

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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Carers Week is an annual awareness campaign to celebrate and recognise the contributions made by UK's 6.5 million carers.

UCU is raising awareness of the issues and the impact unpaid and at times complex caring has on our members who are providing vital support to an elderly parent (home and abroad), family relative, disabled child or friend whilst working against the backdrop of high workloads, job insecurity and an attack on pay and pensions.

### Take 4 Facts on Carer's

- 1 in 5 carers are forced to give up work altogether
- Unpaid care provided by UK carers is worth £132 billion per year
- Over 3 million people juggle care with work
- 58% of carers are women, 42% are men

Source: Carers UK

1 "I always feel **guilty** at not spending enough time with my partner due to work pressures for my job"

2 "I find my manager's attitude to my caring commitments very **unsupportive...** bordering on bullying"

3 "Sadly, **self-righteous colleagues and managers** who have no idea what caring involves"

4 "I worry that the limitations that come with being a carer will mean I'll have to leave academia"

5 "I don't get days off – I may not be at work, but I am not getting any rest!"

6 "My parents live abroad...managing their care from afar is **extremely stressful**"

7 "As a **single parent and carer** to my disabled child, I am unable to go to research seminars or attend open days"

8 "The **assumption** that if you are a carer you aren't working or putting in as much as other not providing care"

9 "Caring for someone with physical and mental health issues is **emotionally draining**"

10 "Permanent **tiredness, and exhaustion** – working through the night just to catch / keep up"

11 "I feel I am completely **undervalued** and there is no recognition of my situation as a carer"

12 "I've been faced with a view of carers being slightly woolly "luvvies", who **choose** to provide care as a get out from the issues of professional working"

13 "It affects the perception of others of me as I often have to leave work early to address an **emergency** at home"

14 "My boss fails to appreciate that I can't do more than I do ...his attitude puts me under huge strain"

15 "My HoD was unwilling to even consider allowing me to **reduce** my hours so I can fit in caring for my mum"

16 "An email from my manager...*I am starting to become concerned that things at home are potentially impacting on your role*"

17 "Refusal from manager to allow leave when needed to care for my disabled son"

18 "As a carer, I **struggle** to attend evening events, whether academic or social events"

19 "I don't particularly want recognition more an **understanding** that caring can be very demanding in all sorts of ways"

20 "**Extreme** exhaustion, **negative** financial impact on pay and pension, feeling **excluded** at work"

21 "I use my holidays to attend appointments which means I **have no or very little time for myself**"

22 "There's **no support** for carers at my university; they just let you get on with it and don't seem to really **care!**"

23 "Having to **leave** early and **make up the time** elsewhere especially at busy times in the academic year"

24 "Lack of **flexibility** from my employer to **adjust** my working week to provide care to my elderly dad"

25 "It's so **difficult** dealing with care issues during the day with no room to make private and personal calls"

26 "**Lack of support** at work reflects a selective understanding of caring responsibilities"

27 "Caring means being **lonely, stressed** and **isolated** at work"

28 "Continual caring is **sole destroying**. It is never ending with constant **worry** that all is ok whilst at work"

29 "Often tired and **emotionally fragile**, which is understood by most colleagues, but not line management"

30 "I have to take an **unpaid career break** and reduce my hours as a result of caring responsibilities"