



Carers Week™

Suffolk ●●●
Family Carers
Living Fuller Lives

No one gets why my homework's sometimes late. I wish they knew what it's really like to be a carer.

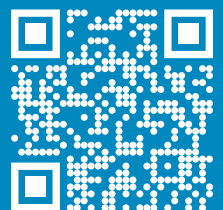
Family carers can feel invisible to even the people closest to them. That's why we make caring visible, valued, supported and connected.

**ENSURING FAMILY
CARERS ARE
[VISIBLE] [VALUED]
[SUPPORTED] AND
[CONNECTED]**

01473 835477

hello@suffolkfamilycarers.org

www.suffolkfamilycarers.org





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Being a family carer for my mum is an honour, but also a sacrifice. I have my own mental and physical issues but I can't let her see. My pain and anguish is put on hold when I'm with her. *A family carer from Suffolk*

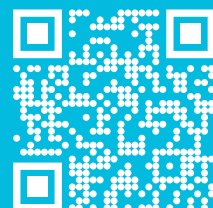
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“It’s lonely caring for a husband, a teenager and an elderly parent. I have lost who I am and I miss who I was. She is still in here somewhere.” *A family carer from Suffolk*

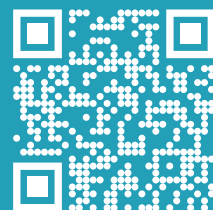
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“Yes I’m a family carer, but I’m a wife and mum also! What’s my job they ask. You want my answer? No I don’t think you do. I don’t think you want my hours either!”

A family carer from Suffolk

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