Did you know this week is Carers Week?

Tuesday 13 June, 2017

Happy Carers Week

Did you know this week is Carers Week?

Carers Week is an annual campaign to raise awareness of caring, highlight the challenges carers face and recognise the contribution they make to families and communities throughout the UK.

Did you know that the unpaid care provided by the UK's carers has been estimated to be worth £132 billion a year. And that, more than 7 in 10 (74%) of the UK public feel carers are not sufficiently valued by society for the support they provide and this figure rises to just over eight in ten (83%) of those who have previous experience of caring themselves.

These stats come from a new report published today for carers week. You can find out more about it here. You can also get more ideas about getting involved.

The Carers Hub is part of a consortium that Age UK Lambeth leads, and is the work of Help for Carers and Lambeth Mencap.

We know that being a carer can be enormously satisfying. But it can also be hard work. It can overwhelm our lives: so much so that it can be difficult to find time for yourself. Or to get the support you need. If you need support, want to join a social group or just want some good information and advice, why not give the hotline a call on 0207 095 5720 during office hours? Our Advisors can tell you what support is on offer for Carers.

If you are looking for things to do and new people to meet then why not think about joining our new service, MYsocial. We have a great (and getting bigger all the time) calendar of events that might appeal to you. And, coming soon, we will have a range of deals from businesses around the borough so you can save money too!

And as a special thank you, we are offering you FREE one-year membership of MYsocial. All you have to do to register is click here!
Whatever you do, if you are a carer, make sure you get the help and support that is there for you. And take advantage of opportunities to meet others too!

With all best wishes this Carers Week

Graham Gardiner

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Company Contact:

Age UK Lambeth

T. 03333603700
E. jess@ageuklambeth.org
W. https://www.ageuk.org.uk/lambeth/

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