disabilities, and carers within the community. The event will showcase creative work, promote inclusion, and provide a space to recognise and celebrate the experiences and contributions of carers and those they support.