



# carers RIGHTS DAY

**Carers Rights Day - Thursday 24 November 2022**

**Save the date to help unpaid carers find out more about their rights**

We believe that it's important for carers to understand their rights and access the support that is available to them as soon as they need it.

Many people are taking on more caring responsibilities for relatives and friends who couldn't manage without their help or support because of their age, disability, illness, mental health problems or drug or alcohol problems.

You don't need to be an expert to help a carer find out about their rights. Sometimes pointing someone in the right direction for help, advice and support can make all the difference.

This Carers Rights Day, you are invited to the Mansion House, Jesmond, between 2pm and 3.30pm on Thursday 24 November to find out more about carers and the support available to them

To register for this event go to [www.eventbrite.co.uk/e/carers-rights-day-2022-tickets-433621853637](https://www.eventbrite.co.uk/e/carers-rights-day-2022-tickets-433621853637)

Looking after someone? Know your rights

**#CarersRightsDay**



0808 808 7777



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[carersuk.org/rights](https://carersuk.org/rights)