



carers
RIGHTS DAY

Thursday
25 November,
9.30am - 4pm

**Do you look after
a partner, friend
or relative?**

Know your rights!



See What's On during Carers Rights Day, Thursday 25 November



Find out about local support & meet other carers!



Get to know your rights - money, getting a break & more!



Supported by



ISLINGTON

See overleaf
for What's On
& How to Book.

**Book for
FREE sessions
on Zoom!**

9.30-10am

**Introduction to Islington
Carers Hub**

Advice, money matters, support groups & respite.
Islington Carers Hub

10-11am

Mood Booster Workshop

Techniques to improve your mood and to start exercising.
iCope

11-11.50am

Making Employment Work

Balancing work, training & finding flexible work opportunities.
Working for Carers

12.30-1.20pm

A Carefree Break from Caring

Find out about short breaks in UK hotels for Carers.
Carefree

1.30-2.20pm

Self-Care Support for Carers

Caring is demanding! Get support for a self-care routine.
Whittington Health

2.30-3.30pm

Let's Talk about Dementia

How Admiral Nurses can help people diagnosed & families.
Dementia UK

3.30-4pm

Mindfulness Session for Carers

A taster session to help with stress & find relaxation.
The Stress Project



For more information and to book

islingtoncarershub.org/carers-rights-day

info@islingtoncarershub.org or 020 7281 3319