

#CarersMatter

This Carers Week we want to share the message that #CarersMatter



The COVID 19 pandemic has been especially tough for those who are looking after a family member or friend who relies on them for support

We know that lockdown has caused many carers to feel isolated and forgotten. For many the pressures of their role have increased and they haven't been able to access support in the usual way

Local services are still there to support carers over the phone & online
If you're a carer and need information, advice or support please contact
Citizens Advice Mid Mercia – Universal Services for Carers

Tel: 01332 228777

www.citizensadvicemidmercia.org.uk/carers

If you work with carers, or know someone who's a carer, please help them to access support if they need it



**Carers in
Derbyshire**

**Joined Up Care
Derbyshire**

NHS
Derbyshire Healthcare
NHS Foundation Trust

NHS
Derby & Derbyshire
Clinical Commissioning Group



NHS
Chesterfield
Royal Hospital
NHS Foundation Trust

NHS
Derbyshire Community
Health Services
NHS Foundation Trust