

People who
look after
someone
need to be looked
after too

Popping in for a cuppa...

Helping with the shopping...

Keeping an eye out...

Picking up
prescriptions...

Helping with day to day tasks...

You might call it just being a good neighbour, wife, son or friend... But caring for someone else without support can be hard work. Help is available for people who care for adults.

Come to our free event for unpaid carers between **2-6pm** on **Monday 9 June** at the City Chambers, 253 High Street.

Call **0131 529 6552** or email **rachel.howe@edinburgh.gov.uk**



Working together for a caring,
healthier, safer Edinburgh