



# CARERS

## We need your help!

- Do you provide unpaid care for a loved one living in Nottingham or Nottinghamshire?
- Can you commit to a fortnightly online meeting or telephone call?

### WE NEED YOU

to have your say in the design of carers' services across the city and county.

We are talking to carers and feeding their views into the plans for commissioning carers' services. We need to hear from carers of all ages, including young carers and working carers, and all backgrounds.

**These decisions are being made now**

**Make sure your voice is heard!**

To find out more or to get involved please email:

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