



**Today we took
our daughter to
the cinema.**

**Tomorrow we'll
take her to see
her social worker.**

**Every day
I am a carer.**



**Looking after someone?
Find out about the help
and support available at
carersweek.org**

Headline supporter





**Today I helped
my brother take
his medicine.**

**Tomorrow my
exams will start.**

**Every day
I am a carer.**

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**Today I had
lunch with
my husband.**

**Tomorrow I'll
remind him
to eat.**

**Every day
I am a carer.**



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