



Action for Family Carers

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Dear Anne,

Thank you for your very kind donation from a recent Care 2 session with tutor, Claire Parker - 'The Embroidery of Maldon'. Denise told us that you raised these monies for unpaid Carers through voluntary contributions by your WEA Branch, Tiptree and Tollesbury. It sounds like everyone enjoyed Claire's talk and were extremely supportive of unpaid Carers and the Care 2 programme.

It is estimated that that there are over 124,000 Adult Carers and over 10,000 Young Carers in Essex. However, the number is probably a lot higher than that.

A Carer is a child, young person or adult who, without payment, provides help and support to a partner, child, relative, friend or neighbour, who could not manage without their help. This could be due to illness, a long-term condition, frailty, a physical or learning disability, mental health, trauma or addiction. Many Carers look after a loved one for over 50 hours a week; their own health can suffer and they have few opportunities to take part in social activities.

We do lots of different things to help unpaid Carers e.g. information and advice, peer support, breaks, respite, activity groups, counselling, befriending, trips and activities plus club nights and support in schools for Young Carers. Our Charity exists to ensure that these children are able to participate fully in school and to achieve their potential, to challenge inappropriate caring roles and to ensure Young Carers can properly enjoy their childhood.

Your support in holding such an event, raising monies and awareness of the Charity as well as unpaid Carers is fantastic and very much appreciated. Your donation helps to provide an even better service to our Carers and Cared For, adding to what funding we achieve from any grant, contract, government grant and/or contract. Action for Family Carers relies a great deal on voluntary donations such as yours.

On behalf of the Carers who will directly benefit I would like to send our good wishes to all and thank you once again for your support, it really does make a difference.

Yours sincerely,

James Clarke, Chief Executive Officer

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