

People who  
look after  
someone  
need to be looked  
after too

Help is available for people who care for adults. Come along to our free event for unpaid carers between **2-6pm** on **Monday 9 June** at the City Chambers, 253 High Street. Call **0131 529 6552** or email **rachel.howe@edinburgh.gov.uk**

[#edinburghcarersevent](https://twitter.com/edinburghcarersevent)

Working together for a caring,  
healthier, safer Edinburgh

**NHS**  
Lothian

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