CARERS RIGHTS DAY 2026

Support Groups

Finding peer support as an unpaid carer

For unpaid carers who would like to talk to someone who understands or try a local or online group.

Choose what would help now

You might want a quiet space to listen, a conversation with another carer or practical signposting. A short online session or a drop-in may be easier if your caring arrangements change from week to week.

Find out how the group works

Ask who runs it, what it costs, who it is for and how the group handles confidentiality. Ask whether you can attend without speaking, keep your camera off online or leave early if you need to.

Share only what you choose

You can talk about how caring affects you while keeping the other person’s identifying details private. For individual advice on benefits, care or assessments, ask the organiser to point you to the relevant service.

WORDS YOU CAN USE

“I support someone regularly and would like to try a group. Can I join for part of the first session and listen before deciding whether I want to speak?”

WHERE TO GO NEXT

Carers UK · Support where you live

Carers UK · Carers Connect forum for adults