



Carers Network



You might not even know you are a carer



You may think you're just being a good partner, friend or neighbour. While it can be rewarding, unpaid caring can also be isolating, expensive, and overwhelming. You're not alone. And we're here to help.

Carers Rights Day is on Thursday 24 November
On the day, Carers Network will have stalls at local libraries where you can find out about the help and support you are entitled to as an unpaid carer. ***Drop by and see us!***

- **11am-1pm: Church Street Library**
67 Church Street, NW8 8EU
- **11am-1pm: North Kensington Library**
108 Ladbroke Grove, W11 1PZ
- **2pm-4pm: Askew Road Library**
87-91 Askew Road, W12 9AS