

## Wellbeing Support & Information for Carers

- *Do you look after a partner, relative, child, friend or neighbour who could not manage without your help due to physical or mental illness, disability, frailty or addiction?*
- *Do you need time for yourself?*
- *Are you feeling worried or under pressure?*
- *Would you like to understand your rights as carers?*
- *Would you like to know what support is available near you?*

### At the wellbeing support and information session you will:

- Learn how to keep well and look after your own health and wellbeing;
- Understand your rights as carers and the help you are entitled to receive;
- Find out how to get practical support such as help with personal care, adaptations to your home, breaks for you and the person you care for (also called respite care);
- Receive information about organisations that can offer help and support locally around advocacy, housing and welfare benefits and financial and legal advice;
- Know where to find local support groups and where you can talk to someone about dealing with your worries and stress.

The sessions will last 2 hours and will take place on a number of dates throughout the year. We would love you to take advantage of this opportunity. Please contact us direct on 0208 868 5224 or email on [admin@harrowcarers.org](mailto:admin@harrowcarers.org) to secure your place.

Your next local workshop date	Venue
Monday 18 <sup>th</sup> September at 10am - 12pm	Harrow Carers, 376-378 Pinner Road, Harrow, HA2 6DZ
Monday 9 <sup>th</sup> October at 2pm - 4pm	Harrow Carers, 376-378 Pinner Road, Harrow, HA2 6DZ
Thursday 19 <sup>th</sup> October 10.30am-12.30pm	Alexandra Avenue Walk-in Centre, 275 Alexandra Avenue, Middlesex, HA2 9DX
Tuesday 7 <sup>th</sup> November at 5pm - 7pm	Harrow Carers, 376-378 Pinner Road, Harrow, HA2 6DZ
Tuesday 28 <sup>th</sup> November at 2pm - 4pm	Honey Pot Lane Clinic, 839 Honey Pot Lane, Stanmore, HA7 1EF
Monday 4 <sup>th</sup> December at 2 pm - 4pm	Harrow Carers, 376-378 Pinner Road, Harrow, HA2 6DZ
Tuesday 19 <sup>th</sup> December 10.30am-12.30pm	Harrow Carers, 376-378 Pinner Road, Harrow, HA2 6DZ