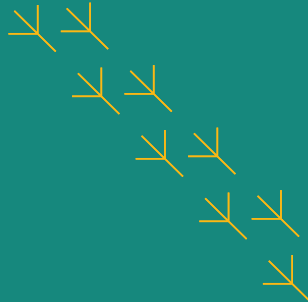




Looking after someone?

There's support for you too.

If you help someone who could not manage without you, you may be an unpaid carer.

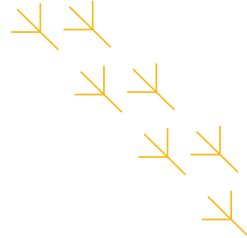
You might support a parent, partner, child, friend or neighbour with everyday tasks, appointments, emotional support or managing at home.

Many people do not think of themselves as carers. But recognising it is the first step to getting the right support.



**Apply
for your
free carers
passport**





Support available in Norfolk includes:

- Information, advice and guidance
- Support for your health and wellbeing
- Help to understand your caring role and your rights
- Advice on practical and financial support
- Easy access to information through Ask Cora on WhatsApp
- A free carers passport with Carers Voice to help you in healthcare settings
- Carers handbook (digital only)



Get in touch



Carers Matter Norfolk

www.carersmatternorfolk.org.uk

Call: 0800 083 1148



Carers Voice

Join for free and apply for your carers passport

www.carersvoice.org

Ask Cora on WhatsApp: 07457 404034

