

Carers Week Poster: what's your message?

For this year's Carers Week (10-16 June), Sheffield Carers Centre are encouraging carers and their supporters to personalise a poster with a message. We want to use this Week to help people be more aware of who is a carer and how important they are for the city.

Carers and their supporters will then get their poster put up in workplaces, places of worship, libraries, cafes, pubs...anywhere that will help increase awareness that everyone can be a carer and that they play a vital role in society, and should be respected.

So here's some suggestions of things to write on your poster. Firstly, think about some top tips:

- **Make it bold** – ensure your message is seen by making the text large and the message short.
- **Make it meaningful to your audience** – if you are targeting parents who are carers, putting the poster up at their school is a good move, or if it's going up in a shop window in Woodhouse, why not mention carers in the local area?
- **Take a photo of your poster and share it with us** - send your picture to Sheffield Carers Centre and we'll help it reach lots more people on social media (email the photo of your poster to office@sheffieldcarers.org.uk) or tag @sheffieldcarers #carersweek when you post it on Facebook or Twitter.

Useful facts

- There are around 60,000 unpaid adult carers in Sheffield who look after a relative or friend who couldn't manage without their help. They might care for 1 or more people; caring can be for a few hours or 24/7; it can be for a partner, child, parent, neighbour, sibling, other relative...
- 1 in 10 people on average are carers.
- All carers have the right to an assessment to see how their caring role affects different aspects of their lives.
- Over 1 in 3 carers juggle work and their caring role.
- Carers' hard work saves the UK government and the health and social care system £132 billion per year, and in Sheffield, local carers save the city £1.18 billion per year (according to Carers UK 2015 research).

Examples of Messages...

...tailored to your community

- "1 in 10 of our neighbours (e.g. in Burngreave) is a carer"

...tailored to your organisation

- "Woodhouse library  carers"

...tailored to you

- "I'm a parent, a husband and a carer"

Or just a general positive comment:

- "Stand up for carers!"
- "We support carers!"
- "Carers: support is here!"