

# Mobilise Carers Week Cuppa Timetable 2026

Mon 8 – Sun 14 June | Theme: Building Carer Friendly Communities

## Monday

**10-10:15am**  
Mini:LIVE event on  
What support is near  
you and how to access  
it with Awais  
(No cameras and mics  
required)

**11 - 11:45am**  
Celebrating  
connection and  
community 😊  
A chance to reflect on  
what the community  
has given to us in the  
last week.

Hosted by Claire

## Tuesday

**10-10:15am**  
Mini:LIVE event on  
Helpful charities and  
condition-specific  
organisations with  
Claire  
(No cameras and mics  
required)

**7:15 - 8:00pm**  
Evening chat and  
connect Cuppa 🌙  
A chance to connect  
and chat with others  
who are caring.  
Sharing our thoughts  
on the topics that  
matter.

Hosted by Lucy

## Wednesday

**10-10:15am**  
Mini:LIVE event on  
The Mobilise Hub tour  
with Lucy  
(No cameras and mics  
required)

**4:00 - 4:45pm**  
Meet up with  
Neurological Carers 🧠  
For everyone caring for  
someone with  
Parkinson's, MS, MND  
and other neurological  
conditions.

Hosted by Suzanne

## Thursday

**10-10:15am**  
Mini:LIVE event on  
Becoming a Mobilise  
Champion  
(No cameras and mics  
required)

**7 - 7:45pm**  
Mobilise Mens  
Meet Up 🧑  
A chance for male  
carers to get together,  
share our challenges  
and the ways we can  
overcome them.

Hosted by Awais

## Friday

**10-10:15am**  
Mini:LIVE event on  
The Mobilise Hub  
Local Spaces tour  
with Karen.  
(No cameras and mics  
required)

**11 - 11:45am**  
Creative Minds with  
an Island Activity 🌴

Hosted by Karen



# Mobilise Carers Week Cuppa Timetable 2026

Weekend Edition!

**Saturday**

**11:00 - 11:15am**

**Karen's Connecting with Nature 🌳**

Taking a gentle look at what's different about June, finding inspiration from nature, words and objects around us.

Hosted by Karen

**Sunday**

**11:00 - 11:45am**

**Drop in for working carers with Awais ☀️**

Join Awais, carer to his son, for a relaxed drop in for those who want a Sunday morning chat.

Hosted by Awais



**No need to register. Simply [visit our timetable](#) to join.**