

Care Workers Charity are inviting you to take part in **CupOfCare - A Moment That Matters**, a wellbeing event being hosted by The Care Workers' Charity in partnership with *JDE Coffee*.

What is CupOfCare?

- On **17 November 2025**, we're encouraging teams across the UK to pause and share a cup of coffee (or tea) together and open up with meaningful conversations with one another.
- It's a simple but powerful gesture: encouraging colleagues to take a moment, listen, share, and support each other.
- *JDE Coffee* will provide **free coffee packs** to the first teams to register via our website (while stocks last) to help make the day extra special.

Why take part?

- **Promotes mental health and wellbeing in care** - our sector often faces high stress, burnout, and emotional load. This event is a gentle reminder that a problem shared is a problem cared.
- **Team building & connection** - it gives staff a structured, supported moment to step out of the day-to-day rush and truly connect.
- **Visibility and awareness** - by participating, your organisation is publicly showing support for staff mental health in care.
- **Fundraising and advocacy** - you can run mini-fundraisers (coffee sales, bake sales, quizzes) and, we hope that you will donate the price of a cup of coffee to The Care Workers' Charity to help fund the wider support they offer to care workers.

How to get involved (easy steps)

1. **Register** your team by 7 November to receive a free coffee pack (while stocks last).
2. Use the **downloadable materials** (posters, digital assets, email signature) to promote the day to others.
3. On 17 November: schedule a time, pour drinks, invite people to talk.
4. Run the fundraising element (e.g. "Pay It Forward" coffee donations, bake sale or just send the price of a cup of coffee to us using this [link](#)).
5. Share your photos and stories on social media with **#CupOfCare**.

REGISTER HERE: [Cup Of Care - A Moment That Matters](#)

Your involvement will help us raise vital funds to support care workers in hardship and, we hope you'll consider being a part of this day of connection and care.



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13.4 THOUSAND
care workers with over

**£6.6 MILLION IN
GRANTS AND SUPPORT**

Support us to help even more
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