

Knowing Works®

Do you help someone who could not cope at home without your help?

Please share your experiences of supporting and caring for people with us.

We're working with Suffolk County Council to include your experiences in important local work and plans that will shape support for people now, and into the future.

Fill in our brief form at www.smartsurvey.co.uk/t/ProvidingSupport or scan our QR code before 28 February 2027.

You can take part if you help a family member, partner or friend because of illness, frailty, disability, a mental health problem or an addiction.

Please share your experiences whether or not you access support for your caring role (for example, from Suffolk County Council or Suffolk Family Carers). You can be anonymous.

Please contact us if you need support to take part, or if you have a question. Call free on 0800 448 8234.