

For immediate release

### **MRC Community Action supports Carers Week 2010**

MRC Community Action is supporting this year's Carers Week (14-20 June) by organising lots of events in June including a trip to BBC Gardeners World at the NEC and a relaxing evening at Champneys Springs enabling Carers to enjoy some much needed 'time out'. The Carers Forum which is taking place at The Marlene Reid Centre, Coalville on Monday 14<sup>th</sup> June between 10.30am and 2pm, will be a perfect opportunity for carers to find out more about befriending, counselling and sitting services in North West Leicestershire. During the day carers can enjoy being pampered as beauticians will be on hand offering beauty treatments including mini facials, back massages and manicures. On top of that a local artist will be coming along to give a talk and will sketch cartoons and caricatures of anyone offering to be a model on the day.

Carers Week highlights the vital contribution made by carers to their families and communities in providing unpaid care for someone who is ill, frail or disabled. This year, the theme for the week is '**A life of my own**' and calls for greater recognition of carers who all too often feel isolated, lonely and pushed to the margins of society.

Along with many other events taking place across the UK, The Carers Forum will help to support this hidden army of carers by providing as much help, information and support they require to assist them with their caring role.

Sarah Houlton-Ellingworth, Carers Development Worker from MRC Community Action said: "Many carers in North West Leicestershire suffer due to a lack of understanding about what they do – some don't even recognise themselves as carers. This has a real and negative impact on their health, finances, working and social life, and general wellbeing. Our Carers Forum is one of many activities and services that MRC Community Action provides to support carers who feel isolated."

This year's Carers Week is supported by many famous celebrities with caring experience, including TV doctor, Chris Steele.

Doctor Chris said: “Many non-carers take their free-time for granted, whether it’s going to the cinema or meeting with family and friends. As a GP I have met many carers who have never received any help or respite and I know how their own health and well-being has suffered as a consequence and just how isolated they can feel. Who’s caring for the carers? Change is needed at grassroots level and Carers Week is vital in raising awareness and promoting carers’ issues.”

Other celebrities supporting this campaign, all of whom have experience of caring, are: Cilla Black, Sir David Jason, Lynda Bellingham, Jonathan Dimbleby, John Stapleton, Tony Robinson, Phyllida Law and Julie Peasgood.

Carers Week is organised by a partnership of 7 national charities: Carers UK, Counsel and Care, Crossroads Care, Help the Hospices, Macmillan Cancer Support, Parkinson’s UK, and The Princess Royal Trust for Carers.

For more information about the events and activities taking place as part of Carers Week, visit [www.carersweek.org](http://www.carersweek.org) or call 0845 241 2582.

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For more information about the [event title], please contact:

[event spokesperson]

[telephone number]

[email]