22 M Daily Mirror
MONDAY 08.06.2009
SURVEY
Most carers hit by stress
THREE out of four carers have reached "breaking point" at some point due to

Improving carers' lives

CARERS UK
the voice of carers

An organisation of carers

- Membership organisation
- Run by carers
- Constitution
  - majority of Trustees must be carers
  - elected by the membership

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Campaigning…

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CARERS RIGHTS DAY

Carers Rights Day information for tens of thousands of carers

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June 2009

Lloydspharmacy and Carers UK team up to offer free health checks for carers

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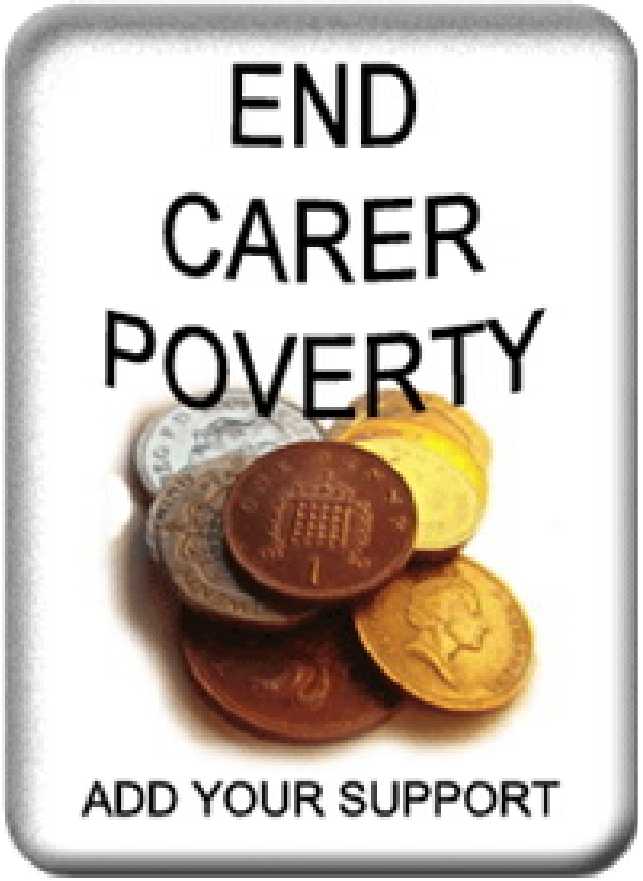

Carers UK's Poverty Charter backing from big charity names

Oxfam

Leading the fight against dementia
Alzheimer's Society

WE ARE MACMILLAN. CANCER SUPPORT

CARERS UK
the voice of carers

Carers attend our lobby of Parliament to tell MPs they deserve better benefits

CARERS UK
the voice of carers

In the News…

Laid bare: The huge burden being placed on our unpaid carers

- Survey says two thirds at breaking point
- 60 per cent have had no break for a year

Carers in touch

Yours celebrates Britain's six million carers – and the forgotten work they do behind closed doors

The UK's secret service

'I never thought of myself as a

Celebs in support

Our neglected carers deserve so much

Love stories

Britain's army of carers

As Carers Week opens, **Nina Lakhani** details one tragedy – and tales to some of the six million who struggle against the toughest odds every single day

"When the caring role ends, some people are left with a void"

22 M **Daily Mirror** MONDAY 08.06.2009

SURVEY

Most carers hit by stress

THREE out of four carers have reached "breaking point" at some point due to pressure, says a new poll.

A survey of 1,941 unpaid carers found 74% had felt stretched to their limit as they look after somebody ill, frail or disabled. Some had even attempted suicide.

Top complaint in the poll, marking Carers' Week, was "frustration with bureaucracy".

Carers 'pushed to limit'

THOUSANDS of Britain's army of unpaid carers have reached "breaking point", a poll has revealed.

Three out of four admit that they have felt stretched to their limits by the stress of trying to care for somebody who is ill, frail or disabled.

And it seems that the biggest cause of stress is fighting the social care system.

A survey of 1,941 carers found the most common cause of reaching breaking point – cited by 41 per cent – was "frustration with bureaucracy".

Launched to mark Carers Week, the study also revealed that some of the UK's six million carers have attempted suicide.

Carer's Allowance is currently only £53.10 per week. A separate poll of 2,000 members of the public found that 76 per cent believed the allowance was not enough.

CARERS UK
the voice of carers

Carers UK worked with Daily Mirror on their carers' campaign

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Supporting and advising carers…

efc
employers for carers

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Training and influencing…

Carers shaping services

Training professionals on the law and best practice

Helping organisations improve performance

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New ministers for carers get a grilling at the National Carers Summit

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April 2009

Government announces discrimination against carers to be outlawed in Equality Act

The children of the movies lo
silver screen for presidential r

Carer's court victory on flexible working rights

Mother of deaf son was forced to resign from job

Judge extends protection against discrimination

John Carvel
Social affairs editor

A landmark ruling in the European court of justice yesterday offered new rights to 2.5 million people in Britain who combine paid work with the responsibilities of caring for a disabled relative.

The court's advocate general decided in favour of Sharon Coleman, a legal secretary who said she was forced to resign from a south London law firm because it would not accommodate her responsibility to care for a disabled child.

If the opinion is confirmed by a full panel of judges later this year it will extend the law protecting people against discrimination on grounds of disability.

Advocate general Miguel Poiares Maduro said the direct targeting of disabled people was not the only form of

Sharon Coleman was forced to leave her job as a legal secretary to care for her son, Oliver, who is deaf and has severe breathing problems Photograph: Sophia Evans

Robin Allen QC, acting for Coleman

direct discrimination and/or harassment in the field of employment and occupation because they are associated with a disabled person".

The European court of justice upholds the opinions of its advocates general in about 80% of cases. The issue was referred to Europe by an employment tribunal, which is considering Coleman's claim of constructive dismissal.

John Wadham, legal director of the Equality and Human Rights Commission, said the ruling could make a huge difference to carers. "If carers are forced out of the workplace, or prevented from entering it because of discrimination on the grounds of their disabled relatives, this condemns some families to poverty and is simply unjust," he said.

Imelda Redmond, chief executive of campaign group Carers UK, said: "This landmark legal opinion means that employers will have to alter the way they treat carers in their workforce. There are currently 2.5 million carers who are in work, yet one in five give up work to care, meaning that we are losing thousands of people from the workforce.

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Carers UK

Here to help carers

- care for others
- lead full lives
- find their voice

www.carersuk.org

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