



Carers Week 2026

Free events for unpaid carers in Bromley

Bromley Well

June 8th - 14th

MONDAY 8TH JUNE

Mutual Carers Summer Lunch

Join us for a "cream tea" lunch, a music quiz plus more...

URC, Widmore Road, Bromley BR1 1RY



11am - 2pm

WEDNESDAY 10TH JUNE

Mental Health Carers: Carers Contingency Planning and the Universal Care Plan

Overview of the new, digital Universal Care Plan (UCP) and how it can help unpaid carers in their caring role. Including how to share emergency planning data with professionals.



10am-12 noon

South East London Mind, 5 Station Road, Orpington, Kent BR6 0RZ

Adult carers: Afternoon tea

Unpaid carers are invited to join us for a few hours to connect, have a good natter and a cream tea!

Community House Cafe, South Street, Bromley BR1 1RH



1pm-4pm

THURSDAY 11TH JUNE

Mental Health Carers: National Trust Walk

Join us for a relaxing and informative walk with the National Trust. A chance to rejuvenate and relax as we explore the beautiful Petts Wood & Hawkwood Estate.



10am - 12pm

FRIDAY 12TH JUNE

Older Carers Garden Party

Visit to St James Primary School, Southborough Lane to join the children for garden party!

Meet at the school



11:30am- 2:30pm

Young Carers Youth Club aged 10+ Red Carpet Celebration

Do not miss this! Special red carpet welcome for young carers as we welcome everyone back to Youth Club for Carers Week!

Bromley Mencap, Rutland House, 44 Masons Hill, Bromley, BR2 9JG



6pm- 8:30pm

Booking

Visit Bromley Well Website for details and how to book your free places
www.bromleywell.org.uk/events