



**Are you looking after someone who wouldn't be able to cope on their own?**

**If you are feeling isolated or you find it hard to get out, our friendly and welcoming online community is waiting for you.**



Come to our chatroom to talk through the daily realities of being a carer, or just have a break and some light-hearted fun. Join or start a conversation on our discussion boards where you can ask questions and your advice and opinion is highly valued, or tell your story with hundreds of other carers on your blog space.

You can get involved by visiting: <https://space.carers.org/>

**Carefree**

Take a few minutes off and chat about anything and everything that's not so much carer-related. Pets, recipes, TV, octopuses, where you've been on holiday or where you wish you were... anything at all.

**Events and Q&A**

Here on Carers Space we often hold special events where a guest comes in to answer questions about a particular subject. If you'd like to join in a current one or read through one from the past, they're all here.

**Have your say**

Opportunities to get your voice heard: campaigns we'd like your input on, research, surveys, or feedback on Carers Space itself. You'll usually find something here to take part in!



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