



What is Carer Aware?

Carer Aware aims to:

- Champion unpaid carers**
- Amplify carers' voice**
- Reach across communities**
- Empower carers**
- Recognise caring role**

By:

- Acting on feedback**
- Widening the caring community**
- Acknowledging the caring role**
- Raising awareness**
- Ease of access to resources**

A Carer is somebody, of any age, who provides support or who looks after a family member, partner or friend who needs help because of frailty, physical or mental illness, or disability.

Adult Carers
Gloucestershire Carers Hub

Call us:
0300 111 9000

Email us:
careraware@peopleplus.co.uk

Visit:
<https://gloucestershirecarershup.co.uk/>

Young Carers
Gloucestershire Young Carers

Call us:
01452 733060

Email us:
mail@glosyoungcarers.org.uk

Visit:
<https://www.glosyoungcarers.org.uk/>