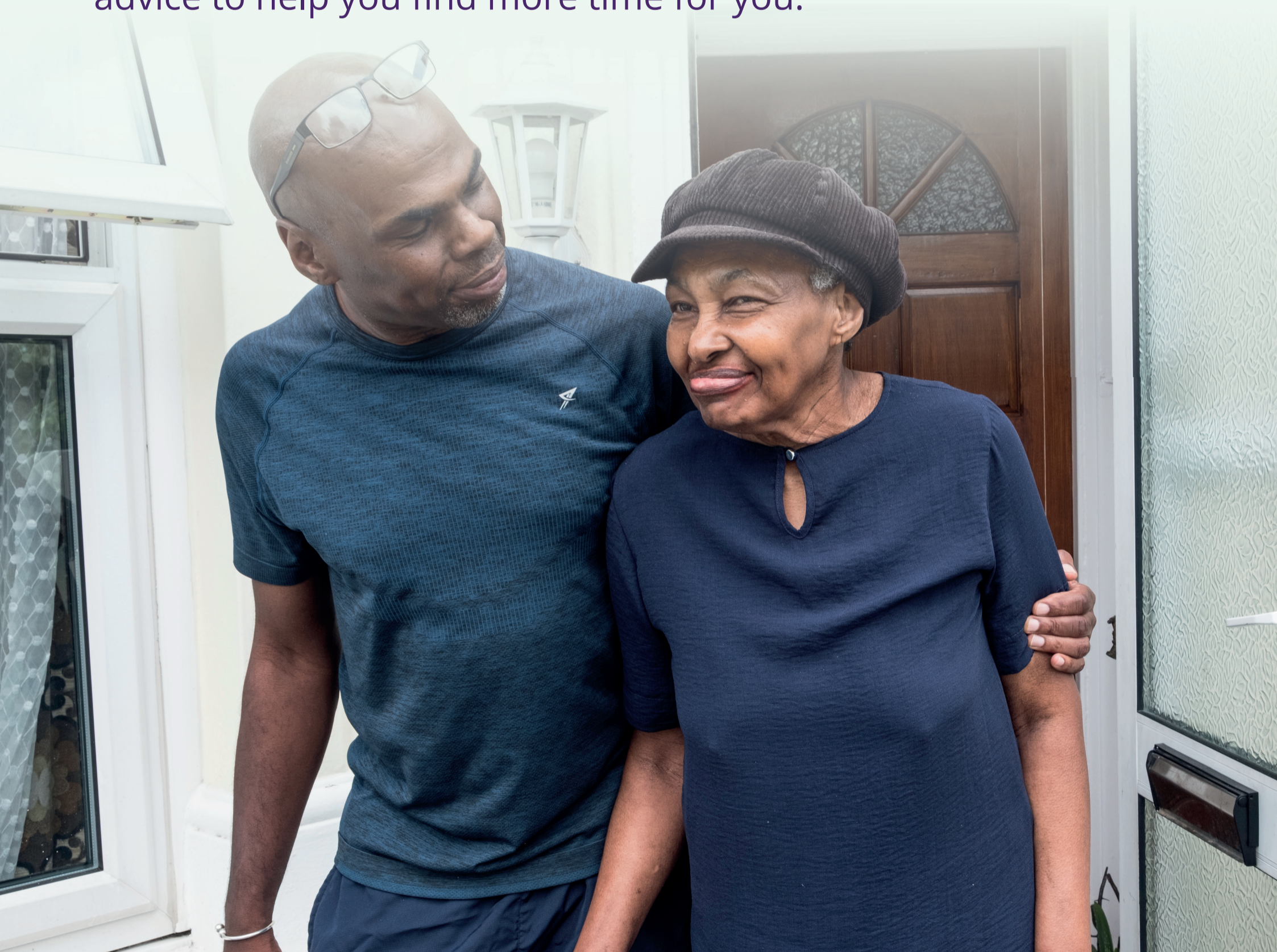


Supporting you to make time for the little things.

If you're looking after a friend or relative who couldn't manage without your help, our **pocket guide** is filled with practical advice to help you find more time for you.



Scan the **QR code** with your phone to download or call **0300 303 1555** to receive the guide in print form.

**Carers
First**

**We care
for you.**