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 face poverty, isolation, and poor health - all because they care! Too many miss out on life opportunities. Their vital role in families, communities, and workplaces must be recognised, and **they deserve equal opportunities!**

CARING ABOUT EQUALITY

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

A Network Partner of CARERS TRUST

Suffolk Family Carers Limited Registered Charity No.1069937. A Company Limited by Guarantee in England No.3507600
Registered Office: Unit 9, Hill View Business Park, Claydon IP6 0AJ

COMMUNITY FUND

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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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