

Are you a Working Carer?



Did you know.... nearly one in seven workers in the UK is also an unpaid carer?

Source: CarersTrust

Are you an unpaid carer who also has a full or part time job, wants to return to work, set up your own business or take on a volunteer role?

Continuing to work whilst caring can help you to have a better balance in your life and provide you with social interaction outside of your caring role.

But staying in work or returning to work can be daunting; you may find it helpful to talk to your employer about taking some time off or working flexibly.

Many carers consider giving up work but it is important to understand the implications this could have on your income, quality of life and future pension entitlements.



www.thecarerscentre.org/working-carers

If you find it difficult to balance working and caring

For more information from our dedicated support worker

Call Carers Hub on **01273 977000**

Or email **info@thecarerscentre.org**
or to find out about the support available to you in Brighton and Hove as a Carer, please visit:

www.carershub.co.uk

Or join us for our:

Monthly 'out of office hours' Peer Support Group,

Last Wednesday of each month, 6pm—8pm
Al Campo Lounge (London Road, Brighton)

Guest speakers, Information, Advice & Signposting
Shared Experience, Free refreshments

