

Wednesday Brew & Learn

Someone you know is a carer - but do they know it yet?

Do you support a partner, child, parent, family member, or friend who depends on you? You may see yourself simply as someone helping a loved one, rather than an unpaid carer.

This Carer's Rights Day, we're raising awareness of carers' rights, so that more people can recognise their caring role an access valuable support sooner.

Join our workshop to explore:

- What being an unpaid carer can mean.
- Your legal rights and the financial and practical support that may be available.
- How to request a carer's assessment.
- Rights at work, including flexible working and time off for caring responsibilities.

Next Meeting:

When: Wednesday 4th November

Time: 11:00 am – 12 :30 pm

Where: Stratford Advice Arcade,
107-109 The Grove,
E15 1HP
Downstairs Foyer

Or join us on Zoom

https://us06web.zoom.us/j/87552458364

Meeting ID:
875 5245 8364

Or scan the QR code

Whether you care for someone yourself or know someone who does, this workshop will help you understand what support to ask for and where to start.

You support someone else. Your needs matter too.

Charity number: 1144535