

Did you know that
you can ask for a



FREE flu jab

if you look after someone,
without pay, who can't get
by without your help?

**Ask your GP practice
for details.**

© Carers Trust 2013. Carers Trust is a registered charity in England and Wales (1145181) and in Scotland (SC042870). Registered as a company limited by guarantee in England and Wales No. 7697170. Registered office: 32-36 Loman Street, London SE1 0EH.

CARERS UK
the voice of carers

