

# Supporting your Wellbeing

If you care for a friend, relative or neighbour, tell us what services you need to help support YOU in your caring role

Healthwatch Warwickshire ran a survey to understand Carers wellbeing needs. Warwickshire County Council now want to know what services YOU need to support you in your caring role

Get involved by...



1) Answer 7 questions about what you need from services and tell us what can be improved. Scan the QR code or call us to request a paper copy of the questions

2) Join our friendly and informal online focus groups to discuss the feedback from the questions to try and solve some of the issues raised

When: 8th Nov at 6.30pm and 11th Nov at 10am  
Via: Zoom



To book a place on the focus group:-

Email: [info@healthwatchwarwickshire.co.uk](mailto:info@healthwatchwarwickshire.co.uk)

Call: 01926 422823

For more information about Healthwatch Warwickshire visit: [www.healthwatchwarwickshire.co.uk](http://www.healthwatchwarwickshire.co.uk)