



6-12 June 2022

Carers Week is an annual awareness campaign to celebrate and recognise the vital contribution made by some 6.5 million unpaid carers across the UK.

The theme of this year's Carers Week is:
Making caring Visible, Valued and Supported.

Who is a carer?

"A carer is anyone, including children and adults who looks after a family member, partner or friend who needs help because of their illness, frailty, disability, a mental health problem or an addiction and cannot cope without their support. The care they give is unpaid." - Definition from NHS England

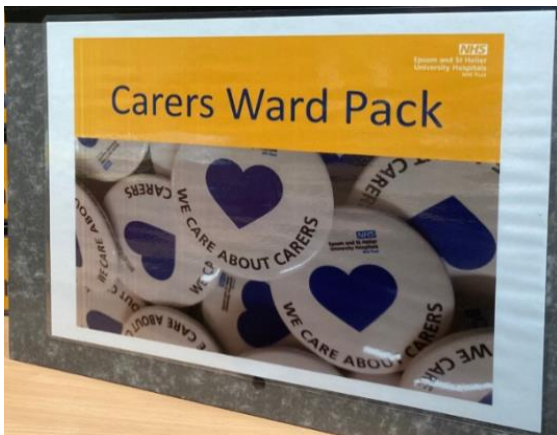
Washing them. And their laundry. And their dishes. Keeping appointments. And records. And tempers. Giving medicine. And time. And hugs. Filling forms. And fridges. And silences. Dealing with doctors. And nurses. And pharmacists. And social workers. And benefits agencies. And care workers. And a lack of sleep.....



Support for unpaid carers in our hospitals and community care settings
If you are an unpaid carer of a patient in our care, or have an unpaid carer, do let the staff know so that they can support you.

Carers Ward Packs

Placed in all inpatient wards, these box files contain a wealth of useful information.



Information for carers boards

You'll find these in all the major corridors in our hospitals.



We also have a Carers Forum, to give unpaid carers a voice in the shaping of our services.
For more information, email esth.patientexperienceteam@nhs.net

Support for unpaid carers in the local community

If you have just taken on an unpaid caring role, or someone has just started to help you as your unpaid carer, the external organisations below can offer you support and advice.



www.actionforcarers.org.uk



www.suttoncarerscentre.org



www.csmerton.org

Don't wait until a crisis before reaching out for help. Register with your local carer organisation today to find out about all the services they offer.