

July - September 2026

Carers Newsletter



Following a successful Carers Week, we're looking forward to a summer of connection and community. Thank you to everyone who shared their experiences and helped raise awareness of unpaid carers across York.



What's On

Summer Events

News



01904 715 490



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Welcome to our Summer 2026 Newsletter

Welcome to our summer newsletter. We hope this issue inspires you to get involved, with highlights including a tour of Bishopthorpe Palace, a creative retreat, and an afternoon tea, alongside our regular groups, events, news, and stories.

In our recent carers survey, some of you shared how difficult it can be to leave the person you care for. If this resonates with you and you'd like to attend events but find it challenging, please do get in touch—we'll do our best to support you in making it possible.

Please do remember our website is new and has lots of advice and information including advice pages on the common topics we get asked about.

Wishing you all a lovely summer and really hope you can find ways to look after yourselves, and stay well.

Sharron Smith (CEO)

Upcoming Summer Events for Carers

Bishophthorpe Palace has already raised £409 for York Carers Centre, with more fundraising activities planned throughout the year.

As part of our partnership, Carers registered with York Carers Centre are invited to an exclusive guided tour of Bishophthorpe Palace on 8 September, including refreshments.



We are also partnering with Next Door But One and York Dance Space to offer a Creative Retreat for carers on 24 August, featuring creative activities, lunch and transport. Details on how to book these events can be found later in this newsletter.

Carers Week 2026 - Building Carer Friendly Communities

York Carers Centre spent Carers Week 2026 raising awareness of unpaid carers and celebrating the invaluable contribution they make to families and communities across the city.

From Monday 8 June to Sunday 14 June, staff, volunteers, carers and local residents came together to support this year's national theme, "Building Carer Friendly Communities." The week highlighted the importance of creating places, services and networks where unpaid carers are recognised, understood, valued and supported.

York Carers Centre hosted a range of activities across the city, including information and fundraising stalls in Bishopthorpe, Acomb, Monks Cross and Haxby.

Volunteers Week, Pride and more

The last few months have been busy and rewarding for York Carers Centre. During Volunteers' Week, we thanked our dedicated volunteers with a social gathering at Chocolate & Co, recognising the invaluable support they provide to carers across York.

We also enjoyed celebrating York Pride, raising an amazing £332. Pride was a fantastic opportunity to celebrate diversity and raise awareness of the experiences of LGBTQ+ carers, helping ensure all carers feel seen, valued and supported.



Carers Connect

Join our friendly, inclusive social groups to connect with others in a relaxed setting. Chat with our Carer Support Workers and people who understand your situation. No booking required.

Haxby

When: Last Wednesday of each month - 29 July, 26 August, 30 September, 1pm - 2.30pm

Where: Oaken Grove Community Centre, Haxby, York YO32 3QW

Acomb

When: Second Tuesday of each month - 14 July, 11 August, 8 September, 1.15pm - 2.45pm

Where: The Willow Room, The Gateway Centre, Front Street, York YO24 3BZ



Art and Loss

A warm and welcoming group using creative writing, art, music and performance to explore grief and loss.

Led by Matt from Next Door But One theatre, the sessions welcome all experiences of loss, including bereavement, changes in identity, and loss of future plans. A supportive space to be yourself while navigating change.

When: 21 July, 22 September, 10.30am - 12.30pm

Where: York Theatre Royal

You can book via [Eventbrite](#) or get in touch - check the back of this newsletter for details.



Carers Mental Health Group

This supportive group is for anyone caring for someone with a mental health condition.

Join to connect with speakers about services that impact carers, share experiences, and have your voice heard.



When: Wednesday 8 July,
Wednesday 12 August,
Wednesday 9 September,
7pm - 8.45pm

Where: Friargate Quaker Meeting House, Friargate, York, YO1 9RL

Drop in, no booking required. If you are attending for the first time, please arrange a welcome call by emailing lindsey.foster@yorkcarerscentre.co.uk

Wellbeing Group for Mental Health Carers

This warm and welcoming group is open to anyone supporting someone with a mental health condition.

Connect with other carers, take time out for you, and enjoy restorative activities.



When: Tuesday 28 July,
Tuesday 25 August,
Tuesday 29 September,
6.15pm - 8.15pm

Where: 30 Clarence Street, York, YO31 7DE

Substance Misuse & Gambling Carer Support Group

Meet staff and volunteers with lived experience, talk about your caring role and learn about coping strategies.

When: Monday 13 July,
12pm - 2pm

Where: Chocolate and Co,
YO31 7NB

When: Monday 10 August,
Monday 14 September,
12pm - 2pm

Where: Tesco Extra,
Community Room, Askham
Bar, Tadcaster Road, York,
YO24 1LW



If you are new to the group, please call York Carers Centre on 01904 715 490 or email events@yorkcarerscentre.co.uk.

