

#WeCareToo Campaign Pack

#WeCareToo is an innovative campaign created by a group of young adults from Newcastle who have a caring role. All of the young adult carers involved in creating the #WeCareToo campaign receive support from Newcastle Carers, a charity dedicated to supporting unpaid carers. They feel that their lives would have been very different if they had received that support sooner; this inspired them to raise awareness about the information, advice and support that is available for carers so that other people in similar situations can get the help they need.

1 in 12 young adults in Newcastle have a caring role, and often struggle with no support.

Georgia, 20, cares for her disabled mother and her autistic brother, both needing a high level of support and care. It takes time and energy to attend appointments, support them emotionally and help with day-to-day tasks.

“For a long time I didn’t realise that I was a carer, I didn’t realise that there was support out there for me. I am hoping that this campaign will help other people that are looking after a family member or a friend with an illness or disability to get support for themselves. I want to encourage anyone who has a caring role to contact Newcastle Carers, they can really help.”

A carer is anyone who looks after a family member or friend who is ill, disabled, has mental health problems or is misusing drugs or alcohol, and they could not manage without their help. There are approximately 7 million unpaid carers in the UK who look after someone and are not employed to do this.

If you would like more resources we have leaflets and posters available, in addition to digital resources to share via your website and social media, please contact support@newcastlecarers.org.uk. We also have free training available and our staff team are always happy to talk to you about the support available for carers. **Thank you for supporting the #WeCareToo Campaign.**

* We would love to see where you display your #WeCareToo posters! Photograph them and tweet your pictures: @NCLCarers, #WeCareToo; or you can email them to claire@newcastlecarers.org.uk.

