

#ThinkCarers



Norfolk County Council

**I help my dad
to remember.
I am a **carer**.**

There are an estimated 100,000 unpaid carers in Norfolk.

It's time to **#ThinkCarers** and ensure that those people who are looking after a family member, friend or loved one are getting the help and support they need.

Find out more at:
norfolk.gov.uk/thinkcarers