

PRESS RELEASE

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Surrey's Missing Carers

There are around 120,000 unpaid carers living in Surrey, but most are not getting the support they deserve.

Why? Often, it's because people think of themselves as 'just his mum', 'just her husband' or 'just her son'. But supporting someone who is ill, frail or disabled, or has a mental health or addiction issue and who couldn't manage without your help, means you are an unpaid carer. The role can impact you a great deal, but there IS support for you.

In the lead up to, and during, this year's Carers Week (9-15th June), Surrey charity Action for Carers is urging more unpaid carers to come forward for help. They provide a wide range of practical, emotional and financial support, helping carers to feel less alone, better informed and more positive about their future.

Surrey has around 120,000 unpaid family and friend carers. Action for Carers only has around 20,000 registered with them. **That means five in six carers are missing out on the support they deserve.**

We want people to realise that if they are caring for someone who couldn't manage without that help, then they are a carer and they deserve help. We're also asking everyone to think: Do you know someone who might be a carer, but doesn't see it that way? People can quickly sign up for support on our website at <https://www.actionforcarers.org.uk/missing-carers/>

Carers Week: 9-15th June

And marking Carers Week itself www.actionforcarers.org.uk/carers-week-2025/, the charity will be holding a series of special wellbeing and celebration events at seven of its county-wide carer Hubs: **Addlestone, Banstead, Camberley, Caterham, Guildford, Hersham and Leatherhead**. Details here www.actionforcarers.org.uk/events/

In addition, carers are invited to join an online conference for Surrey's carers to feedback their views on support for unpaid carers in Surrey overall, including feeding into the upcoming revised version of Surrey's Carers Strategy. **Takes place 11th June, online, 10-12.30pm**. Details here www.actionforcarers.org.uk/event/carers-week-2025-conference/

RESOURCES TO DOWNLOAD AND SHARE

There's text below for newsletter copy and social posts, as well as a case study and facts. But you'll find this and many more assets (including social images and posters) here:

- **Missing Carers Campaign** www.actionforcarers.org.uk/resources-for-missing-carers/
- **Carers Week** www.actionforcarers.org.uk/resources-for-carers-week/

NEWSLETTER COPY

Are you one of Surrey's missing carers?

There are around 120,000 unpaid carers living in Surrey, but most are not getting the support they deserve.

Often it's because people think of themselves as 'just his Mum' or 'just her son'. But supporting someone who is ill, frail or disabled, or has a mental health or addiction issue, who couldn't manage without you, means **you are a carer**, with your own needs, and there IS support for you.

Surrey charity Action for Carers is working to reach more of the county's hidden carers. Around Carers Week (9th-15th June) they'll be trying to find the missing carers who are not yet signed up for support.

The charity offers a wide range of entirely free services and activities, covering practical, legal, financial and emotional matters. From help with benefits forms and advice on your rights, to support groups, practical care, wellbeing events, free days out and more.

You'll find all the support you need, helping you feel less alone, more informed and hopefully more positive about the future.

You look after them – let Action for Carers look after you.

Find out more at www.actionforcarers.org.uk/missing-carers. Email SupportMe@actionforcarers.org.uk; or call Action for Carers on 0303 040 1234.

SOCIAL POSTS

#MissingCarers #CarersSurrey #UnpaidCarers #CarersWeek

MISSING CARERS CAMPAIGN

- Are you missing out on the support you deserve? If you're caring for a family member or friend who's ill or disabled and couldn't manage without you, then you ARE an unpaid carer, and there is support for you. Don't miss out – sign up today www.actionforcarers.org.uk/missing-carers
- People can take years to realise that they are an unpaid carer, but if you're helping an ill or disabled relative that couldn't manage with you, then you are a carer – and you are missing out on support that's just for you. www.actionforcarers.org.uk/missing-carers
- Unpaid family and friend carers do a huge amount to support their loved ones. It often takes a toll, but there's help for you too. Don't miss out on the support you deserve, sign up at www.actionforcarers.org.uk/missing-carers
- Unpaid carer? From help with benefits forms and advice on your rights, to support groups, practical care, wellbeing events, free days out and more, Action for Carers is there to help you. Sign up at www.actionforcarers.org.uk/missing-carers

