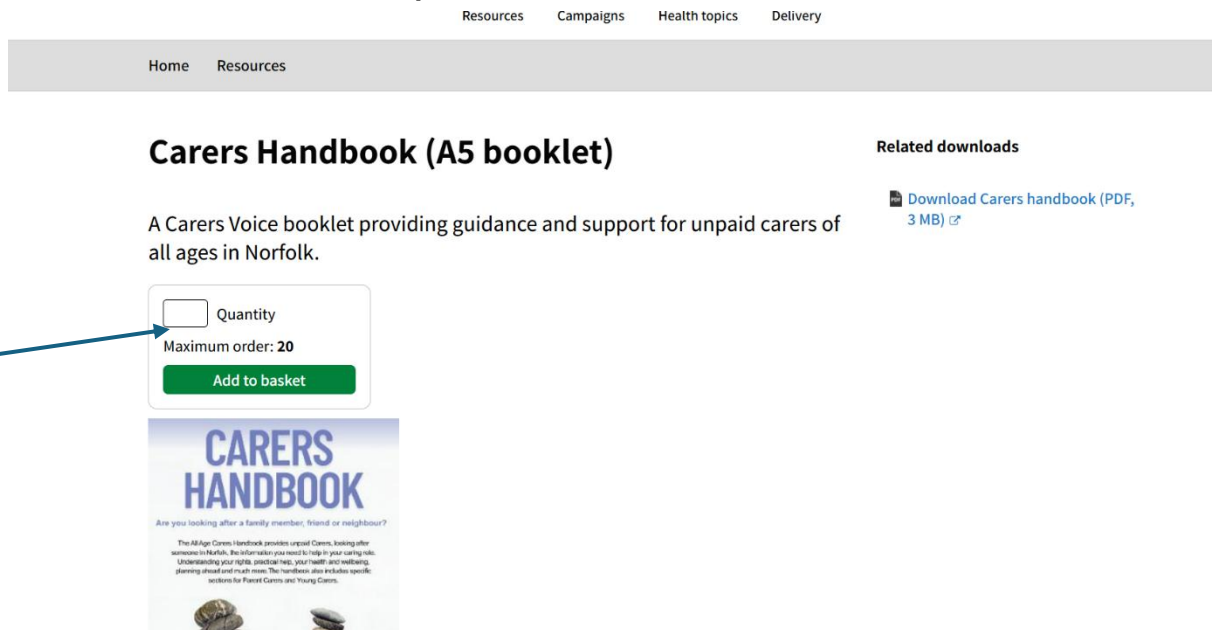


How to request a Carers Handbook

1. Open the Health Information Resource Service website (linked to on Carers Voice website)



Resources Campaigns Health topics Delivery

Home Resources

Carers Handbook (A5 booklet)

A Carers Voice booklet providing guidance and support for unpaid carers of all ages in Norfolk.

Related downloads

[Download Carers handbook \(PDF, 3 MB\)](#)

