



What is Carer Aware?

Carer Aware aims to:

- C**hampion unpaid carers
- A**mplify carers' voice
- R**each across communities
- E**mpower carers
- R**ecognise caring role

By:

- A**cting on feedback
- W**idening the caring community
- A**cknowledging the caring role
- R**aising awareness
- E**ase 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://gloucestershirecarershub.co.uk/>

Young Carers
Gloucestershire Young Carers

Call us:
01452 733060

Email us:
mail@glosyoungcarers.org.uk

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