

Your name  
Your address

Date

Dear Sirs

I am writing, as one of xxxxx unpaid carers in xx District, to highlight of Scotland's Carers Manifesto 2007.

I care for [use this space to give some background on your caring situation]. I have been a carer for xx years and caring has had a significant impact on my life. [use this space to give details of the impact caring has had on your life e.g. you have given up work, you live on benefits, your health has been affected].

The Carers Manifesto calls for all candidates to support investment in unpaid carers, giving all carers a right to: good health; regular and appropriate breaks from caring; access to appropriate support and training; live free of poverty with opportunities to work and take part in lifelong learning, and for every child and young person with caring responsibilities, to have the right to be a child.

I think all of your readers will agree that these are rights that every citizen in Scotland should be able to expect. However, the reality for most carers in Scotland is very different.

I hope that your readers will all use the Scottish Parliament and local council elections to gather support and highlight these issues with candidates.

Yours faithfully

[your name]