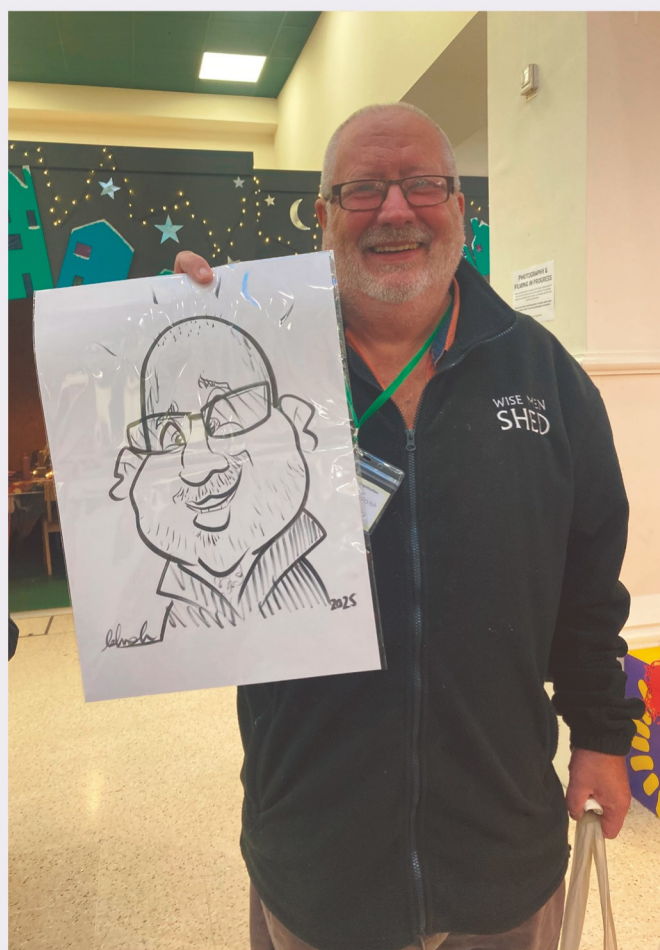


What's on for Carers May - Aug 2026

Carer Support Service Newsletter

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- Hello Carers Spring/Summer Programme May – August 2026
- Carers Corner & News



"I really enjoyed the crafting sessions, it has uplifted me so much and helped reduce my isolation."

Building Carer Friendly Communities



Building Carer Friendly Communities



Welcome to this edition of our Belfast Trust Carer Support Service Newsletter. The focus of this edition and programme is Carers Week. This year's theme of **Building Carer-Friendly Communities** is close to the heart of everything we do in the Carer Support Service. Here we strive to help build and strengthen our community in Belfast.

Our goal is clear: **a society where carers feel valued, recognised, connected, informed and supported**, not only by Health and Social Care services but by the wider community around them. We want carers to feel confident seeking help, taking breaks, accessing information, and knowing that they are not alone.

Thank you for being part of this journey with us. By raising awareness, sharing resources, and working together, we can continue to shape communities where carers are at the centre, not the sidelines.

One simple way to build a carer friendly community is to start conversations about caring.

If you are a carer, let trusted people around you know about your role and what helps. If you work with or alongside carers, take a moment to ask, listen and signpost to support. Small, open conversations can break down barriers and help create understanding and supportive communities for everyone.



A community is more than just a place where people live. It is a network of connections, relationships, shared experiences, and mutual support. Communities thrive when people feel

seen, understood, valued and when everyone has a place. For carers, community can play an even more vital role. Caring can be rewarding, but it can also be isolating, exhausting, and emotionally demanding. A carer friendly community is one that recognises these realities. It is a community where carers are acknowledged, supported, and included.

Across the Belfast Health and Social Care Trust, we recognise the vital role unpaid carers play in supporting family, friends, and neighbours. A carer friendly community is one that understands and values this support and works together to make carers' lives easier. Carers should have access to clear information, good communication, emotional support, and chances to take short breaks and look after their wellbeing. Most importantly, carers should feel seen, respected, and included.

Within the Carer Support Service, we are committed to improving carer awareness across all services. We work alongside carers, involve them in decisions, promote training, and support options, and help staff recognise the knowledge carers bring. Our aim is to ensure carers know where to get help and feel confident asking for it.

Building a carer friendly community is a shared effort. Health and social care staff, community and voluntary groups, councils, employers, schools, faith groups, neighbours, and families all have a role. By working together, we can create communities where carers are supported and able to thrive.

