Could your experience help someone realise they're a carer?

We're looking for unpaid carers to help shape a series of short videos about what caring looks like in real life.

Many people **don't recognise themselves as carers** at first. By sharing real experiences, we hope to help more people identify themselves earlier and become aware of the support available.

People could take part through:

- informal conversations, either face-to-face or online
- written contributions
- short video or audio clips

You do not need any filming experience, and there's no expectation for anything to feel polished or professional.

If you'd like to know more, or would simply like an informal chat, we'd be very happy to hear from you.

Get in touch:
Email: carersspacenotts@nottinghamshirecarers.co.uk
Call or Text: 07966 391612

Carers Space Notts

Nottinghamshire Carers Association