

# #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

## Derbyshire

**Derbyshire Carers Association**

**Tel: 01773 833833**

[www.derbyshirecarers.co.uk](http://www.derbyshirecarers.co.uk)

## Derby City

**Citizens Advice Mid Mercia –  
Universal Services for Carers**

**Tel: 01332 228777**

[www.citizensadvicemidmercia.org.uk/carers](http://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

**#CarersWeek**



**Carers in  
Derbyshire**

**Joined Up Care  
Derbyshire**



**NHS**  
Derbyshire Healthcare  
NHS Foundation Trust

**NHS**  
Chesterfield  
Royal Hospital  
NHS Foundation Trust

**NHS**  
Derby & Derbyshire  
Clinical Commissioning Group

**NHS**  
Derbyshire Community  
Health Services  
NHS Foundation Trust