

# 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**  
(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**  
(No cameras and mics required)

**7:15 - 8:00pm**  
**Relaxed social**  
**drop-in 😊**  
A relaxed evening drop-in session for all, meet other carers and let's see where the conversation takes us!

Hosted by Lucy

## Wednesday

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

**4 - 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)

**12-1:00pm**  
**Mobilise: LIVE**  
**Contingency planning 🗺️**  
We break down contingency planning into bite-sized, manageable steps.

Hosted by Suzanne

**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**  
(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**

**10 - 10:15am**

**Mini:LIVE on Carers Week Catch Up 🙌**

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

Hosted by Karen



**Sunday**

**10 - 10:15am**

**Mini:LIVE on Carers Week Catch Up 🙌**

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

**11 - 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.**