Hello Carers Monthly Activity Programme: May 2026

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Self Care Tip - “I will stretch my shoulders and neck for 2 minutes while the kettle boils once a day for the next week”</p> 				<p>1st North Belfast Carer Support Café 2 - 3.30pm Belfast Recovery College</p>
<p>5th Choir 10.30 - 12.30pm Ekenhead Memorial Halls North Belfast</p>	<p>6th Air fryer Cooking Course 2 - 4pm Finaghy Community Centre</p>	<p>7th Walking Group 10.30 - 11.30am Ormeau Park</p>	<p>8th Music Café 11 - 12:30pm 2 Royal Avenue</p>	
<p>11th Yoga 10.30 - 11.30am Online</p> <p>East Belfast Carer Support Café 2-3.30pm Arches Health & Wellbeing Centre</p>	<p>12th Choir 10.30 - 12.30pm Ekenhead Memorial Halls North Belfast</p> <p>Wellbeing Session with Ulster Wildlife 7 - 8:30pm Bog Meadows</p>	<p>13th Air fryer Cooking Course 2 - 4pm Finaghy Community Centre</p> 	<p>15th Information Session: Aware NI 11 - 12pm Online</p>	
<p>18th Yoga 10.30 - 11.30am Online</p> <p>West Belfast Carer Support Cafe 1 - 2pm Foodstock Andersonstown Road</p>	<p>19th Choir 10.30 - 12.30pm Ekenhead Memorial Halls North Belfast</p>	<p>20th South Belfast Carer Support Café 11am - 12pm Agape Lisburn Road</p>		
<p>26th Choir 10.30 - 12.30pm Ekenhead Memorial Halls North Belfast</p> 	<p>27th Air fryer Cooking Course 2 - 4pm Finaghy Community Centre</p>	<p>28th Gardening with Belfast City Council - Hanging Basket / Window Box Workshop 1.30 - 3pm Ravenhill Bowling Pavilion</p>	<p>29th Coffee Morning 10.30 - 12pm 2 Royal Avenue</p>	

Hello Carers Monthly Activity Programme: June 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1st Yoga 10.30-11.30am Online East Belfast Carer Support Café 2-3.30pm Arches Health & Wellbeing Centre	2nd Choir 10.30 - 12.30pm Ekenhead Memorial Halls North Belfast	3rd Walking Group 10.30 - 11.30am Waterworks Air fryer Cooking Course 2-4pm Finaghy Community Centre	4th	5th North Belfast Carer Support Café 2 - 3.30pm Belfast Recovery College Music Café 11 - 12.30pm 2 Royal Avenue	6th	7th
8th Carers Week Launch Event 10-1pm The MAC Yoga 10.30 - 11.30am Online	9th Choir 10.30 - 12.30pm Ekenhead Memorial Halls Wellbeing Session with Ulster Wildlife 7 - 8.30pm Bog Meadows	10th Belfast City Sightseeing Bus Tour/ Treasure Hunt 11am - 1pm City Centre Thanksgiving and Celebration Evening 7 - 8:30pm Knockbracken Hall	11th Belfast Tool Library (Woodwork) 10 - 1pm Shankill Misson Building Information Session: Carers Rights 7 - 8pm Online	12th Cultural Event 1:30 - 3:30pm Chinese Welfare Association Stranmillis Embankment Carers Quiz 7 - 10pm The Duncairn Centre for Arts and Culture	13th Craft with Ciaran 11 - 2pm 2 Royal avenue	14th Release and relax Yoga with Colette 1 - 2:30pm Belvoir Activity Centre
15th Yoga 10.30 - 11.30am Online	16th Drumalis Carer Retreat Day Choir 10.30 - 12.30pm Ekenhead Memorial Halls	17th Self Care Tip - "Breathe in for 5, Breathe out for 5"	18th	19th	20th	21st
22th Yoga 10.30 - 11.30am Online	23rd Choir 10.30 - 12.30pm Ekenhead Memorial Halls	24th South Belfast Carer Support Café 11am - 12pm Agape, Lisburn Road	25th Gardening with Belfast City Council - Softwood cuttings 1.30 - 3pm Ravenhill Bowling Pavilion	26th Coffee Morning 10.30 - 12pm 2 Royal Avenue		
29th Yoga 10.30 - 11.30am Online West Belfast Carer Support Café 1-2pm Foodstock Anderstown	30th Choir 10.30 - 12.30pm Ekenhead Memorial Halls Cave Hill Conservation Campaign - Guided Walk 11 - 12pm Belfast Castle					

