



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 / call 020 8960 3033.

<p>Online First Aid Training Weds 20 Nov 11:30am-1pm</p>	<p>Online Mindfulness with Kate Fri 22 Nov 10am - 10:30am</p>
<p>Pension Credits and Energy Costs Savings Thurs 21 Nov 12:30pm-1:30pm</p>	<p>In-person Direct Payments Talk* Fri 22 Nov 11am-12pm</p>
<p>Online Green Doctor Energy Talk Thurs 21 Nov 4pm-5pm</p>	<p>Welfare Benefits Energy Saving and Pension Credits Talk* Fri 22 Nov 2pm-3pm</p>

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