

# Carers Week is here!

We are excited to invite you to take part in Carers Week.

 [FIND OUT MORE HERE](#)



## How you can support us this Carers Week

- Share our Contact Us resource with your staff.
- Follow us on social media.
- Come along to one of our drop ins.
- Support our 1st Annual fundraiser – Go without for Carers.

## Contact Us

We offer a range of ways for carers to access support. Here you can download and share a newly launched I am a Carer – How to Contact Us resource.

[DOWNLOAD HERE](#)



## Social Media

Learn more about what we do. Follow us on Facebook, Instagram and X. We will be posting throughout the week about how we are supporting carers, the work that we do and how we support carers across our communities.



## Download your social media toolkit

You can support us this Carers Week by letting people know you are supporting carer.

Download one of the images here, share on your social media pages and don't forget to tag us in

- [@carersworcs](#)

[DOWNLOAD HERE](#)



Scroll down for more ...



# We're supporting Carers Week

9-15 June 2025



## Come and have a conversation

We will be out and about during Carers Week. We welcome you to come along and have a conversation with us and learn more about what we do.

[TIMETABLE LINK HERE](#)



## Impact Report

We are currently producing our Impact Report for 2024-25. We are excited to share this with you in the coming weeks!

## Our NEW Website

We are launching our brand-NEW website.



Watch this space for our launch on social media.



# Welcome to our 1st Annual fundraiser :

# GO WITHOUT for Carers!

Launching this Carers Week, 2025, we are raising vital funds for unpaid carers across our local communities.

## Did you know?

The economic value of the support provided by unpaid carers in England and Wales is an estimated **£162 billion per year**.

Without carers, this would have a huge impact on everyone in society.

Carers UK say that; "Social Services and the NHS rely on carers' willingness and ability to provide care. Without the support of unpaid carers, these systems would collapse."

Yet very often it is carers **who Go Without**.



Carers go without a break



Carers go without sleep



Carers go without social connection



Carers go without their own health & wellbeing



Carers go without or have to juggle work & care

These are just a few examples of the value of caring and the impact it has on carers in a caring role.

**This Carers Week, we are asking you to show your support by going without in support of carers.**

## ➔ What would you GO WITHOUT and donate to us?



Would you go without your favourite coffee?

Would you go without your trip out? The cinema, shopping, a meal with friends, spa, sports match?



Would you go without your lunch out this week?

Would you go without your car? Could you bike or walk to work?



**Go Without**, show your support and donate today!

These are just a few ideas, you are welcome to think of your own!

All donations will go towards helping unpaid carers get the support they need in our communities.

Let us know what you are doing to **Go Without**. Or maybe you would like to start your own fundraising campaign? What can you do to support carers? How will you involve your friends and colleagues?

If you would like to fundraise on our behalf, you can do so using our Just Giving page.

[JUST GIVING LINK HERE](#)

[DONATE LINK HERE](#)

Please also share on social media and don't forget to tag us in!

**12,000 people become carers every day and 65% of people in the UK will provide care in their adult life, which means you, or someone you know, may already need support. That's why Worcestershire Association of Carers exists: to stand beside carers and individuals across the county, with the challenges they face.**

Your support will go a long way to help carers with the support they need and deserve.

**Thank you.**