



Carers'
Information
& Support
Service

CISS NEWSLETTER SPRING 2026

Carers Week

From Monday 8 June to Sunday 14 June, is Carers Week, this year focusing on the theme "**Building Carer Friendly Communities**" to raise awareness, highlight challenges, and secure better support for unpaid carers across the UK.

Key Details for Carers Week 2026:

- Theme: "Building Carer Friendly Communities" focuses on ensuring workplaces, services, and communities recognize and value carers, helping them avoid isolation and access support.
- Significance: With 5.8 million people in the UK providing unpaid care, the week highlights the need for support, especially for those facing financial or health challenges.
- Get Involved: Individuals and organizations are encouraged to plan events, download resources from the [Carers Week website](#) and raise awareness online.

The CISS team will be out and about in the community during Carers week, attending Drop in sessions and meeting our Carers Champions



During Carers Week, CISS will be again hosting a large **Market Place Event at the Guildhall, Tuesday 9th June 2025 10am- 2pm** where professionals from many different services will be available to speak to carers about any aspect of caring.

These professionals will be available to offer information, advice and support on the services they provide at the event. Come along and meet the CISS team.

If you are a service or organisation and wish to book a free stall at this event - please contact CISS at chcp.carersinfo@nhs.net or 01482 222220



Carers Market Place Event

Information & Advice to support your caring role from a host of services and organisations.

Tuesday 9th June, 11am-2pm

The Guildhall, 77 Lowgate Hull
HU1 2AA



Memory Assessment

Are you caring for someone who is waiting for a Memory assessment?

The Alzheimer's Society have produced a While you Wait leaflet with advice and contacts to support you during the time.

Visit the Alzheimer's society: www.alzheimers.org.uk search Memory assessment

Hull Churches Home from Hospital



Carers Support Service Supporting You in Your Caring Role, Our Carers Support Service provides practical and emotional support, along with clear information, to people who care for someone else—such as a family member, friend, or neighbour. hchfh.org.uk/carers-support/

Are you a Veteran or served in the forces

Who counts as a veteran?

You are a veteran if you have served in the UK armed forces for at least 1 day.

Non-mobilised reservists are also regarded as veterans

Register with a GP surgery and tell them you served in the UK armed forces Veterans need to inform their GP that they have served in the forces. The GP surgery can then update their records to reflect this.

More information can be found via the following link

[Support for veterans, service leavers, and non-mobilised reservists - NHS](#)

Hull 4 Heroes

Hull 4 Heroes is dedicated to supporting the Armed Forces Community with any support they need as well as advice and social opportunities. Whether you're a veteran, serving personnel, or a family member, we're here for you every step of the way.

We have coffee mornings across Hull and the East Riding every week which are open to all veterans, serving personnel and members of the armed forces community! We have a dedicated support team who can support with housing, employment, wellbeing and so much more.

Looking to get involved and help fundraise for Hull 4 Heroes, take a look at some of our events!

hull4heroes.org.uk/

CHCP Volunteers

Volunteer week 1st June – 7th June

Volunteer fair at Calvert Health Centre hosted by Volunteer Hub at the Calvert Centre on Wednesday 3rd June - 10am - 2pm

Are you interested in Volunteering ?

We have a range of exciting volunteer roles across many of our services including Group Supporter Roles, Befriender, Meet and Greet, Administration, Allotments, Urgent Care and more.....

Our roles are continually updated, and you can view and apply for our roles online by following this link- chcp.goassemble.com

If you would like to speak to a member of the Volunteer Hub Team regarding our volunteer opportunities you can contact us on Tel:01482 344057 or email chcp.volunteerhub@nhs.net



CISS Social Media

Regular updates on all CISS information and activities are available on our CISS social media pages or on our website. We regularly update on carer related information, advice and support.

This is also an easy way to keep informed about developments in services and support in the Hull, and any help with issues carers face every day.

Follow CISS on our Facebook page. facebook.com/cisshull

Website link to be added here - chcpic.org.uk/chcp-services/carers/pages/about-ciss

Contact the CISS Team on 01482 222220 or Chcp.carersinfo@nhs.net to find out more.

Looking for free activities with your family

Follow the link below for further information

[Free Things to Do in Hull | Museums, Galleries, Parks & Trails events](#)

Holy Name Social Hub

The Holy Name Social Hub is run by experienced health and care professionals as part of the CHCP family of services, offering high quality day activities in a friendly and inclusive space for people aged 18 and over.

Our friendly team of health and social care staff are dedicated to helping you stay active, connected and independent in a safe and welcoming environment.

To find out more visit: chcpic.org.uk/chcp-services/holy-name-social-hub

