

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

Carers Rights Day

Thurs 20 Nov
10.30am-2.45pm

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** **Safeguarding** Find out what
'safeguarding' means.
- 11.30am** **Assistive Technology**
Hear about Telecare and other
devices that can provide vital help.
- 12pm** Lunch and information stalls.
- 1.15pm** **Moving and Handling**
Tips and guidance.
- 1.45pm** **Fun activity** Healthy Minds
Healthy Bods.
- 2.15pm** Raffle and concluding remarks.

**Booking
essential!**

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