



Carers Week Events

8th - 14th June 2026



Monday

Aromatherapy Workshop

10am - 12pm

Stirling Carers Centre

Walking Group

10.30am - 12pm

King's Park, Stirling

Tuesday

Information Day

10am - 2pm

Bannockburn & Eastern Villages Community Hub

Rural Carers' Voice

10.30am - 12pm

Online via Zoom

Urban Carers' Voice

6pm - 8pm

Stirling Carers Centre

Wednesday

Rural Yoga Session

9.30am - 10.30am

Killlearn Village Hall

Killlearn Group Art Workshop

12pm - 2pm

Killlearn Village Hall

Mad Hatter's Tea Party

1.30pm - 3.30pm

Braehead Community Garden

Parent Carers: Multisport session

4.30pm - 5.30pm

The Peak, Stirling

Thursday

Self-Directed Support Forth Valley: Carer's Pathway Presentation

10am - 11.30am

Stirling Carers Centre

Stirling Sunshine Singers

11am - 12.30pm

Stirling Albert Halls

Gardening Group

11am - 12pm

Braehead Community Garden

Bannockburn Heritage Centre Tour

with light lunch at King Robert Hotel

1.30pm - 5pm

Bannockburn

Parent Carers: Jump 'n' Joy

5.30pm - 7.30pm

Tullibody

Friday

Rural Yoga Session

9.30am - 10.30am

Killlearn Village Hall

Chair Yoga

1.30pm - 3pm

Riverside Bowling Club

Rural Carers Catch Up

2pm - 3.30pm

Trust Housing, Callander

Stirling Ghost Walk

8pm - 9.15pm

Stirling Town

All Week

FREE Leisure Centre Access

- The Peak, Stirling
- McLaren Leisure Centre, Callander
- Balfron Campus Sports Complex, Balfron



Helping to build carer friendly communities

Join in our Carers Week celebrations

Every June, Carers Week shines a light on the millions of people who provide unpaid care to friends, family members and loved ones.

During Carers Week, we've got a full programme of events to help you take a break, try something new and find out more about the support available.

Aromatherapy Workshop

Join Elaina, our complementary therapist, for a relaxing session exploring essential oils and how they can be used in everyday life.

Walking Group

Start the week with a gentle two-mile walk around Stirling Golf Club and King's Park. Please note that the route may not be suitable for those with limited mobility.

Yoga & Chair Yoga Sessions

Take a moment for yourself at our rural yoga sessions with Endrick Yoga. Friday's chair yoga session is adapted designed for those who prefer a gentler pace or have limited mobility.

Information Day

Drop in to meet and chat with local support organisations, including Clackmannanshire & Stirling Health and Social Care Partnership, Action in Mind, Stirling Citizens Advice Bureau, Town Break, Self-Directed Support Forth Valley and others.

Carers' Voice

If you are interested in improving support for carers, Carers' Voice offers an opportunity to get involved, share your experiences and help shape local and national services.

Killearn Art Workshop

Try your hand at acrylic painting with artist Tessa McGinness. Open to Carers living in the rural Stirling area.

Mad Hatter's Tea Party

Join us in the Carers' Garden for a whimsical afternoon tea and enjoy a selection of Carers Week treats.

Parent Carers Group

Inclusive events for Parent Carers of a child aged 16 or under and their families.

Multisport Session

Delivered in partnership with The Peak, this session provides a fun and supported environment for children to stay active and burn off energy.

Jump 'n' Joy

Enjoy exclusive access to Jump 'n' Joy trampoline park, with space to relax and have fun together.

Self-Directed Support Forth Valley: Carer's Pathway Presentation

Find out more about the legislation that supports you as a Carer and learn how to access support, including eligibility for funding towards a break from caring.

Stirling Sunshine Singers

Come along to our joyful dementia-inclusive singing group for an hour of uplifting, familiar songs led by Jo Miller.

Gardening Group

Spend time at Braehead Community Garden enjoying the fresh air, good chats and maybe a visit from the resident chickens!

Bannockburn Heritage Centre Tour

Enjoy a light lunch at the King Robert Hotel followed by a visit to Bannockburn Heritage Centre to see local history brought to life!

Rural Carers Catch Up

Our monthly rural group meets in Callander at Trust Housing for a chat and a cuppa.

Stirling Ghost Walk

We're finishing the week with a trip into Stirling's darker past on a ghost walk around the old town. Are you brave enough to join us?!

FREE Leisure Centre Access

Thanks to Active Stirling, Bellrock and McLaren Leisure, we're delighted to be able to offer free access to leisure facilities for Carers throughout Carers Week. Facilities vary by venue. Contact the Centre or visit our website for full details and to request an access letter.



For more details and booking visit stirlingcarers.org.uk/CarersWeek or call **01786 447003**