



All carers learn a great deal during their caring career. From our support work, we know carers are keen to help each other; Omega wants to encourage care-givers to share information.

You could help other carers and have the chance to win a cash prize of **£100**.

What do you know NOW that you wish you had known when you first became a carer?

How to enter:

Decide which is the most useful thing you've learnt since you've been caring. For example, it could be a service or an organisation you've discovered, a helpful individual who has made a real difference, a website or book, a way of managing your time or a relaxation technique – choose something you think other carers should know about.

Fill in the form overleaf in full and send it to our freepost address, or hand it to an **Omega Support Group Coordinator** or **Facilitator*** – you will find a list of these on our website www.omega.uk.net.

Alternatively, email your Top Tip to carers@omega.uk.net; if you don't use the entry form remember to include your name, address and telephone number, and tell us how many years you have been a carer.

Entry is open to all unpaid care-givers aged 18 and over. If your Top Tip is judged best in the your area you will win **£100 cash**, and go forward to the National Final.

*The Omega Support Group Coordinator or Facilitator who submits the most entries on behalf of carers will receive a £25 gift voucher.

Good ideas are for sharing

Even if your idea doesn't win a prize every good idea we receive will be shared with other carers.

Judging Criteria:

The winning Top Tip will be selected by a panel of experts chaired by Dr Teresa Griffin, who will consider:

1. How useful your Top Tip will be to other carers
2. How easy it will be for other carers to implement your Top Tip
3. Whether your Top Tip is innovative or groundbreaking

Entry Form

“What I know **NOW** that I wish I had known when I first became a carer” (your Top Tip):

Name:

Address:

Telephone Number:

Mobile Number:

Email Address:

How many years have you been a carer?

FOR OFFICE USE ONLY

Date Received:

Submitted Via:

Post your completed entry to:

**Freepost RSGB-CYBY-HSCX
Omega
London House
Town Walls
Shrewsbury SY1 1TX**

Or email to:

carers@omega.uk.net

Phone: **0845 259 3163** (local rate)

Web: **www.omega.uk.net**