



Dear Carers,

This week is Carers' Week and on behalf of Jane Robinson, Chair of the North East Association of Directors of Adult Social Services and Alan Foster, Executive Lead of North and North Cumbria Integrated Care System, we wanted to take this opportunity to say thank you to each and every one of you and to acknowledge the incredible support that you provide on a daily basis.

Every day, another 6,000 people take on a caring responsibility and Carers UK estimates that there were 13.6 million people caring in 2020 through the COVID pandemic. This is despite the challenges faced by the COVID-19 pandemic. Despite these challenges, such as a change of normal support networks and emotional and physical exhaustion, yet still 13.6 million people continued to put others first and care for those who needed it most.

A carer is anyone, including children and adults who looks after a family member, partner or friend who needs help because of their illness, frailty, disability, a mental health problem or an addiction and cannot cope without their support. If this applies to you, or someone you know, it is important that you are recognised as carers and thanked for the life-saving service you give whatever the circumstances.

Caring is not easy and many carers will need support to keep them going which is why it is important that people who care identify as carers to make sure that they get the right information and support when they need it.

This week is Carers' Week, a week when we take time to recognise who the carers are in our communities and recognise the contribution they make to their families and communities throughout the whole of the UK. The purpose of this week is to make caring visible and valued.

Thank you to everyone who, in any way, cares for another person. It is you and your care that makes and builds our communities into a better and more compassionate society.



If you, or someone you know, cares for another person in any way you can ask for a carers assessment to see what things are available to make your life easier and also what support networks are available to you. To do this you can contact your local council using the following contact details:

**Durham County Council**

Tel: 03000 267 979

Website: <https://www.durhamlocate.org.uk/Categories/8>

County Hall  
Durham  
County Durham  
DH1 5UL

Carers can also register as such with their local GP and if you haven't already we encourage you to do so: <https://www.nhs.uk/service-search/find-a-GP>

Thank you again for your care, compassion, and unwavering commitment.



**Jane Robinson**  
**Chair of North East Association of**  
**Directors of Adult Social Services**



**Alan Foster MBE**  
**ICS Lead for the North East and**  
**North Cumbria**