

# Do you support a friend, family member or neighbour?

Access  
Online  
Carers  
Self-Help



Information &  
Advice

Local Services  
& Events

NHS Health  
Advice

Financial Support &  
Discounts



Scan the QR code or visit  
[https://bridgit.care/support/BCP?  
t=BCPC](https://bridgit.care/support/BCP?t=BCPC)  
to create your own self-help plan

BCP  
Council

BCP Carer Support



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