

Do you support a friend,  
family member or  
neighbour?

Access  
Online  
Carers  
Self-Help



Local Services  
& Events

NHS Health  
Advice

Financial  
Support &  
Discounts



Scan QR code or go to  
[https://bridgit.care/support/  
birmingham?t=BGPBMC](https://bridgit.care/support/birmingham?t=BGPBMC)  
to create your own self-help  
plan



Creating  
Carer  
Friendly  
Communities

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