



**carers
RIGHTS DAY**



North Tyneside
Carers' Centre

10.00am Thursday 24 November

It is the day of the year when we focus on our rights as carers and information that will improve our lives as carers.

Come along, learn, meet and eat!

10.00 Welcome and Refreshments

10.30 Keeping Warm This Winter

11.30 Carer Friendly
GP Award Scheme News

12.30 – 1.30 Lunch and Life Café
and Information Stalls and Raffle

1.30 Supporting Carers with the Carers' Wellbeing Assessment:
North Tyneside Council presents their new approach to
supporting carers

2.30 Refreshments

2.45 Closing Chat with Centre Chief Executive Claire Easton



To Book Your Place:

0191 643 2298

enquiries@ntcarers.co.uk

Registered Charity no: 1051472.

**Venue: Scouts HQ,
31-35 Norfolk Street,
North Shields,
NE30 1NQ**