Hello Carers Monthly Activity Programme: July 2026

Monday	Tuesday	Wednesday	Thursday	Friday
<p>6th East Belfast Carer Support Café 2 - 3.30pm Arches Health & Wellbeing Centre</p> 	<p>Self Care Tip - "Small goals are more attainable than big ones"</p>	<p>1st Walking Group 10.30 - 11.30am Ormeau Park</p>	<p>2nd</p>	<p>3rd North Belfast Carer Support Café 2 - 3.30pm Belfast Recovery College</p>
<p>6th East Belfast Carer Support Café 2 - 3.30pm Arches Health & Wellbeing Centre</p>	<p>7th Mood Matters for Adults: Aware NI 1:30 - 3:30pm Duncairn Gardens</p>	<p>8th Wellbeing Walk & History Tour 10:30 - 12pm Ulster Folk Museum</p>	<p>9th Creative Crafts 10:30am - 12:30pm Inverary Community Centre Photography 1.30 - 3.30pm Ravenhill Bowling Pavilion</p>	<p>10th Music Café 11 - 12:30pm TBC</p> 
<p>20th Yoga 10.30 - 11.30am Online</p>	<p>14th</p>	<p>15th South Belfast Carer Support Café 11am - 12pm Lisburn Road, Agape</p>	<p>16th Creative Crafts 10:30am - 12:30pm Inverary Community Centre</p>	<p>30th Coffee Morning 10.30 - 12pm City Hall, The Bobbin</p>
<p>27th Yoga 10.30 - 11.30am Online West Belfast Carer Support Café 1 - 2pm Foodstock Andersonstown Road</p>	<p>21st Wellbeing Session with Ulster Wildlife 7 - 8.30pm, Bog Meadows</p>	<p>22nd Information Session: First Aid Training British Red Cross 10:30-12:30 Inverary Community Centre</p>	<p>23rd Creative Crafts 10:30am - 12:30pm Inverary Community Centre</p>	<p>30th Gardening with Belfast City Council - Wander through the meadows 1.30 - 3pm Ravenhill Bowling Pavilion</p> 
<p>28th Cave Hill Conservation Campaign Guided Foraging/History Walk 11 - 12pm Belfast Castle</p>	<p>28th Cave Hill Conservation Campaign Guided Foraging/History Walk 11 - 12pm Belfast Castle</p>		<p>30th Gardening with Belfast City Council - Wander through the meadows 1.30 - 3pm Ravenhill Bowling Pavilion</p>	<p>30th Coffee Morning 10.30 - 12pm City Hall, The Bobbin</p>

Hello Carers Monthly Activity Programme: August 2026

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3rd East Belfast Carer Support Café 2 - 3.30pm Arches Health & Wellbeing Centre</p>	 <p>11th Wellbeing Session with Ulster Wildlife 7-8.30pm Bog Meadows</p>	<p>5th Walking Group 10.30 - 11.30am Waterworks</p>	<p>6th Information Session: Personal Safety with PSNI Personal Safety with Belfast City Council 11 - 12:30pm Duncairn Community Centre</p>	<p>7th North Belfast Carer Support Café 2 - 3.30pm Belfast Recovery College</p>
<p>10th Yoga 10.30 - 11.30am Online</p>	<p>12th Post Caring Coffee Morning 10:30 - 12pm Cregagh Library</p>	<p>13th Photography 1.30 - 3.30pm Ravenhill Bowling Pavilion</p>	<p>14th Music Café 11 - 12:30pm TBC</p>	
<p>17th Yoga 10.30 - 11.30am Online</p>	 <p>19th South Belfast Carer Support Café 11am - 12pm Agape Lisburn Road</p>	<p>20th Wellbeing walk and history tour 10:30 - 12:30 Ulster Folk Museum</p>	<p>21st “Listen to one favorite song, or spend five minutes cloud-watching”</p>	
<p>24th Yoga 10.30 - 11.30am Online West Belfast Carer Support Café 1-2pm Foodstock Andersonstown Road,</p>	 <p>25th Cave Hill Conservation Campaign Guided Foraging/History Walk 1-12pm Belfast Castle</p>	<p>27th Drumalis Carer Retreat Day Gardening with Belfast City Council - Plant cuttings 1.30 - 3pm Ravenhill Bowling Pavilion</p>	<p>28th Coffee Morning 10.30 - 12pm City Hall, The Bobbin</p>	

Some of these activities have limited places and so you will be notified whether a place has been allocated to you,

To Sign up to Sessions: [Email: CarerSuppSvc@belfasttrust.hscni.net](mailto:CarerSuppSvc@belfasttrust.hscni.net) Or Call: 028 9504 2126

Carers Week 8th-14th June



8-14
June
2026

YOU'RE
INVITED

To mark the start of Carers week this June, we are delighted to host a special launch event celebrating this year's theme: **"Building Carer Friendly Communities"**. The event will take place on the 8th June at **THE MAC** in Belfast.

