



# Living Well North Tyneside

Supporting Health and Wellbeing

Carers Week 2025 takes place from 9 to 15 June, shining a much-needed spotlight on the incredible contribution unpaid carers make every day. This national campaign raises awareness of caring, highlights the unique challenges carers face, and promotes better support for those who give their time and energy to care for others.

This year, the week also reminds us that behind many closed doors are quiet stories of devotion and strength — stories that deserve recognition and action.

## What Is Carers Week?

Carers Week is an annual campaign driven by a coalition of prominent charities including **Carers UK, Age UK, Motor Neurone Disease Association, Rethink Mental Illness, Oxfam GB**, and others. Each year, the campaign brings individuals, organisations, and communities together to:

- Raise the profile of unpaid carers across the UK
- Improve public understanding of who carers are and what they do
- Advocate for better support, resources, and recognition
- Encourage those who might be caring without support to come forward and access help

It's estimated that there are over 5 million unpaid carers in the UK — people who look after a family member, friend, or neighbour who is ill, disabled, frail, or has mental health or addiction issues.

Many of these carers do not identify as such, and often don't receive the support they need.

## 2025 Theme: Caring About Equality

The 2025 theme, "Caring About Equality," urges society to recognise that caring is not a one-size-fits-all experience. Carers face unequal challenges depending on their financial situation, health, employment, ethnicity, and social connections. Some struggle more than others to access support or balance caring with other responsibilities.

This year's campaign aims to:

- Increase awareness of hidden and marginalised carers
- Advocate for inclusive services that meet the diverse needs of carers
- Empower carers to speak up and seek the support they're entitled to
- Encourage employers, schools, and healthcare providers to be more carer-aware

## The Realities of Caring

Being a carer can be rewarding, but it can also take a toll on one's mental, physical, and emotional wellbeing. Many carers:

- Experience exhaustion and stress
- Feel isolated or cut off from their social networks
- Give up paid work or education to fulfil caring duties
- Face financial strain and limited opportunities for respite

The campaign reminds us that equality starts with visibility—we must listen to carers' voices and remove the barriers

they face, wherever they are.

## How to Get Involved in Carers Week

Whether you're a carer yourself, work in health or social care, or simply want to show support, there are many ways to take part in Carers Week 2025:

- **Check in on carers you know** – A kind word or offer of help can mean a great deal.
- **Raise awareness in your workplace or community** – Host a coffee morning, lunch-and-learn session, or social media campaign.
- **Organise or attend a local event** – From information drop-ins to wellbeing workshops, Carers Week events are happening across the UK.
- **Share your story** – If you're a carer, sharing your experience can help others realise they're not alone.
- **Encourage carers to register** – Many carers don't know they're entitled to support. Encouraging them to connect with local services is a vital first step.

## Support for Carers in North Tyneside

If you're an unpaid carer in North Tyneside, you don't have to navigate the journey alone. Several local organisations offer advice, information, and emotional and practical support:

**North Tyneside Carers' Centre** – Offers carer assessments, one-to-one support, respite options, young carers support, and carers' rights advice. Visit [www.northtynesidecarers.org.uk](http://www.northtynesidecarers.org.uk) or call **0191 643 2298**.

**Living Well North Tyneside** – Our platform provides listings of carer-friendly services, local activities, and health support groups. Browse our Directory for resources tailored to carers.

**North Tyneside Council** – Offers information on carers' assessments, financial support, and respite care services. Visit the Carers Support section for more.

## Final Thoughts: Let's Not Take Care for Granted

Carers Week 2025 is a timely reminder of the invisible labour carried out every day by millions across the UK. It urges us not only to recognise carers but to take action — as individuals, workplaces, and communities — to ensure they are supported, valued, and visible.

If you're a carer, or if someone in your life is providing unpaid care, now is the time to talk, share, and seek support. The work of carers underpins our health and care systems — let's make sure they're never left to carry the load alone.

## Related Links

- [North Tyneside Carers' Centre](#)
- [Carers Support](#)
- [Caring for Someone](#)



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