SMU Guest Speaker - Sarah Emery

Taking time for yourself and finding moments to truly relax can often feel challenging in everyday life. Join Sarah Emery for a gentle and welcoming session exploring the importance of relaxation, alongside simple mindfulness and mini meditation practices designed to help you pause, reset, and reconnect with yourself.

The session will cover available support, upcoming changes, and how services are responding to people with both mental health and substance use needs, with time for questions and discussion.

When: Monday 21 September,
12pm - 2pm

Where: Tesco Extra,
Community Room, Askham
Bar, Tadcaster Road, York,
YO24 1LW

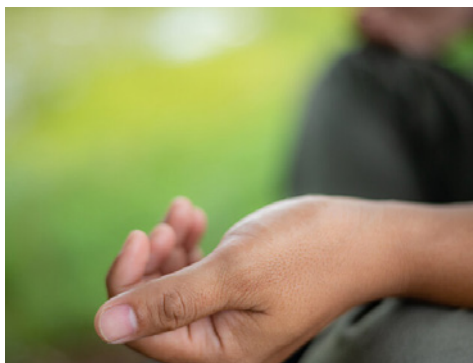
Mindfulness for Carers

Join mindfulness practitioner and York Carers Centre staff member, Ali, as she guides you through mindfulness activities. Sign up for a relaxing time in a warm and welcoming space. No experience required.

This event is for carers registered with York Carers Centre.

When: Thursday 10 September, 10.30am - 12.30am

Where: Book via the York Carers Centre Eventbrite. Full location details will be provided upon booking.



Crafty Social

Join us for a relaxed, informal craft group where you can work on your own project alongside fellow crafty carers. If you're not usually crafty or don't have a project, you're welcome to join. We will be making terrariums for you to keep.

Recent crafty socials have made colourful Pride themed items for York Pride!



Refreshments will be provided.

When: Wednesday 29 July, 2pm - 4pm

Where: York Carers Centre

You can book via Eventbrite or get in touch - check the back of this newsletter for details.

Carers Creative Retreat

York Carers Centre will be working with Next Door But One and York Dance Space to bring a Carers Creative Retreat.

Using Welburn Village Hall as our base, the day will consist of creative writing, dance and performance to connect with nature, ourselves and each other. Support will be provided and participants are encouraged to go at their own pace and enjoy the surroundings.

Lunch will be provided, as will return transport from opposite York Memorial Gardens. Meeting at 9.30am, to set off at 10am and return from Welburn at 3.30pm.

When: Monday 24 August,
9.30 am - 4pm

Where: York Memorial
Gardens

Book via Eventbrite or get in touch - check the back of this newsletter for details.

Clinics

Independent Financial Advice Clinic

Andrew Mence, independent financial adviser, is running a free financial advice clinic for carers. In-person and phone 30-minute appointments are available.

When: Tuesday, 21 July,
9.30am - 3.30pm (30 min appointments)

Where: York Carers Centre,
Stonegate Room, 17 Priory
Street, York YO1 6ET

Legal Clinic

Book a 30-minute free legal appointment with Belinda Poulter at Crombie Wilkinson Solicitors, for expert advice on wills, probate, and power of attorney. In-person and phone appointments are available.

When: Wednesday, 22 July
9.30am - 3.45pm

Where: Crombie Wilkinson
Solicitors LLP, 19 Clifford
Street, York YO1 9RJ

Bishopthorpe Palace Tour

York Carers Centre is delighted to have been chosen as Bishopthorpe Palace's Charity of the Year 2026.

To celebrate this honour, carers registered with York Carers Centre are invited to join a bespoke tour of the palace.

The tour will take approximately one hour and will be followed by hot drinks and cakes in the beauty of the palace setting.

When: Tuesday 8 September
10am - 12pm

Where: Bishopthorpe Palace,
YO23 2GE

There are limited spaces.

Book via Eventbrite or get in touch - check the back of this newsletter for details.

Carers Afternoon Tea

Join us for a relaxing afternoon tea, hosted by York Carers Centre — a chance to step away from your caring responsibilities and enjoy some well-deserved time for yourself.

Settle in with a cup of tea, enjoy some refreshments, and spend time in good company with fellow unpaid carers and York Carers Centre staff and volunteers.

This event is open to carers who are registered with York Carers Centre. If you aren't registered yet, please get in touch with us and we'll be happy to help you do that before the event.

When: Wednesday 7
October, 1 pm - 4 pm

Where: Marriott (Delta Hotel), Tadcaster Road

Booking essential.

