



**“No one gets why  
my homework’s  
sometimes late.**

**I wish they knew what  
it’s really like to be a carer.”**

Unpaid carers can feel invisible to even the people closest to them. To make sure they are recognised and supported it’s vital we’re putting carers on the map...



Visit [carersweek.org](https://carersweek.org) to find out more and to get involved





**“No one understands  
when I need take time  
out to care for dad.**

**But he wouldn't be able to cope  
without me being there for him.”**

Unpaid carers often provide a life-line for those they care for. To make sure they are recognised and supported it's vital we're putting carers on the map...



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**“No one knows just how much a break would help us both.**

**I can't give him my best when I struggle to take care of myself.”**

Unpaid carers may not know who to turn to for support and information. To make sure they are recognised and supported it's vital we're putting carers on the map...

Carers UK is a charity registered in England & Wales (246329) & Scotland (SC039307).  
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**“I really love my daughter,  
but no one gets just how  
overwhelming it can feel.**

**I wish they knew what  
it’s really like to be a carer.”**

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