

# Forth Valley Carers Card

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## Submitting a photo electronically

To ensure that the person using the card is the person authorised to do so, every card features the registered carer's photo.

### Sending the photo

You can take a photo on a camera or smart phone. Either is fine, as long as the photo is clear.



You can attach the photo to your online application, or email it to [media@stirlingcarers.co.uk](mailto:media@stirlingcarers.co.uk).

### Photo Specifications

The size of the photo does not matter as we can crop it to fit the space. However, the photo must:

- Be a head and shoulders shot looking straight at the camera
- Be taken against a plain, light coloured background (such as a blank wall)
- Be in focus
- Not contain dark shadows
- Not contain any other people or animals

It's fine for you to smile in the photo if you wish, and wearing glasses is ok as long as there is not flash glare on them.

If you have any question, email [media@stirlingcarers.co.uk](mailto:media@stirlingcarers.co.uk).

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