

## Bristol Mental Health Carers events – Carers Week 2025

---

### Carers Week events

#### Bring and Share lunch with relaxing activities

Saturday 7<sup>th</sup> June 12.30pm – 2.30pm

Venue: Central Quaker Meeting House, Champion Square BS2

Description: Bring and Share lunch for carers with Relaxing activities, raffle and information tables.

Book here [www.eventbrite.co.uk/e/sharing-lunch-with-rethink-carers-service-tickets](http://www.eventbrite.co.uk/e/sharing-lunch-with-rethink-carers-service-tickets)

Contact: [bristolcarers@rethink.org](mailto:bristolcarers@rethink.org) 0117 9031803

---

#### Carers Support Centre Day

Monday 11<sup>th</sup> June 10 am – 2 at BAWA

Info and [Book here](#)

---

#### Second Step Carers awareness event and Drop in.

Tuesday 10<sup>th</sup> June from 11am – 1pm

Pop by for coffee, pastries and a friendly chat to celebrate Carers week between 10am and 12 midday at Second Step, 162 Pennywell road , Bristol BS5 0TX.

Learn about support and local resources for families, friends and carers. Everyone welcome.

Contact Suzanne on 0785 5012149 for more details.

---

#### Walk & Talk for unpaid carers with Carer's Support

June 10 @ 11:00 am – 12:30 pm

Join Carers Support for a Walk & Talk session as part of the Festival of Nature – a gentle, friendly group walk for unpaid carers to enjoy fresh air, connect with others, and explore the rich nature at the riverside. Led by a supportive team member, the walk offers time to chat, unwind, and whether you're looking for a break, advice, or just a listening ear, this relaxed walk is a great place to start. The walk will start at Eastwood Road Playground, Eastwood Road, BS4 4RR. It is not a challenging walk and the pace will be adjusted to match the participants. Unfortunately, the walk is not wheelchair accessible. To book, please email [walks@carersbsg.org.uk](mailto:walks@carersbsg.org.uk)

---

#### Human Library at Callington Rd hospital

Date Thursday 12<sup>th</sup> June Time 12 – 3pm

The Coppice, Callington Rd Hospital, BS4 5BJ

Living libraries are an activity that put people together who might not normally have the opportunity to talk to each other. The idea is that the Human Book has the knowledge and information while the Reader has the opportunity to ask their chosen 'book' questions and find out information. The information seeking activity takes the form of a conversation. The emphasis is on open communication and a sharing of knowledge. Everyone welcome.

Please Contact Marcella Maloney (Carer involvement Coordinator) for further details on 07719410362 or [marcella.maloney@nhs.net](mailto:marcella.maloney@nhs.net)

---

#### Nature walk in the city

Thursday 12<sup>th</sup> June 4pm – 5.30pm

Speedwell Centre, AWP Central and East Recovery Team, Whitefield Rd BS5 7TJ

Any carers wanting to attend can meet us at our office in Speedwell between 4pm and 4.30 to say hello and have a drink. Then at 4.30 we will go for an hour walk over the viaduct and through

---

---

Greenbank Cemetery before returning to Speedwell. There will be an invitation to participate in a mindfulness exercise as part of the walk as well. Please book so we can update you if necessary:  
[www.eventbrite.co.uk/e/a-nature-walk-in-the-city-tickets-1365230313619?aff=oddtcreator](http://www.eventbrite.co.uk/e/a-nature-walk-in-the-city-tickets-1365230313619?aff=oddtcreator)

Contact Maisy on 0117 9556098  
or email [awp.centralandeastbristol.serviceusersandcare@nhs.net](mailto:awp.centralandeastbristol.serviceusersandcare@nhs.net)

---

See more events here here: [Home](#) | [Carers Week](#)