

Join unpaid carers at BBC Radio Scotland's live programme for BBC Caring Matters Week May 2026

Carers Trust Scotland has shared an exciting opportunity from **BBC Radio Scotland**, who are offering unpaid carers across Scotland the chance to take part in a live programme as part of the launch of **BBC Caring Matters Week**, which begins on May 23rd. The broadcast will take place on **Tuesday 26th May in Glasgow**, and you can join either **in person or remotely**.

The programme will explore topics such as:

- What life is like as an unpaid carer in Scotland
- The challenges and rewards of caring
- Balancing caring with work or education
- Accessing support

There will also be a dedicated financial advice segment for unpaid carers.

The broadcast will be **fully live** and include a mixture of live phone-ins and audience participation.

Event details:

- Programme: *BBC Radio Scotland Mornings*, hosted by Connie McLaughlin
- Date: Tuesday 26th May
- Time: 10am – 12pm
- Where: BBC Scotland, Pacific Quay, Glasgow (or join live remotely)

Additional information:

- You can attend in person or contribute live remotely via phone or video call
- You are not required to stay for the full programme; partial attendance is allowed
- You are welcome to bring your cared for person to join the conversation if it feels appropriate
- Anyone speaking on air will be contacted beforehand by the BBC team as part of their duty of care

The BBC aims to include a diverse range of caring experiences from across Scotland. Spaces in the live audience are limited to around 50 people, and **places are not guaranteed**.

Audience members attending in person will need to **arrive for 9am** and the BBC will need **confirmation** of attendance by **Monday 18th May**. The Aberdeenshire Carers Team **will cover travel and accommodation costs** and help with arrangements for the event.

If you are interested, please contact Kirsty Jackson, Aberdeenshire Carers Service Manager, by email at kirsty.jackson@vsa.org.uk or by phone on **07386 661655**.