[Insert your local East Sussex County Council Councillor name and address here]

[Insert your address here]

CC: [add name of your local MP here]

[Insert date here]

Dear [Insert your local East Sussex County Councillor’s name here]

I’m an unpaid carer living in your constituency and write to you to share my serious concerns about the prospect of cuts in East Sussex County Council Adult Social Care funding of £10 million this year. This includes a proposed £422,000 cut to the budget for carers’ services.

I care for [insert a little about your own situation here, mentioning who you care for, and your responsibilities, to help your councillor understand better your concerns].

Proposed cuts to carer support services, like Care for the Carers charity, will have a significant impact on thousands of carers like me in East Sussex and the people they care for. [You might want to include something specific you are concerned about here].

As Janice, who cares for her adult son living with learning disabilities put it at a recent consultation meeting about the cuts, “If we all woke up tomorrow and stopped caring there'd be a national crisis!”

I therefore ask you to speak up on behalf of the many unpaid carers like myself that you represent, and challenge the cuts that are being proposed now, and in the future.

I thank you for paying attention to my concerns and look forward to receiving your response in the near future.

Yours sincerely,

[Insert your own name here]

Useful background reading:

<https://www.cftc.org.uk/blog/councilcuts>