



**carers
RIGHTS DAY**
26 November
2020

**Know Your
Rights**

Join us for Carers Rights Day on 26 November!

Do you look after a partner, relative or friend who is disabled, frail, has a mental health condition or substance misuse problem?
Then you need to find out about your rights as an unpaid carer!

Book to attend FREE workshops providing valuable information & advice. See full details below. You can join by phone or Zoom.

To book call us on **020 7281 6018**,
email us at **info@islingtoncarershub.org**
or visit **www.islingtoncarershub.org**.

10am-11am

Introduction
by
*Mayor of Islington,
Councillor Janet Burgess,*
and
presentations by
*Islington Carers Hub
& Centre 404*

11am-12pm

Carers and Mental Health
by
*Camden & Islington NHS
Foundation Trust*

12pm-1pm

Housing-Related
Matters Affecting
Carers
by
*Kenniston Housing
Association*

1pm-2pm

Fun Online Fitness
Session
by
Ageless Grace

3pm-4pm

Emotional Resilience
by
The Recovery College

4pm-5pm

Power of Attorney &
Future Planning
by
*Gentle Dusk
& Age UK Islington*