

# Help make care better. Tell your story.



**Care Opinion** is a website.

It has stories on it from people who have used health and social care services.



You can tell us

- what was good
- what could have been better
- how you feel



You do not have to give your name or personal information.  
Your story is anonymous. No one will know it is your story.



Health and Social Care staff will read your story.  
They will try to get back to you as soon as they can.



**Care Opinion lets you tell your story about your care.**

To tell your story you can



**Scan this QR code**

Use phone camera.  
Follow the link.



**Call 0800 122 3135**

Monday to Friday between  
9.30am and 4pm



**Go to our website**

**[careopinion.org.uk](https://careopinion.org.uk)**



You can use picture stories  
to tell us about your care.

**[careopinion.org.uk](https://careopinion.org.uk)**



Family and friends can  
help you share your  
story.