

Caring For Your Future



carers
RIGHTS DAY
30 November
2018



Photograph by Rhoda Baer courtesy of the National Cancer Institute.

Do you look after a partner, relative or friend who is disabled, frail, has a mental health condition or substance misuse problem?

Come to Carers Rights Day and find out more about the help available!

Upper Holloway Baptist Church, Tollington Way, N7 6RG

10.30am - 2pm

Refreshments and **FREE LUNCH** with other carers.

We are running several workshops with guest speakers with topics ranging from:

- Welfare Rights
- Housing
- Mental Health
- Direct Payments

Stalls will also provide you with information about activities and services in Islington.

Get in touch to register your interest. Call us on 020 7281 3319/0800 085 1141 or email us at info@islingtoncarershub.org.