



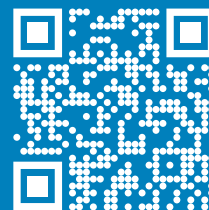
Suffolk ●●●
Family Carers
Living Fuller Lives

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. To make sure they are recognised and supported it's vital we are putting carers on the map.



01473 835477
hello@suffolkfamilycarers.org
www.suffolkfamilycarers.org





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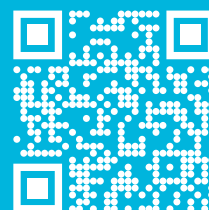
Being a family carer for my mum is an honour, but also a sacrifice. I have my own mental and physical issues but I can't let her see. My pain and anguish is put on hold when I'm with her.

A family carer from Suffolk

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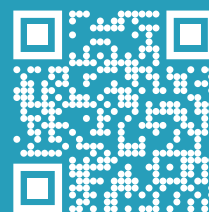
It's lonely caring for a husband, a teenager and an elderly parent. I have lost who I am and I miss who I was. She is still in here somewhere.

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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