



## 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.

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

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