

I look after my sister who has a learning disability.

I am a Carer.

Everyone cares for their family and friends.

But some family members and friends need extra care and support due to an illness, disability or condition.

If you provide that care, **you are a carer.**



Me & My sister

Get in touch today about getting help and support.

Call: 0300 012 4272

Email: mail@carersandcommunities.org.uk

www.carersandcommunities.org.uk



Carers & Communities
Navigating Life's Journeys

*Carers & Communities is a working name of Worcestershire Association of Carers. Registered Charity No. 1071850. Registered Company No. 03485330. 12/2025.

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I look after my wife who has cancer.

I am a Carer.

Everyone cares
for their family
and friends.

But some family
members and friends
need extra care and
support due to an
illness, disability or
condition.

If you provide that care,
you are a carer.



Me & My Wife

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getting help and support.**

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I look after my son who has a physical disability.

I am a Parent Carer.

Everyone cares for their family and friends.

But some family members and friends need extra care and support due to an illness, disability or condition.

If you provide that care, you are a carer.



Me & My son

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I look after my mum who has dementia.

I am a Carer.

Everyone cares
for their family
and friends.

But some family
members and friends
need extra care and
support due to an
illness, disability or
condition.

If you provide that care,
you are a carer.



Me & My Mum

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I look after my friend who has depression & anxiety.

I am a Carer.

Everyone cares for their family and friends.

But some family members and friends need extra care and support due to an illness, disability or condition.

If you provide that care, **you are a carer.**



Me & My mate

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I look after my grandchild who has autism.

I am a Carer.

Everyone cares for their family and friends.

But some family members and friends need extra care and support due to an illness, disability or condition.

If you provide that care, you are a carer.



Me & My grandchild

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I look after my neighbour who is elderly.

I am a Carer.

Everyone cares
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and friends.

But some family
members and friends
need extra care and
support due to an
illness, disability or
condition.

If you provide that care,
you are a carer.



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I look after my partner who has had a stroke.

I am a Carer.

Everyone cares
for their family
and friends.

But some family
members and friends
need extra care and
support due to an
illness, disability or
condition.

If you provide that care,
you are a carer.



Me & My partner

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getting help and support.**

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I look after my dad who has visual impairment.

I am a Carer.

Everyone cares for their family and friends.

But some family members and friends need extra care and support due to an illness, disability or condition.

If you provide that care, **you are a carer.**



Me + My dad

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I look after my husband who has heart disease.

I am a Carer.

Everyone cares
for their family
and friends.

But some family
members and friends
need extra care and
support due to an
illness, disability or
condition.

If you provide that care,
you are a carer.



Me & My husband

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