

Do you look
after someone
who could not
cope without your
support?

Carers Rights Day

Thurs 21 Nov
10.30am-3pm

Upper Holloway Baptist Church,
11 Tollington Way, N7 6RG

**Carers Rights Day is
an annual campaign to
celebrate the contribution
of unpaid carers.**

**Take some time out for yourself,
hear from local services and meet
other Islington carers!**

- 10.30am** Tea, coffee and information stalls.
- 11am** Carer Annie shares her story.
- 11.15am** How Adult Social Care supports Islington carers. Find out about respite, adaptations and support for the person you care for.
- 12.15pm** Lunch and information stalls.
- 1.15pm** Working with the NHS to identify carers and helping carers get the support they need.
- 1.45pm** Join us for a fun activity.
- 2.15pm** Raffle and concluding remarks.



**Booking
essential!**

To book your free place:
Email info@islingtoncarershub.org
or call 020 7281 6018 / 3319

 islingtoncarershub.org/carers-rights-day-2024