



carers RIGHTS DAY

**Join us at Widdershins on the
30th November 2018 for a
Free Carers Breakfast
9.30-11.30am**

Come along and get information and advice on:

- Benefits Assessments
- Managing Guilt
- Find Local Carer Support and try a relaxing therapy
- Legal advice from Rubin Lewis O'Brien

**Having the right information at the right time
can make a huge difference when you are
looking after someone.**

Looking after someone? Know your rights

[#CarersRightsDay](#)