



6-12 June 2022

Make caring
Visible, Valued
and Supported

carersweek.org



CARERS WEEK BURY CARERS HUB

Carers Week is an annual campaign to raise awareness of caring, highlight the challenges unpaid carers face and recognise the contribution they make to families and communities throughout the UK. It also helps people who don't think of themselves as having caring responsibilities to identify as carers and access much-needed support.

This year, people across the country are continuing to face new challenges as a result of the coronavirus outbreak. Many people are taking on more caring responsibilities for their relatives and friends who are disabled, ill or older and who need support. They need to be recognised for the difficulties they are experiencing, respected for all they are doing, and provided with information, support and understanding.

During Carers Week, we're coming together to help **Make Caring Visible and Valued**. With more than 6.5 million people in the UK currently caring unpaid for a family member or friend who is older, disabled or seriously ill, caring will affect all of us at some point in our lives. Yet many people don't identify themselves as carers – they simply see themselves as spouses, parents, children or friends, meaning that many carers across the UK aren't connected to vital information and

support that can help them with caring. Looking after someone can be a hugely rewarding experience, but it comes with difficulties and challenges.

Carers Week raises awareness of the incredible contribution that carers make to families and communities across the UK. All of us have a part to play in ensuring that we shine a light on the carers in our community and their needs in Carers Week 2022.

For more information about Carers Week or to get involved and add your voice to help make Caring Visible and Valued visit: **carersweek.org**

As always, the Bury Carers Hub Team are hosting a range of activities for you to enjoy. Ben Tyer GLP will also be offering a FREE future planning session for carers.

Please keep in touch, check our website, social media or speak with a member of the team for more information

Mon 6th June	Join us for a walk around CLARENCE PARK AND BURY LIDO, followed by refreshments at THE JUBILEE CENTRE 11am -1:30
Tue 7th June	A Carers drop in at THE LISTENING EAR CAFÉ 10:30-1PM. Come along for coffee and cake and we will also treat you to lunch

Wed 8th June	AN EXTRA SPECIAL CARERS COFFEE MORNING 10:30-1pm Bury Masonic Hall, Parsons Lane, Bury. No need to book, just come along and join the fun
Thurs 9th June	Join the Bury Carers Hub Team and Manchester and Salford Ramblers for a leisurely walk around HEATON PARK 10:45-1:30. Lunch will be provided.
Fri 10th June	The Bury Carers Hub Team will be on a stall on BURY MARKET 9:30-3pm We will be providing information and guidance and there may be some freebies.