



Essex County Council

**healthwatch**  
Essex

# CARERS VOICES

## DO YOU...

Help someone in their day-to-day life?



Keep someone company if they can't get out much?



Help someone with their personal care?

Care for someone who cannot care for themselves?



## Get In Touch

 0300 500 1895

 [carersvoices@healthwatchessex.org.uk](mailto:carersvoices@healthwatchessex.org.uk)

# ABOUT THE PROJECT...

We are working with Essex County Council on a project called 'Carers Voices', and we'd like to hear how you think services can be developed to meet the needs of those who care for others.

There are a range of ways to get involved and tell us what works well, or not so well, for you and the person you're helping:

- Group Discussions
- Surveys
- Polls
- Workshops
- Telephone Interviews
- And more...

**Scan the QR code or head to our website to find out more.**



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