



CARERS WEEK

"Putting Carers on the Map"



Carers Week Event Open to All!



Meet with Social & Healthcare Professionals

Redbridge Mayor

Workshops

Activities

Healthchecks

Zumba

Cake Bake Sale

Refreshments

Wednesday 12th June 2024
10 am - 1 pm
Redbridge Central Library
Clements Road, Ilford, IG1 1EA
(Studio 1 & 2)



Register now using our QR code or call to book your place:



020 8514 6251



Carers Week Itinerary



Redbridge Carers Support Service



- 10:45am-11:10am
Zumba
- 10:00am-12:00pm
Health Checks
- 11.15am-12.00pm
Workshop on Planning Ahead



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