

#CarersMatter

This Carers Week we want to share the message that #CarersMatter

The COVID 19 pandemic has been especially tough for those who are looking after a family member or friend who relies on them for support



We know that lockdown has caused many carers to feel isolated and forgotten. For many the pressures of their role have increased and they haven't been able to access support in the usual way

Local services are still there to support carers over the phone & online
If you're a carer and need information, advice or support please contact

Derbyshire

Derbyshire Carers Association

Tel: 01773 833833

www.derbyshirecarers.co.uk

Derby City

Citizens Advice Mid Mercia –
Universal Services for Carers

Tel: 01332 228777

www.citizensadvicemidmercia.org.uk/carers



If you work with carers, or know someone who's a carer, please help them to access support if they need it

