

Mobilise Carers Week Cuppa Timetable 2025

Mon 9 – Sun 15 June | Theme: Caring About Equality

Monday

12:00 - 12:15pm
Mini:LIVE on Caring about equality 🦵

What are the inequalities faced by carers and how can we address them and ensure carers are truly valued, recognised and supported.
(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 Nicola

Tuesday

12:00 - 12.15pm
Mini:LIVE on Caring, equality and work
Working alongside caring isn't possible for everyone but if we are working lets look at how can we make this work for us.
(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

12:00 - 12.15pm
Mini:LIVE on Complaining effectively 🧐
How we can complain effectively and have our voice heard without exhausting ourselves.
(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

12:00 - 12.15pm
Mini:LIVE on Campaigning effectively 🙌
Introducing a few simple ways we can get involved in campaigning whilst still taking care of ourselves.
(No cameras and mics required)

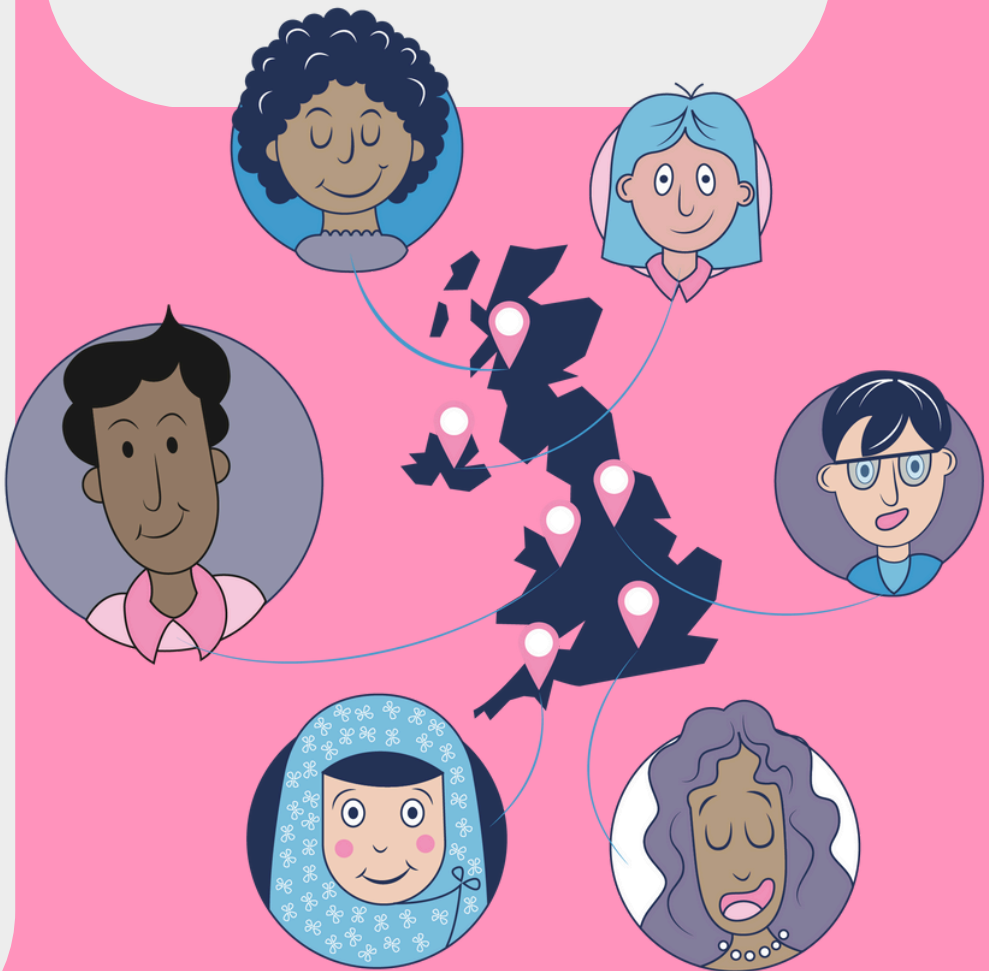
7:15 - 8:00pm
Mobilise Mens Meet Up 🧑
A chance for male carers to get together, share our challenges and ways we have and can overcome them.

Hosted by Awais

Friday

4:00 - 4:45pm
Bring a book club 📖
Just like a book club....but with a Mobilise twist. For Carers Week, we'll be sharing fun and uplifting reads that have a focus on caring.

Hosted by Karen



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Weekend Edition!

Saturday

11:00 - 11:15am

Karen's monthly reflection mini:LIVE 🌳

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

(No cameras and mics required)

Hosted by Karen

Sunday

11:00 - 11:45am

Drop in 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.