
Time Out For Carers & Tesco's Bags of Help

Devon Carers have recently been successful in applying for Tesco's Bags of Help scheme. This means that when you do your weekly shop, or even just popping in for a pint of milk, and you get given a plastic token at the checkout you can now choose **Devon Carers Time Out For Carers** as the charitable cause to receive support. We will be using the money we receive to support carers to access breaks.

Unpaid carers are critical to the sustainability of the health and social care system, and the value of the work they do is worth about £1.75bn per year in Devon alone! Getting a break from caring is hugely important, not only to promote the wellbeing of the carer but also allowing them to stay resilient and keep on caring if that is their wish.

Please consider using your token to vote for Devon Carers and thank you for helping us to continue looking after carers in Devon.

For more information on Tesco's Bags of Help visit:

<https://www.tescopl.com/sustainability/communities/topics/community-grants/bags-of-help/>