

1 in 5 of the NHS workforce is an **unpaid carer.**

It can be a real struggle for colleagues who are combining work with caring for a loved one who is older, disabled or seriously ill.

Mid and South Essex Health and Care Partnership supports working carers, and is an active member of Carers UK's business forum, **Employers for Carers.**

Our membership includes access to **efcdigital.org** which offers a range of resources that can help us support our staff who juggle work and care.

To better understand how to support colleagues who are carers, create your own account with our membership code.

efcdigital.org

Membership code EFC9674

Employers for Carers is an employer membership service provided by Carers UK. Carers UK is a charity registered in England and Wales (246329) and in Scotland (SC039307) and a company limited by guarantee registered in England & Wales (864097). Registered office: 20 Great Dover Street, London SE1 4LX.

www.employersforcarers.org