CARERS' RIGHTS DAY

11 AM - 2 PM

19

NOVEMBER

Stratford Advice Arcade
107-109 The Grove, London, E15 1HP

Someone you know is a carer. But do they know it yet?

Join us to celebrate Carers' Rights Day and discover the support, advice and services available to carers in our community.

What's on?

- Pamper Treatments – take some time for yourself!
- Health Stalls – information, advice and wellbeing support.
- Information Stalls – discover the support and services available to carers.
- Free Lunch and Refreshments – enjoy some food and refreshments on us!

Every carer deserves support

Whether you are a carer or know someone who might be, come along, find out more and connect with your local community.

Everyone welcome – we look forward to seeing you there!

Contact us:

For pamper treatment bookings contact Subco Trust:

020 8548 0070

For all other enquieries please contact Newham Carers Community

020 3954 3143

info@newhamcarerscommunity.org.uk

Newham Carers Community

Charity number: 1144535