

Carer Rights Day

23 November 2023

Do you look after someone who can't manage without your help, due to an illness, disability or mental ill health?

If so then you will have rights as an informal carer.

Join us at our drop-in information event to find out what support you can get at Arbour Park Stadium on Thursday 23 November between 2-4pm.



We are working with our partners to make sure as an unpaid carer you know:

- your rights
- where to get information, help and support.

Light refreshments will be served, you can register for a carers discount card and connect with other carers.

Our partners will be there to offer help and information, including:

- ✓ Adult social care teams
- ✓ Voluntary sector support services
- ✓ Local carer support groups
- ✓ Cost of Living support
- ✓ Slough Memory clinic
- ✓ HealthWatch.

How to get there:

Arbour Park, Stoke Road, Slough SL2 5AY - ample free parking.
Number 7 bus from Slough town centre runs every 20 minutes.
Arbour Park Stadium is an accessible building.



SLOUGH CARERS Support

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