

# 10 Things A Church can do To Support Carers

1. **Be aware** of carers – who they are, what they need. Interview carers from congregation
2. **Pray**- we're good at praying for the sick but what about those who care for them?
3. **Include** - ensure church programmes, coffee mornings, lunch clubs, and activities don't exclude them
4. **Remember**, a timely pastoral visit can be a Godsend - a regular visit from someone can be a lifeline!
5. **Ensure** PA's and Parish Visitors have information that could be of help, staying in the know matters. Signposting.
6. **Help** put Carers in touch with support groups and services
7. **Include** local Carer support group contact details on notice boards
8. **Support** and publicise the annual carers service and event at the Cathedral
9. **Encourage** Youth Groups to be 'young carer' aware and friendly
10. **Offer** your building as a venue for a support group

