

## PRESS RELEASE

York Carers Centre  
17 Priory St, York YO1 6ET  
[www.yorkcarerscentre.co.uk](http://www.yorkcarerscentre.co.uk)

May 27, 2026

### **York Carers Centre Celebrates Carers Week 2026 with Citywide Events and Community Activities**

#### **8–14 June 2026**

York Carers Centre is inviting residents across York to join them in celebrating Carers Week 2026 with a programme of community events, information stalls, presentations, and awareness activities taking place across the city from 8–14 June.

Centre for Care research found that the economic value of the support provided by unpaid carers in the UK is now £184 billion a year. Yet, carers often find themselves unrecognised and undervalued, both within their local area and nationally.

This year's national theme, **"Building Carer Friendly Communities,"** highlights the importance of creating places and services where unpaid carers are recognised, understood, valued, and supported within their caring role.

Throughout the week, York Carers Centre staff and volunteers will be out in the community raising awareness of unpaid caring roles and the support available locally. Residents are encouraged to stop by, meet the team, access free advice, and learn more about opportunities and services for carers in York.

Information and fundraising stalls will take place at the following locations:

- **Bishopthorpe** – Monday 8 June, 1pm–4pm, outside the Co-op
- **Acomb High Street** – Tuesday 9 June, 10am–4pm

- **Monks Cross** – Wednesday 10 June, 10am–4pm
- **Haxby** – Thursday 11 June, 1pm–4pm, next to Costa Coffee

Dedicated mental health awareness stalls will also be held at:

- **Huntington House** – Tuesday 9 June, 11am–2pm
- **Foss Park** – Tuesday 9 June, 2pm–4pm

In addition, York Carers Centre will host awareness presentations, talks and support groups within its regular groups throughout the week, exploring what makes a truly carer friendly community.

Carer friendly communities are places and networks where unpaid carers are recognised, supported, and valued, making it easier for them to balance caring responsibilities with everyday life. These communities help ensure carers have fair opportunities, practical support, and the ability to lead fulfilling lives alongside their caring responsibilities.

Chief Executive Officer of York Carers Centre, Sharron Smith, says:

“Carers Week is an important opportunity to recognise the vital contribution unpaid carers make every day. This year's theme of building carer-friendly communities helps us to consider carers in all their communities, whether that be at school, work, home, in their local area or in any networks they belong to.

At York Carers Centre, we are using Carers Week 2026 to reach out to carers in their communities through a roadshow of events across the city to raise awareness, and to provide information, advice and support.”

Whether someone is a carer themselves, knows someone who is caring for a loved one, or simply wants to support local carers, everyone is welcome to attend the events and find out more about the work of York Carers Centre.

For more information about Carers Week activities and support available for unpaid carers in York, please contact York Carers Centre or visit their website: [yorkcarerscentre.co.uk](http://yorkcarerscentre.co.uk)

View the [full calendar here](#) and to book activities or appointments please email [events@yorkcarerscentre.co.uk](mailto:events@yorkcarerscentre.co.uk) or call 01904 715 490.

Whether you're an unpaid carer or simply interested in learning more, we encourage you to come along to one or more of our activities and celebrate the vital role carers play in York.



Humber and North Yorkshire  
Health and Care Partnership

**ENDS.**

## **York Carers Centre**

York Carers Centre is an independent charity offering free support to unpaid carers in York. We support young carers (from age 5), young adult carers (aged 18 - 25), and adult carers (aged 25+), recognising the different challenges each group faces.

As part of the Carers Trust network, we work closely with local services and organisations to ensure carers have access to the confidential advice, information, and practical help they need.

Whether you're looking after a parent, sibling, partner, child, or friend due to illness, disability, mental health, or addiction, we're here for you.

Our services include one-to-one support, social groups, benefits advice, emergency planning, training, and much more - all aimed at helping carers feel heard, supported, and less alone.

### **Contact information:**

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