**Monday 5th June**

**Immediate Release**

**Suffolk Family Carers celebrate their fantastic Volunteers**

Volunteers’ Week is an annual celebration of the fantastic contribution millions of volunteers make across the UK. The event from 1-7 June celebrates the difference volunteers make to every community across the country!

Last year the dedicated team of volunteers at Suffolk Family Carers donated almost 5,000 hours of their time to support family carers. Radio station Town 102 recognised the contribution Suffolk Family Carers Volunteers make to their communities and turned up at their Claydon head office to reward them all with doughnuts!

Our Talk & Support volunteers donated 1,826 hours last year. They provide a valuable listening ear service that supports those family carers who may have a particularly difficult caring role, or who may be isolated. The volunteers provide family carers with information that enables them to make informed decisions about their lives.

One Family Carer said: *“Many, many thanks for the support you have given me over this last year, I don't think I would have managed without our conversations each week."*

Yvonne Williams, Volunteer Co-ordinator at Suffolk Family Carers added: *“Each and every one of our volunteers provides valuable support to family carers who are often lonely and isolated. The telephone service gives them a chance to talk and share how they are feeling.”*

If you are interested in finding out more about the volunteer roles at Suffolk Family Carers please call Frances Askew on 01473 835450 , email [volunteer@suffolkfamilycarers.org](mailto:volunteer@suffolkfamilycarers.org) or visit [www.suffolkfamilycarers.org](http://www.suffolkfamilycarers.org)

**Media contact**

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**Notes to Editors**

Website: [www.suffolkfamilycarers.org](http://www.suffolkfamilycarers.org)

Twitter: @SuffolkCarers #volunteersweek

Facebook: www.facebook.com/suffolkfamilycarers

**Who is a carer?**

A carer is someone who provides unpaid care and support to a family member or friend who has a disability, illness, mental health problem or who needs extra help as they grow older.

For some, taking on a caring role can be sudden: someone in your family has an accident or your child is born with a disability. For others, caring creeps up unnoticed: your parents can’t manage on their own any longer or your partner’s health gradually worsens.

The amount and type of support that carers provide varies considerably. It can range from a few hours a week, such as picking up prescriptions and preparing meals, to providing care day and night.

Caring will touch each and every one of us in our lifetime, whether we become a carer or need care ourselves. Whilst caring can be a rewarding experience, it can also have a damaging impact on a person’s health, finances and relationships.

To find out how you can get support in your caring role, visit: [www.carersweek.org/support](http://www.carersweek.org/support)

**Facts about carers**

* 6.5 million people in the UK are carers; that’s 1 in 8 adults (Census 2011)
* By 2037, it is estimated that the number of carers in the UK will rise to 9 million (Carers UK)
* Every day another 6,000 people take on a caring responsibility – that equals over 2 million people every year (Carers UK)
* 58% of carers are women and 42% are men (Census 2011)
* The unpaid care provided by the UK’s carers is worth £132 billion per year, an average of £19,336 per carer (Carers UK, University of Sheffield, University of Leeds)
* Over 3 million people juggle care with work, however the significant demands of caring mean that 1 in 5 carers are forced to give up work altogether (Carers UK)
* A BBC Survey (2010) estimated there are more than 700,000 young carers
* There are 376,000 young adult carers in the UK aged 16-25 (Census 2011)
* 1 in 5 people aged 50-64 are carers (Census 2011)