



Carers Rights Day 2021

Thursday 25th November



In-Person Event

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St Augustine's Arts and Events Centre

Stanford Avenue, Brighton, BN1 6EA

Session 1: 1pm—2.30pm

Session 2: 3pm—4.30pm

We invite you to join us to celebrate **Carers Rights Day** at our **in-person** event.

Join staff and other carers for tea, coffee and cake, choose to listen to a talk on social prescribing and another on welfare benefits, or simply relax and enjoy the wonderful space at St Augustine's.

Free
Tea, Coffee
& Cake

Information
Talks

NHS
Roadshow

Meet
other Carers
& Staff

Goody Bag
for all attendees

Join
a talk

What is Social Prescribing? (20 minute talk)

Together Co will be joining us to let Carers know what Social Prescribing is and how they can access this service and how it can work to support you.

Join
a talk

Welfare Benefits, your rights? (20 minute talk)

The welfare rights team from Brighton and Hove City Council will be coming along to talk through Carers allowance and how it works with Universal Credit and pension credit.

*talk to us if you need support for your cared for so you can attend the event, Crossroads may be able to offer respite.

Places are limited, so please book in advance.

stating which session you would like to attend and if you would like to join the talks.

To book your place please contact 01273 977000 or email info@carershub.co.uk