Carer Awareness Training

This quarterly group training is an opportunity for professionals to learn more about us and the support available for unpaid carers in York. This training will aim to help to improve your understanding of:

- the role of carers
- the effect this role has on their lives

It's also an opportunity to explore how professionals can:

- help identify carers early
- recognise carers as 'partners' in care
- help carers look after their own health and wellbeing

When: Wednesday 1 July,
10.30am – 12.30pm

Where: Online

To book visit <https://york.learningpool.com/login/index.php>

Carers Action Group

The Carers Action Group brings together unpaid carers, York Carers Centre staff and local professionals to discuss carers' experiences and drive positive change.

In May, Sara Storey from City of York Council shared an update on the recent CQC inspection.

A light lunch will be provided; please share any dietary requirements when booking.

When: Wednesday 5 August,
10am - 1pm

Where: Friargate Quaker Meeting House, Friargate, York, YO1 9RL

You can book via Eventbrite or get in touch - check the back of this newsletter for details.



Women's Wellbeing Project

The Women's Wellbeing Project supported carers to improve their wellbeing using the Five Ways to Wellbeing. Through practical activities and discussion, carers built confidence, resilience and self-awareness while finding manageable ways to prioritise their health alongside caring responsibilities.

Through this, young carers increased their confidence, resilience, independence, and self-awareness, supporting positive long-term lifestyle changes.

"The project gave young and young adult carers a real sense of purpose and independence. It helped one young carer feel more confident at the gym and provided a safe space to study. It also helped us better understand what wellbeing means to carers and the challenges they face in prioritising it."

Eboni, Volunteer

Young Adult Carer Social

Join our next YAC Social at SPARK York on the last Wednesday of the month.

When: Last Wednesday of the Month, 5pm - 8pm

Where: SPARK York, 17-21 Piccadilly, York, YO1 9PB

No booking required. For more information, follow @YACsYork on Instagram or send a DM, email enquiries@yorkcarerscentre.co.uk or call 01904 715 490.



Young Carers in Schools

In April, primary and secondary school representatives came together to share expertise and learn how to better support young carers. We were pleased to welcome author of *The Late Crew*, Rab Ferguson, who offers free school assemblies and workshops to raise awareness of young carers through his books.



We're also delighted that Archbishop Holgate's School was awarded the Young Carers in Schools Award, recognising their commitment to supporting young carers and raising awareness.

If you work in a school and would like to find out more, please get in touch.

Free School Performances

If you would like a free performance of *When Robin's Appear* or *The Firework-Makers Daughter* delivered by Next Door But One in your school in the autumn please get in touch. These are both amazing shows and help to raise awareness on the challenges young carers may face.

Upcoming Youth Clubs

Primary School Youth Club:

7 July, 5pm - 6.30pm
4 August, 5pm - 6.30pm
1 Sep, 5pm - 6.30pm

Secondary School Youth Club:

14 July, 5pm - 6.30pm
18 August, 5pm - 6.30pm
15 Sep, 5pm - 6.30pm



‘KidsTime’ Sessions

From September, York Carers Centre, in partnership with Our Time Charity and Next Door But One theatre company, will launch KidsTime - a monthly family support programme offering a safe, welcoming space and creative activities for families where a parent or carer is experiencing mental health difficulties.

Food is provided and all family members are welcome. No formal diagnosis is required.

KidsTime has been successful across the country, helping young people better understand their parent’s mental health while improving confidence and coping skills.

The group will run one evening each month, with food provided and all family members welcome. For more information: please contact Jess: jess.tomori@yorkcarerscentre.co.uk or 07874 872316 or Chris chris.edeson@yorkcarerscentre.co.uk.

Volunteer Social

We would like to thank all our volunteers for all the hard work they do in supporting York Carers Centre.

Our volunteer socials create a space for our volunteers to have some well earned relaxation time and to socialise with likeminded people.

When: Tuesday 22 September, 12pm- 2pm

Where: Bar Convent, 17 Blossom Street, York, YO24 1AQ



To find out more, please contact Sam Sollitt at York Carers Centre on 01904 715 490 or email volunteering@yorkcarerscentre.co.uk

Support York Carers Centre for York 10k

York Carers Centre is proud to be taking part in this year's York 10K to raise funds and awareness for unpaid carers across the city.

We're also looking for volunteers to help with marshalling on the day. If you can spare a few hours to support the event, please get in touch: vicky.hearson@yorkcarerscentre.co.uk.

You can also support our team by donating through our Local Giving page. Thank you for supporting carers in York.



For more information on volunteering and donating: vicky.hearson@yorkcarerscentre.co.uk

Turn your daily shopping into free donations

You can also sign up for easyfundraising and turn your daily shopping into free donations!

Easyfundraising partners with over 8,000 retailers who will donate part of what you spend to a cause of your choice.

It won't cost you any extra. The cost is covered by the retailer.

Sign up to easyfundraising today: www.easyfundraising.org.uk



Welcoming our new Fundraiser

We are happy to welcome our new fundraiser, Kalina, to the York Carers Centre team.

