

## PRESS RELEASE

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## Carers Week 2023

**It's time to celebrate the UK's unpaid carers and recognise the huge amount they do!**

**Carers Week runs from Monday 5<sup>th</sup> June to Sunday 11<sup>th</sup> of June, raising awareness of caring, highlighting the challenges family and friend carers face, and acknowledging the huge contribution they make.**

It's also a time to help people who don't think of themselves as carers, to identify as carers and then access much-needed support.

Surrey's carers charity 'Action for Carers' will be celebrating the Week across the county, with lots of free events and activities, reaching out to the county's estimated 115,000 unpaid carers.

There are different events at different local Hubs, including free massages, support groups, makeovers, Zine workshops, back care and more. **There will of course also be free tea, coffee and cake available at ALL the Hubs to celebrate Carers Week, PLUS a free 'goody bag'!**

If you're an unpaid carer, then why not pop into your nearest Hub? You'll get a warm welcome and be able to find out about the practical and emotional support available. The right help can make a real difference.

### Lots more going on...

And for those carers who struggle to leave home, free online events include mindfulness and yoga sessions, make-up and wellbeing, and support groups.

We also have a 'Being Well, Doing Well' workshop at Polesden Lacey on Saturday 10<sup>th</sup>.

Find out more about all the above on our website: [www.actionforcarers.org.uk/carers-week-2023/](http://www.actionforcarers.org.uk/carers-week-2023/)

**The drop-in carer Hubs will be open 10am-2.30pm, as follows:**

### Monday June 5<sup>th</sup> June

- **Woking** – The Vyne Centre, Knaphill, Woking GU21 2SP
- **Guildford** – The Hive, Park Barn Drive, Guildford GU2 8EN
- **Cranleigh** – The Bandroom, Village Way, Cranleigh GU6 8AF

## Tuesday 6<sup>th</sup> June

- **Camberley**– High Cross Church, Knoll Road, Camberley GU15 3SY
- **Epsom** – St Barnabas Church, Temple Rd, Epsom KT19 8HA

## Wednesday 7<sup>th</sup> June

- **Horley** – Horley Baptist Church, 289 Ct Lodge Rd, Horley RH6 8RG
- **Shepperton** – Greeno Centre, Shepperton

## Thursday 8<sup>th</sup> June

- **Hersham** – Centre for the Community, 7 Queens Road, Hersham, Walton-on-Thames KT12 5LU
- **Caterham** – Westway Community Café, 25 Chaldon Road, Caterham CR3 5PG

## Friday 9<sup>th</sup> June

- **Leatherhead** – Leatherhead Community Hub, Kingston Road, Leatherhead KT22 7PX  
*(if driving, you need to go round the rear of the building, via Aperdele Rd)*

## SOCIAL POSTS



Caring can be tough. Give yourself a break and drop-in to one of Surrey charity Action for Carers' Hubs. There's free coffee, cake and a goody bag for you, plus a chance to chat and get support

<https://www.actionforcarers.org.uk/carers-week-2023/>

Join Action for Carers Surrey at one of their many 'drop-in' Hubs to celebrate Carers Week! Free coffee, cake and a goody bag, free wellbeing activities too! <https://www.actionforcarers.org.uk/carers-week-2023/>

if you're looking after someone who couldn't manage without you, then you're a carer. Why not pop into one of charity Action for Carers drop-in Hubs for advice and information. Plus free coffee, cake and a goody bag to celebrate Carers Week! <https://www.actionforcarers.org.uk/carers-week-2023/>

**#CarersSurrey #UnpaidCarers #CarersWeek**

## FOR MORE INFORMATION, PLEASE CONTACT

**Barbara Cormie**, Marketing and Communications Manager, Action for Carers Surrey  
Mobile 07719 715007 | Email [Barbara.cormie@actionforcarers.org.uk](mailto:Barbara.cormie@actionforcarers.org.uk)

## NOTES TO EDITORS

### About Action for Carers

Action for Carers Surrey provides events, information, advice and support for carers aged 5-95. Support includes support, drop-in Hubs across Surrey, benefits help, advocacy, guidance on moving and handling, hospital carer advisors, workshops, information and relaxation events (by Zoom and face to face), support groups, free resources and more.

There's a specialist service, Surrey Young Carers, for 5-17s, offering drop-ins, information and activities to give them a little time out from caring.

We also support and train Surrey professionals who work with (and encounter) carers in their role, including teachers, social workers, GPs and other health and social care staff.

**Carers should get in touch calling our Helpline on 0303 040 1234; texting (only) 07723 486730 or emailing [CarerSupport@actionforcarers.org.uk](mailto:CarerSupport@actionforcarers.org.uk).**