

Date: 4th June 2026

Carers Week 2026 - recognising and supporting colleagues with caring responsibilities

Next week (8th until 14th June), Carers Week provides an opportunity to raise awareness of caring responsibilities, help more colleagues identify as carers and highlight the support available for those balancing work alongside caring responsibilities.

A carer is someone who provides unpaid care and support to a family member or friend who has a disability, illness, mental health condition, addiction or who requires additional support as they grow older. This does not include people who are employed or volunteer to provide care.



We know many of our colleagues provide vital support to loved ones alongside their roles at work and throughout the week we will be sharing information, resources and support available to encourage open conversations about caring.

As part of Carers Week, colleagues are invited to attend the free Commitment to Carers Conference hosted by Wirral Carers Alliance.

Taking place on Monday 8th June from 10am at Eureka in Wallasey, this year's theme is "Building Carer Friendly Communities".

The event will bring together carers, professionals, volunteers, community organisations and local services to share learning, build connections and explore how we can continue creating more supportive environments for carers.

The conference is open to everyone, whether you have caring responsibilities yourself, support someone who is a carer, work with carers or simply want to learn more.

[Free tickets are available](#) and visitors can also register on the day if required.

We encourage colleagues to take the opportunity to find out more and access support available during Carers Week.