



Action for Family Carers

Supporting Carers Across Essex

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Rotary Club of South Woodham Ferrers

Dear Don and Members of the Rotary Club,

I am writing to thank you for your kind and generous donation of £500. Your support makes a real difference to the charity and the support we are able to provide for Carers across Essex particularly at this very challenging time.

There are over 180,000 unpaid family Carers living in Essex – people who look after family members who have a long term illness, or are disabled or frail and who couldn't otherwise manage. Many Carers look after a loved one for over 50 hours a week; their own health can suffer and they are currently more isolated than ever with few if any opportunities to take a break.

During this time Action for Family Carers is continuing to provide information and advice, befriending, and support for Young Carers over the phone and we also deliver our Feeling Good Caring Well programme through live online and filmed sessions. Our services rely on fundraising and donations to continue.

On behalf of the Carers who will directly benefit I would like to thank you once again for your support, it really does make a difference.

Yours sincerely

James Clarke
Chief Executive Officer

