

Make caring  
**Visible, Valued**  
and **Supported**



**“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 must make caring Visible, Valued and Supported.



Visit **carersweek.org** to find  
out more and to get involved



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**“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 must make caring Visible, Valued and Supported.



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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 must make caring Visible, Valued and Supported.



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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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