Why I’m raising money for Carers UK

1. There are **6.5 million carers in the UK today**, supporting loved ones who are older, disabled or seriously ill.
2. **Every day 6,000 people become carers.** This can happen suddenly, or gradually when a loved one’s health declines.
3. **1 in 7 employees are juggling work with caring** for older, ill or disabled loved ones.
4. **This unpaid care saves the state £132 billion a year.** To put that into context, the annual NHS budget is £134 billion.

The difference your donation could make

**£5 could help carers struggling with their finances**
Struggling with your finances can make you feel helpless and alone. But £5 means that one of our expert benefits advisors could be there for a carer, helping them access vital financial support.

**£10 could provide information for new carers**
Having easily understandable information can make all the difference to accessing support and advice for carers. But £10 means that we could distribute five copies of our *Looking after someone* guide to help with all aspects of being a carer.

**£20 could provide vital carer support**
Finding that you are caring for someone can be overwhelming – but £20 means that we could answer a call from a carer in desperate need of emotional support.