



LOOKING AFTER SOMEONE THIS WINTER?



Are you helping to look after someone because of illness, frailty, disability or older age?



YOU MAY BE AN
UNPAID CARER

SUPPORT IS AVAILABLE



Book your **free** flu vaccination



Access **free local support** for unpaid carers



ASK OUR TEAM

or scan the QR code to find out
how we can help



Scan for your
services area





STAFF PROMPT

A SIMPLE THREE-STEP CONVERSATION

1

ASK

"Do you help look after a family member, partner or friend because of illness, disability or older age?"

2

OFFER

"There is support available for carers locally. Would you like some information?"

3

SIGNPOST

- Give a leaflet
- Direct to the poster
- Encourage a QR scan

Keep it simple, welcoming and optional.