Fundraising helps us to keep reaching out to carers across York and maintain our groups, counselling and outreach within the community.

£300 provides 12 counselling sessions

£30 provides a small group for Young Carers

£10 provides drinks for a one to one session with a Carer Support Worker.

To find out more about how you can support York Carers Centre, please get in contact with us: email enquiries@yorkcarerscentre.co.uk or call 01904 715 490.

Thank You

A big thank you to the University of York Nisa store for nominating York Carers Centre for a Making a Difference Locally donation of £500.

Making A Difference Locally (MADL) is a registered charity that operates throughout all Co-op Wholesale supplied stores including Nisa and other independent stores.

We are very grateful for your generosity!





Surveys

The Big Future survey

This survey aims to gather views from children aged 0-18 across England on their communities, concerns, and hopes for the future.

www.childrenscommissioner.gov.uk/the-big-future

Experiences of CAMHS / mental health support and neurodivergence assessments

Healthwatch York is gathering feedback from parents, carers and families about experiences of accessing Child and Adolescent Mental Health Services (CAMHS).

Parents and carers can complete an anonymous survey online or contact Healthwatch York directly to share experiences by phone or email. The deadline for responses is 10th July.

<https://www.smartsurvey.co.uk/s/CAMHS26>

Development of a screening tool for social frailty in older people

If you are aged 60 and over, live at home, and are in contact with NHS or social care services, you would be eligible to take part in this study.

This study aims to evaluate a new screening tool designed to identify older people at risk of social frailty.

Participation in the study involves an interview with a researcher of about 20-30 minutes to test the questions. A £20 voucher will be provided to each participant.



Please scan the QR code to find out more or contact Kyle Schwartz from the research team: kyle.schwartz@york.ac.uk



York 50+ Festival 2026

York Older People's Assembly and Age UK York presents the 21st annual 50+ Festival - a unique, two week event featuring an exciting mix of talks, performances and social activities.

This year it will run from Thursday 1 October to Sunday 18 October 2026 with a parade taking place on Saturday 3 October.

Last year's festival brought together around 1,500 people across 100 vibrant, inclusive events.

Find out how you can get involved: <https://www.yorkassembly.org.uk/50-festival-26>



York Youth Festival

After a fantastic and popular Youth Festival in July 2025, York Youth Council are bringing on another Youth Festival for York in 2026. Mark your calendars for a fun music festival for young people at Rowntree Park.

This event is for older teens i.e. those aged over 11, and will feature York's youth groups and projects, activities, games, and live music performed by some of York's amazing young musicians.

Keep an eye on Youth Council's instagram for more [@youthcouncilyork](https://www.instagram.com/youthcouncilyork)

When: Wednesday 22nd July, 2pm

Where: Rowntree Park, YO23 1JQ

Parent & Carer SEND Support Drop-In

Are you a parent or carer of a child with special educational needs and disabilities (SEND)? Join a friendly, informal drop-in session where you can connect with other families, share experiences, access peer support, and enjoy a chat over a cuppa.

Families and siblings are very welcome. There will be a selection of crafts, books, and toys available to help keep children entertained while parents and carers connect.

When: First Monday of every month, 10am – 12pm. Next session: Monday 6 July

Where: Discovery Room, New Earswick Folk Hall, York

York SEND parent & carer
Support Group Drop in

First Monday of each month at
New Earswick Folk Hall

Drop into the Discovery Room
between 10-12 for a chat and a
cuppa - Families welcome!

Find us on Facebook:
<https://www.facebook.com/groups/1350543363617514>

Or scan the QR for further info
On upcoming sessions:



Waiting for social care study - Call for participants

Healthwatch York are working with the Administrative Fairness Lab at the University of York to explore the experiences of those waiting for social care.

If you recently waited or are currently waiting to access adult social care support, or care for someone waiting, Healthwatch York wants to hear from you!

Taking part will involve an interview where they will talk about your experiences and perspectives.

If you are interested in taking part or would like more information, please contact healthwatch@yorkcvs.org.uk.

Stay in touch



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If you no longer wish to receive this newsletter, contact us.

Email enquiries@yorkcarerscentre.co.uk or call **01904 715 490**.

To book an event visit Eventbrite, call us on **01904 715 490** or email events@yorkcarerscentre.co.uk to book a place.

Scan for Eventbrite or visit
[www.eventbrite.co.uk/o/
york-carers-centre-85279999323](http://www.eventbrite.co.uk/o/york-carers-centre-85279999323)



Please let us know if you need a large print version of our postal newsletter.



Contact us

We are an independent charity that helps unpaid carers in York (or caring for someone in York) find the support they need. We are a network partner of Carers Trust.

 01904 715 490

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