



## 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>Online Mindfulness with Kate</b> Fri 22 Nov 10am - 10:30am</p>
<p><b>Pension Credits and Energy Costs Savings</b> Thurs 21 Nov 12:30pm-1:30pm</p>	<p><b>In-person Direct Payments Talk*</b> Fri 22 Nov 11am-12pm</p>
<p><b>Online Green Doctor Energy Talk</b> Thurs 21 Nov 4pm-5pm</p>	<p><b>Welfare Benefits Energy Saving and Pension Credits Talk*</b> Fri 22 Nov 2pm-3pm</p>

**\*The Beethoven Centre, Third Avenue, W10 4JL**