

I LOOK AFTER SOMEONE

I AM A CARER WHICH MEANS THAT I CARE, UNPAID, FOR A FRIEND OR FAMILY MEMBER WHO DUE TO ILLNESS, DISABILITY, A MENTAL HEALTH CONDITION OR AN ADDICTION CANNOT COPE WITHOUT MY SUPPORT.

The current restrictions on movement have made it more difficult for people like me to access essential food and medicines.

I need your help to make sure that the people I care for and I are able to access the things that we need. You can learn about how to support carers like me at **carers.org/wales/covid19**.

Thank you for being carer aware and working with me so I can access essential supplies for myself and those that rely on me.

[CARERS.ORG/WALES/COVID19](https://carers.org/wales/covid19)