

## Are you providing a care to someone?

**Many people don't see themselves as caregivers. You might be a busy mum who is also looking after an elderly relative, a husband looking after his disabled wife or maybe a friend helping to support someone with mental health problems.**

Regardless of whether you are new to a caregiving role or you have been looking after someone for some time we'd really like to hear your views.

Healthwatch Hackney would like to understand the challenges you face and how services can help you maintain your quality of life, whilst giving the care and support that's so vital to the person you help.

**Healthwatch Hackney is committed to giving a voice to carers in Hackney so that their views can help shape services.**

Our anonymous survey closes on Friday 18<sup>th</sup> September and will take around 12 minutes to complete.

Please click to the link to access the survey:

<https://www.surveymonkey.co.uk/r/HWHCarersCovid19>

The results will be shared with Hackney Council and the providers of social care services.

## Your views count