

Are you an unpaid carer looking after someone? Do you need help?



CARERS RIGHTS DAY

Know Your Rights!

Come along to this event, meet and talk to Carers Bromley Staff and representatives from other agencies that are supporting carers across the borough.



An event for Carers & Professionals

Friday 4th December 2009

**Bromley Central Library, The Large Hall,
4th Floor, High Street, Bromley**

11am – 3pm

A guest speaker will be advising carers about financial issues from 11:30 am to 12:30 pm

Free refreshments and taster stress-busting sessions available

Carers are entitled to:

- Information
- Benefits Support / Financial help
- Emotional Support & Recognition
- Practical Support/Equipment
- Access to a Break
- A Carers Assessment
- A voice



For further information contact the Carers **FREEPHONE Helpline on 0800 015 7700** or visit www.carersbromley.org.uk