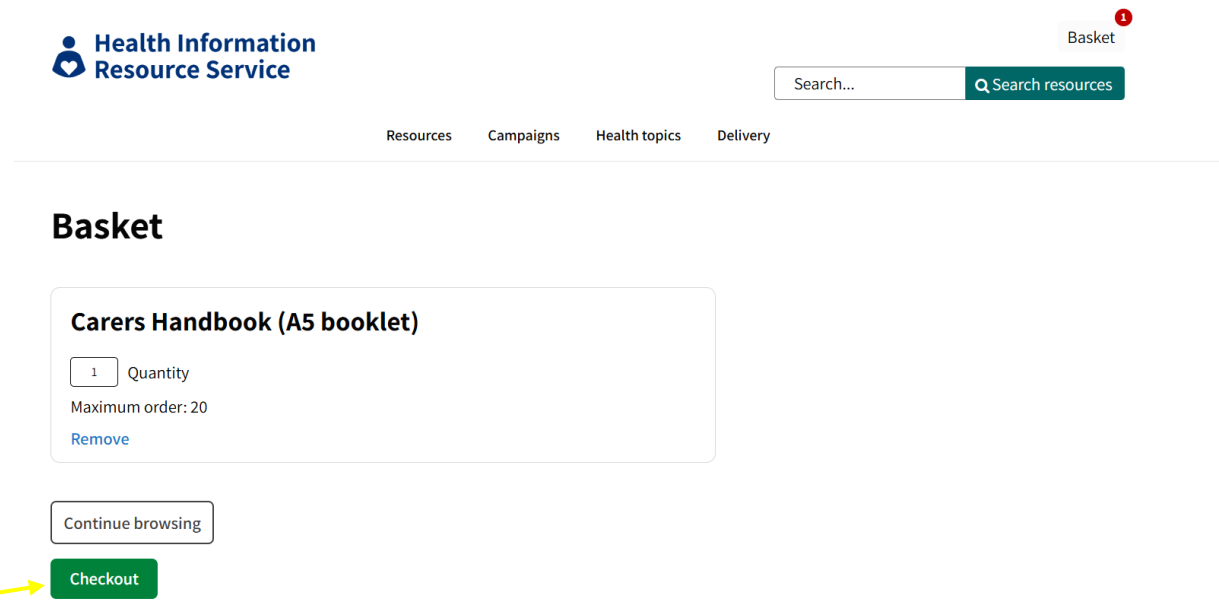
Quantity
Maximum order: 20
[Add to basket](#)

CARERS HANDBOOK
Are you looking after a family member, friend or neighbour?
The All Age Carers Handbook provides unpaid Carers, looking after someone in Norfolk, the information you need to help in your caring role. Understanding your rights, practical help, your health and wellbeing, planning ahead and much more. The handbook also includes specific sections for Parent Carers and Young Carers.

Add the number of Handbooks you would like to request. Perhaps you are part of a Carers Group and want to order everyone a copy. You can order up to 20 but we please ask that you only request the amount needed so can make sure as many Carers as possible have access to a Handbook.

Click add to basket.

2. Click the 'check out' button



Health Information Resource Service

Basket ¹

Search... [Search resources](#)

Resources Campaigns Health topics Delivery

Basket

Carers Handbook (A5 booklet)

1 Quantity
Maximum order: 20
[Remove](#)

[Continue browsing](#)

[Checkout](#)

3. Click continue



Health Information
Resource Service

Basket ¹

Search...

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Resources

Campaigns

Health topics

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Home Basket

Order

Back to basket

Review your order

Title	Quantity
Carers Handbook (A5 booklet)	1

Continue >

4. Fill in your details. Leave the organisation/employer box blank. Click continue.

Order

Back

Privacy notice

Read our [privacy notice](#)

Tick to confirm you've read our privacy notice

☐

Your details

Full name

Email address

Your organisation/employer (optional)

Continue >

5. Tick no and then continue

Order

[< Back](#)

Do you work at a GP surgery, health centre or hospital?

If you work in a pharmacy that is located at a surgery, choose yes to have your delivery sent there.

☐ Yes ☒ No

[Continue >](#)

6. Choose your local or preferred library and click submit

Order

[< Back](#)

Delivery

Location

Select your preferred delivery location from the list

Norfolk & Norwich Millennium Library ▾

London Library

Long Stratton Library

Mile Cross Library

Martham Library

Mundesley Library

✓ Norfolk & Norwich Millennium Library

7. You should receive a confirmation email to confirm the order has been submitted.



Order

Your order has been submitted. We will send you a confirmation email.

Orders usually ship within 5 working days, via the weekly courier. The Health Information Resource Service will update you by email to let you know when your order has been dispatched.

Remember to sign up to Carers Voice for FREE to keep updated with the latest local and national news and events for Carers and/or be involved in future co-production projects to improve support. Together, the voice of Carers is stronger.

[Carers Voice Membership – Carers Voice](#)