- Looking after someone ill or disabled? Then you're an unpaid carer and there's support just for you. You look after them, let us look after you – more at www.actionforcarers.org.uk/missing-carers

CARERS WEEK AND CARERS WEEK EVENTS SOCIAL POSTS

- Caring can be tough. Give yourself a break and drop-in to one of Surrey charity Action for Carers' Hubs. Enjoy a wellbeing event, coffee & cake, plus a chance to chat and get support <https://www.actionforcarers.org.uk/carers-week-2025/>
- Join Action for Carers Surrey at one of their many 'drop-in' Hubs to celebrate Carers Week! Enjoy a free wellbeing activity, coffee, cake and chat. Can't make a Hub? There's lots of free wellbeing activities online <https://www.actionforcarers.org.uk/carers-week-2025/>
- Unpaid carers do a huge amount for their loved ones, but can struggle themselves. Carers' mental and physical health can decline, as well as having to give up on work and social life. To make your views heard on the support for carers in Surrey, join our special online seminar this Carers Week – Wednesday 11th June. <https://www.actionforcarers.org.uk/event/carers-week-2025-conference/>

CASE STUDY

“For years, I thought I was ‘just’ a mum, looking after my child and doing what any parent would do. My daughter struggled with speech development and was later diagnosed with Developmental Language Disorder (DLD), Autism Spectrum Disorder (ASD), and dyslexia. I spent countless hours researching, advocating, and navigating a system that often felt overwhelming, never once considering myself a ‘carer.’ It took me a long time before I truly understood the role I had been playing all along.

Being a parent carer means more than just parenting – it means putting parts of your life on hold, taking on additional responsibilities, and prioritising someone else's needs over your own.

Looking back, I wish I had known about Action for Carers sooner. I spent so much time trying to find help and the relevant information on my own, unaware that there were organisations ready to guide me through the journey.”

Read Laura's full case study here: www.actionforcarers.org.uk/stories/lauras-story/

FACTS ABOUT CARING

- 3 out of 5 people in the UK will become carers at some time in their lives.
- In Surrey there are around 120,000 carers (10% of our 1.2 million population)
- Every day nationally another 6,000 people take on a caring responsibility – that equals over 2 million people each year.
- Over 1 million people care for more than one person.
- Carers save the economy £132 billion per year, an average of £19,336 per carer.
- Five million people juggle care with work, however, the significant demands of caring mean that 2 in 5 carers are forced to give up work altogether.
- Carer's Allowance is the main carer's benefit and is £83.30 weekly for a minimum of 35 hours, equivalent to £2.34 per hour – far short of the national minimum wage of £12.21 per hour.
- People providing high levels of care are twice as likely to be permanently sick or disabled.
- Over 1.3 million people provide over 50 hours of care per week.

- To self identify as a carer can take many years. Some people just see it as a natural part of their role (as spouse/parent etc). Others don't understand that their role makes them a 'carer'. And many don't realise there's support just for them.
 - In a [Carers UK study](#), found half of all carers (51%) took over a year to recognise their caring role, with over a third (36%) taking over three years to recognise themselves as a carer.
 - The [All parliamentary Group on Carers Report \(Nov 2023\)](#) stated that for some young carers it can take up to 10 years to be identified.

FOR MORE INFORMATION, PLEASE CONTACT

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NOTES TO EDITORS About Action for Carers

Action for Carers Surrey provides events, information, advice and support for carers aged 5-99. Support includes support, drop-in Hubs across Surrey, benefits help, advocacy, guidance on moving and handling, hospital carer advisors, workshops, information and relaxation events (by Zoom and face to face), support groups, free resources and more.

There's a specialist service, Surrey Young Carers, for 5-17s, offering drop-ins, information and activities to give them a little time out from caring.

We also support and train Surrey professionals who work with (and encounter) carers in their role, including teachers, social workers, GPs and other health and social care staff.

Carers should get in touch calling our Helpline on 0303 040 1234; texting (only) 07723 486730 or emailing SupportMe@actionforcarers.org.uk.