

# Send a this Xmas!

Not everyone who has caring responsibilities may call themselves a 'Carer'.

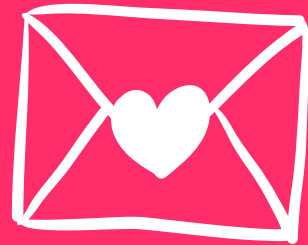
So, this Christmas we are asking you to send a kiss to anyone in your life and offer some extra support if you can.

If that person is an unpaid carer, it may be just the extra bit of help they need.

Here's our 12 days of Christmas ideas to help you spread those kisses this Xmas...



Text a friend and let them know you're thinking of them



Send a hand-written card to someone



Buy an extra present and donate it to a friend



Find out more about how to have a Dementia Friendly Christmas



Share our website link on your social media



Offer to grab a bag of shopping for someone



Let people know where they can keep warm locally



Invite someone round for a cuppa



Drop round a cooked meal to a friend



Phone a friend and say hello



Invite people to your festivities



Let people know what help is available over Christmas