

is holding a

Carers Rights Day event **Caring for your future**

Friday 30 November, 2018
10.00 - 1.00



at **Park Mount, Glanhwfa Road,**
Llangefni

A warm welcome to all!

Including:

Julie Burton Law, Social Services Carers Assessment Officer, Medrwn Môn, Specialist employment support from Cyfle Cymru, Benefits information with Helen Parry from Carers Outreach, Exercise and wellbeing information from John Earnshaw.

Browse the information stalls, ask our staff about your caring concerns, find out about your rights as a carer.