Guests will enjoy lunch, a few surprises along the way, and the opportunity to explore and connect with other carers. There will also be time to discover the delights of The MAC and take in the exhibits on display, creating a relaxed space to explore, connect, and celebrate together.



Thanksgiving and Celebration

The Carer Support Service warmly invites you to an evening of thanksgiving and celebration in recognition of carers.

This special evening will offer a space for reflection, gratitude, and connection. It is an opportunity to come together, pause and celebrate the compassion, strength, and dedication of those who care for others.

We are delighted that the Carers Choir will be joining us to share beautiful singing and performances as part of the evening.

Join us on the **10th June at 7pm in Knockbracken Hall** for what will be a meaningful and uplifting occasion.

This is an inclusive event and we extend the hand of friendship to the diverse community of Belfast to celebrate carers together on this special occasion.

Quiz Night for Carers – Join the Craic this Carers Week!



As part of Carers Week, we are inviting carers to take a well-deserved break and join us for a fun and friendly Quiz Night on 12th June. It promises to be a great evening of laughter, a bit of healthy competition, and plenty of craic along the way.

Whether you are a quiz champion or just in it for the laughs, everyone is welcome. Come along, meet other carers, share a few stories, test your trivia knowledge, and enjoy a light-hearted evening together.

After all, building carer-friendly communities isn't just about services and support. It is also about creating opportunities for carers to connect, unwind, and have a bit of fun.

We hope you will join us for a fantastic night!



Friday 12th June at 7-10pm
**The Duncairn Centre for Arts
and Culture**



Belfast Sightseeing Treasure Hunt

For something, a little different this Carers Week, we're offering a Belfast Sightseeing Bus tour with a twist. Join us for a tour around the city while taking part in a fun treasure hunt along the way.

As you travel through Belfast, you'll hear about the city's rich history while searching for clues. It might get a little competitive, but it's all part of the fun!

Come along, enjoy the sights, and see if you can solve all the clues in our Belfast treasure hunt.

10th June 10:30-12:30
Donegal Square West

CARERS CORNER AND NEWS

The Vital Role of the Community and Voluntary Sector in Building Carer Friendly Communities

The community and voluntary sector is essential in creating carer friendly communities. Local charities and groups across the Belfast Trust area provide trusted spaces where carers can access information, reassurance, and practical support.

Through peer groups, respite, advice and wellbeing programmes, these organisations reduce isolation and strengthen resilience. Their close links with local communities help them respond flexibly and identify hidden carers who may not know how to access support.



Celebrating Our Crafting Community

Over the past number of years, our Carer Craft Community has grown into something truly special. A warm, creative space where carers come together to chat, unwind, learn new skills, and express themselves through art.



On the 13th June, we are excited once again to host a special craft session as part of our Carers Week celebrations. Carers will have the opportunity to take part in a relaxed, hands-on workshop supported by our fantastic craft facilitator, Ciaran.

We are also delighted to highlight two beautiful collaborative artworks created by carers in previous Carers Week sessions. These pieces reflect much more than artistic skill, they capture the sense of connection, community, and shared strength that continues to grow within our craft group.

Community and Health Events

Our staff have been busy attending a range of health and community fairs across Belfast, continuing our commitment to building more carer-friendly communities. These events are always a great opportunity to see the incredible range of support available for carers, while also allowing our team to connect with other agencies and promote the services we offer. We also make a point of sharing details of helpful events with our Carers Register, ensuring carers are kept informed about opportunities, support and activities that may benefit them. Some of the recent events have included Policing and Community Safety Partnership, Jobs and Benefits, Recovery College, Cancer Lifeline and Queens University.



Our wonderful psychology intern, Shannon, will be finishing her placement with the Carer Support Service in May. Since joining us in September, she has become an invaluable part of our team.

Shannon, thank you for your work, positivity, and dedication over the past months. We are truly sad to see you go, but so grateful for everything you have contributed.

On behalf of the entire Carer Support Service, we wish you every success in the future - you will be greatly missed.

