

# Why being a carer is important to me?

I work as a health Visitor in Bath, UK and I am also a carer for my daughter who is on the Autistic Spectrum. I have learnt so much from the various facets of my life. This has been a rewarding and enriching experience. I share my learning with others by writing and media interviews.

I have gained great support from the Conversation Cafe and Skype Practitioner Researcher Group. If anything in my poster resonates with you, I would love to hear from you and learn together.

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Member of the  
Conversation Cafe  
Research Support Group  
- LINK



**LIVE  
LOVE  
DANCE**



Surrinder's video - LINK

**BE** Inspiring  
Trustworthy Knowledgeable  
Values-Driven Interested Fun  
Unique Flexible Positive Caring  
Adaptable