

**#ThinkCarers**



Norfolk County Council

I **cook** my **dad's**  
breakfast **every**  
morning and  
**prepare** his  
**dinner** too.

Are you one of  
Norfolk's hidden carers?

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](http://norfolk.gov.uk/thinkcarers)**