

January 2023

Dear

In December 2022, Invisible Army, who shine a light on carers (unpaid), held an exhibition to visualise the 40,138 carers in Bristol (Census, 2011). A carer provides unpaid support to someone who could not manage without this help.

Invisible Army's exhibition consisted of 35 carers' stories in photographs and writing, along with an art installation of a living room adapted to care for a disabled person, covered in 40,138 individually handmade flowers. This exhibition was completely un-funded and made possible through our community's kindness and passion.

Here are the most shared comments from carers about what they need:

"More respite care"

"Value, respect and compensation" "Fair wage: it's a job" "A union for carers"

"More funding for struggling carers' support services"

"An overhaul and radical change to services. Put disabled people and unpaid carers in charge of decisions and policies."

"Meet carers rights"

"More exhibitions. Awareness is the first step to wake people up to other people's realities"

"Longer term mental health support"

"A mandatory question on school registration forms asking pupils if there is a disabled person in their household. This to then lead to a Young Carers assessment."

While our systems are struggling, professionals striking, bills rising, and Covid lurking, it is Carers who are keeping people alive, saving the economy millions of pounds and facing the consequences of broken systems. All while being almost completely unheard and unseen.

We gift you some of the flowers that featured at the exhibition, and we ask you to make a post on your social media, with a pledge to the carers of your constituency, for 2023.

Add a photo of your flowers letting us know where you have put them as a reminder to yourself. In support of Invisible Army please tag us (see our handles on our business card, inside the box).