Letter content: From a care worker to local MP/councillor

Dear xxxxxx

**I’m speaking up for care**

I’m a [care/support worker or insert alternative job title] at [insert name of employer]. I’m writing to you as your constituent and as someone who delivers care, day in and day out, to people who are in need and not able to look after themselves.

**I’m speaking up for care** because I’m part of a workforce of 1.6 million people committed to delivering care and support every day. Care work is rewarding but hard, both physically and emotionally. But not only that, it’s a skilled profession requiring a diverse set of qualities and the ability to care for people with complex needs.

I love my job and it’s very rewarding but this doesn’t mean my colleagues and I should be undervalued and taken advantage of by society. We have families and bills to pay but our wages don’t reflect the huge responsibility we have to the people we care for. People working in supermarkets, doing fewer hours, with very little responsibility, can get paid more than care workers. In the NHS, someone working at the same level as me not only earns more but society also values them more highly. We both have the same responsibility for human life but are paid at different rates and viewed in different ways. It also feels like the people drawing on social care are not valued as highly as people using the NHS. But how can this be when often they are the same people?

It's not only about how much I’m paid as a care worker that I’d like to see change, but also about how my colleagues and I are viewed. I’d like to be part of something bigger, to have professional registration and the ability to progress with a career plan with recognised and transferable qualifications. This would make myself and my colleagues feel we are valued for what we do and the role we play in changing people’s lives, every day. It would also help stop people from leaving the care sector to work in the NHS and attract more people to working in care which would help reduce the 131,000 unfilled care jobs.

Perhaps if you came to see for yourself just what it takes to be a care worker it would help illustrate just how valuable and underappreciated care workers are. Maybe you could come and shadow me at [insert name of employer] for a day? That way you would really learn first hand what the job involves and the amazing difference we make to people’s lives. I’d be more than happy to help you organise this ‘Day in the Life’ experience! Maybe you could arrange with the local media to come along too and cover your visit.

Please contact me by email on [insert email address] to discuss.

Yours sincerely