

Make a
BREAKFAST,
Make a
DIFFERENCE

**HOST a
BREAKFAST
AT Home, in
YOUR WORK-
PLACE OR AT
YOUR SCHOOL!**

Give Marlon the chance to play again

Although he is only seven, Marlon is a carer. He lives alone with his mum who has heart problems. This means Marlon has to help her with cleaning, washing up, cooking and carrying heavy shopping. He worries a lot about his mum.

When Marlon and his mum started to get more isolated, he stopped playing with other children and wasn't talking very much. His teacher noticed something was wrong so she referred him to his local carers service where he's learning to have fun again – taking part in clubs and school holiday trips. His mum is also getting support and they've even been on a short break together.



£50 could make a real difference to Marlon.

Your gift could give carers like Marlon a few valuable hours break each week by providing a trained member of staff to look after the person they care for.

So who cares? At Carers Trust, we care. But we need your help. We work to provide action, help and advice to Marlon and the other seven million **unpaid carers** in the UK.

Host a Britain's Best Breakfast event, raise some money and help Marlon to have the support he deserves in his young life.

To take part, visit:
Carers.org/britains-best-breakfast

