

Carers Week 10th – 17th June

Carers do all this and more for family and friends who are older, ill or have a disability...



...all while trying to maintain a life of their own.

Help Build Carer Friendly Communities

carersweek.org

This year, Carers' week focus is supporting carers to get connected in their communities:

- Connected to advice and information
- Connected to services
- Connected to friends and family
- Connected to others
- Connected to technology

61% of carers in the UK said they had suffered physical ill health as a result of caring (Carers Trust) and are more likely to suffer from isolation and loneliness.

Suffolk Family Carers will be out and about, raising awareness and will be available for advice and information across Suffolk (please see where we will be below in the Ipswich and East Suffolk area).

- Monday 10th June – Ipswich Hospital – Launch of Young Adult Carers Card
- Tuesday 11th June – Stowmarket Leisure Centre – 9am – 12noon – Mobile Carers' Centre - information
- Tuesday 11th June – Tesco – Stowmarket 1pm – 4pm – Information
- Tuesday 11th June – Endeavour House – 12noon – 2pm – Information Stand in the Atrium
- Tuesday 11th June – Two Rivers Medical Centre – 9.30am – 12.30pm - Information Stand
- Tuesday 11th June – Stutton Community Car park – 10am – 2pm – Carers' Mobile Centre - information
- Wednesday 12th June – SFC Claydon, Family Carers' Fun Day -10am – 2pm
- Wednesday 12th June - Capel St Mary - Mobile Carers' Centre – 10am – 2pm
- Thursday 13th June – Deben Leisure Centre – 9am – 12.30pm - Mobile Carers' Centre - Information
- Thursday 13th June – Hartismere Hospital 10am - 3pm - Mobile Carers' Centre – Information
- Thursday 13th June - Tesco – Martlesham 1pm – 4pm – Information
- Friday 14th June – Felixstowe Community Hospital 3.30pm – 4.30pm – attendance at Tea party for carers & visitors

If you need more information please call Suffolk Family Carers information line on 01473 835477