



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.

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

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