



We warmly invite our Lewisham Community to join us in **'Putting Unpaid Carers on the Map'** during Carers Week
Monday 10th to Saturday 15th June - 11am to 6pm

The **Maximising Wellbeing of Unpaid Carers** service will host a variety of activities throughout the week:

Mon: Carers Week launch - promoting the Rights of Unpaid Carers

Tues: Health and Social Care - promoting Unpaid Carers within GP Surgeries and Schools

Wed: Work, employment, and volunteering

Thurs: Younger Carers - focus on Young Carer activities in Schools

Fri: Older Carers - including physical health and wellbeing

Sat: Mental health and wellbeing

The diverse range of activities will run morning and afternoon, all conveniently brought together in one arena:

Glass Mill Leisure Centre Atrium, Loampit Vale, SE13 7FT

For all enquiries please email:
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