

Work with us to help unpaid carers **STAY WELL THIS WINTER**



Identify

Identify the unpaid carers you are in contact with



Refer

Refer unpaid carers to a carer organisation, it can really make a difference



Support

Involve the carer in all discussions and aspects of planning

If you look after a relative, friend or neighbour, we would like to encourage you to focus on your wellbeing, improve your physical health and maintain social connections.

This winter there is more need than ever for you to look after yourself and the person you care for. Colds, flu and being able to stay warm at home can all affect your ability to stay well.

Contact us now to register yourself or get information for someone you know.

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for brighton & hove