



## 30,000 unpaid carers in South Tees

Most of us will care for someone at some point in our lives



An unpaid carer is someone who supports a family member or friend who is ill, disabled, older, or needs help with mental health or addiction.



Carers come from all backgrounds, and caring can happen suddenly or over time.



Carers provide vital support every day, often alongside work, education and family life.

### MAKE A DIFFERENCE THIS CARERS WEEK

✓ Pledge your support in  
just a few minutes

By pledging you're choosing a simple action to support carers, such as listening, raising awareness or making your workplace more carer friendly



SCAN TO TAKE PART

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