

CARERS WEEK 2026

8th - 12th JUNE

10 am - 1 pm

Monday – Haverfordwest Mind

Digital Workshop

**Friendly support with phones, tablets, apps, emails,
online forms and more!**

Tuesday – Haverfordwest Mind

Scam Awareness

**Helping carers gain confidence with understanding
how to spot a scam!**

Wednesday – Haverfordwest Mind

Carers Quiz, Tea & Chat

**An interactive carers awareness session alongside
tea, chat and message in the bottle scheme!**

Thursday – Pembroke Dock Mind

Digital Workshop

**Digital support and inclusion session for unpaid
carers!**

Friday – Haverfordwest Mind

Carers Rights & Form Filling

**Help with understanding your rights, filling forms
and pick up an unpaid carers mental health pack!**

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Join us at Mind during Carers Week 2026 for a welcoming week of digital support, scam awareness, activities, tea & chat, and conversations focused on making unpaid carers feel more connected, included and visible within the community.

Throughout the week, we will be offering friendly support with phones, tablets, emails, apps, online forms and applications, alongside helping carers build confidence with technology and access online services safely.

There will also be opportunities to meet others, enjoy a chat and take part in a fun and interactive carers awareness quiz exploring carers' rights, support and helping make carers more visible and understood. Whether you are a carer yourself, support someone else, or would simply like more information, everyone is welcome.

For more information contact
our carers co-ordinator, Annique
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