

Are you looking after someone?

Are you concerned about a neighbour and look in to check on their wellbeing, or perhaps do their shopping, or provide the odd hot meal?

Or do you provide round the clock care for someone in your household who is ill or disabled, or elderly and frail?

However little or much you do, there is a **free handbook**, a **telephone helpline** and a **website** that provides information on where you can get help to support the person you are concerned about or care for.

Norfolk Carers Helpline is open from 9am to 5pm Monday to Friday, and if you call them, they will send you a copy of the handbook.

Tel: **0808 808 9876**
(free from a landline).

Or visit the Norfolk Carers Information website -
<http://www.norfolkcarersinfo.org.uk>.

You can also download a copy of the handbook from the website.

