

**Today I had lunch  
with my mum.**

**Tomorrow I'll  
remind her  
I'm her  
daughter.**

**Every day  
I'm a carer.**

If you look after someone find out  
about the support available:

**[carersweek.org](http://carersweek.org)**



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**Today I took my  
partner to lunch.**

**Tomorrow I'll  
take her for  
surgery.**

**Every day  
I'm a carer.**

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**Today my wife and I  
caught up with friends.  
Tomorrow I'll take her  
for chemotherapy**

**Every day  
I'm a carer.**

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**Today I picked my  
mum up off the floor.**

**Tomorrow my  
exams will  
start.**

**Every day  
I'm a carer.**

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Today I went for a  
walk with dad.

Tomorrow I'll remind  
him I'm his son.

Every day  
I'm a carer.

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about the support available:

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