



**“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. That’s why we want to make sure carers are recognised and supported in their communities.

Carers UK is a charity registered in England & Wales (246329) & Scotland (SC039307).
A company limited by guarantee 864097. Registered office 20 Great Dover Street, London SE1 4LX.



Visit 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. That's why we
want to make sure carers are recognised
and supported in their communities.



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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. That's why we want to make sure carers are recognised and supported in their communities.

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**“I really love my daughter,
but no one gets just how
overwhelming it can feel.**

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it’s really like to be a carer.”**

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