



**“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, we need equality for carers.

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](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, we need equality for carers.



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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, we need equality for carers.

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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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