

Caring for a loved one who is ill, disabled or older can be valuable and rewarding, but without the right support caring can have an impact on your life.

We've teamed up with Carers UK to give you access to essential resources to help make caring easier. Register for FREE resources and get the help you need today.

Our digital products and online resources are available to carers and include:

## E-Learning

A suite of courses for carers



## Jointly

Care co-ordination app



## Free publications

Carers UK guides



## More resources

Links to community support



Visit **carersdigital.org** and use code **WESTYORKS** to create a free account and access digital resources.

