

Caring together - Urgent appeal for support!

I am urgently appealing for your support to help local children who are young carers.

Vital services that Caring Together Charity provides for them, are facing closure. We need your help.

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**Being a young carer and going to school is hard.**

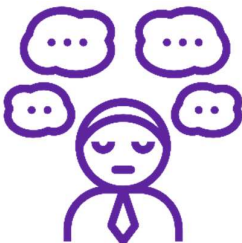
**It's just the worry and anxiety you have with you being at school and not at home day-to-day. You never know what will happen while you are not there.**

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Being a carer can be hard at any age. For the children we support, the return to school brings its own huge challenges into their young lives:



Trying to get homework done in the evenings alongside cooking, washing up, cleaning, getting someone washed and into bed, helping with medication and doing the shopping



Trying to switch off from worrying to focus on lessons, while being anxious about what is happening at home or hospital with the person they care for.



Explaining to friends they can't meet up and do the things they're doing because someone needs them at home.

Funding from BBC Children in Need has meant we have been able to provide support for children across Cambridgeshire and Peterborough who are carers - special groups, fun days out, and treats and trips to put smiles back on hundreds of faces!

**But sadly, this funding has come to an end.**

Unless we can find people, companies and other organisations to help, our support for Cambridgeshire and Peterborough children who are carers will stop early in 2024.

### **How you can help**

You can make a huge difference to the lives of young carers in Cambridgeshire and Peterborough:

- Make a one-off gift or regular donation. Whether you give £10 to help us set up a support group in school, or £310 to enable us to support a child for a whole year, every gift makes a difference. [Click here to learn more.](#)

Ask a company or group you are involved with if they can help. Contact Zoe Bunter, our head of fundraising and communications, at [fundraising@caringtogether.org](mailto:fundraising@caringtogether.org) to learn more

Share this email with people you know who may want to help ensure young carers in Cambridgeshire and Peterborough continue to be supported

### **Make sure you get the support you need**

I know many of us are struggling financially at present due to the cost of living and increases in mortgage repayments. For those of us who are carers, this may be on top of other financial pressures.

Please don't feel under any pressure to donate if this isn't affordable for you.

And if you are struggling as an unpaid carer, I want to remind you that we are here to give you the support you need.

Please do contact us on 0345 241 0954 or at [hello@caringtogether.org](mailto:hello@caringtogether.org)

With best wishes,

Miriam Martin  
Chief executive