



## Carers Rights Day

Carers Rights Day is on **Thursday 21 November!** Carers Network is running a programme of **online and in-person** workshop talks and activities on both the day itself and on **Weds 20** and **Fri 22 November**. Sessions are online unless indicated.

To register, and for logins, please email [events@carers-network.org.uk](mailto:events@carers-network.org.uk) / call 020 8960 3033.

<p><b>Online First Aid Training</b> Weds 20 Nov 11:30am-1pm</p>	<p><b>Silver Social Event for older carers*</b> Thurs 21 Nov 12pm-4pm</p>
<p><b>Coffee Morning at Irish Cultural Centre,</b> 5 Black's Road, W6 9DT Thurs 21 Nov, 10:30am</p>	<p><b>Online Green Doctor Energy Talk</b> Thurs 21 Nov 4pm-5pm</p>
<p><b>Online Pension Credits and Energy Costs Savings</b> Thurs 21 Nov 12:30pm-1:30pm</p>	<p><b>In-person Pension Credits and Energy Costs Savings Talk**</b> Fri 22 Nov 2pm-3pm</p>

**\*The Polish Centre, 238-246 King St, W6 0RF**

**\*LBHF event: Free hot food, entertainment and info stalls**

**\*\*Dawes Road Hub, 20 Dawes Road, SW6 7EN**