

**Carers Rights Day 2016 is on Friday 25 November, and this year's theme is: Missing out? Know your rights as a carer**

Each year we take part in Carers Rights Day to help carers in our local communities know their rights and find out how to get the help and support they are entitled to.

If you are caring for someone at the moment and would like to find out more about your rights and how to get help, why not attend one of the events we have running from 22 to 26 November:

Date	Time	Venue	Activity	Contact
22 November	6pm - 8pm	Junction 17, Prestwich Hospital, Bury New Rd, Manchester M25 3BL	Drop in coffee evening for carers of patients at Junction 17 & the Gardener Unit with advice, a chance to speak to staff and information packs to take away.	Kimberley Brown, Family/Carer Support Worker Tel: 0161 357 1307
23 November	12pm - 2pm	Bentley House, Viking Works, Weston Street, Bolton, Greater Manchester BL3 2RX	Coffee morning for carers with advice, a chance to speak to staff and information packs to take away.	Lyndon Gallimore Tel: 0161 358 3948
24 November	2pm - 4pm	Delamere ward, Woodlands Hospital, Peel Lane, Little Hulton, Salford M28 0FE	Afternoon tea for carers to coincide with ward visiting times	Sarah Smith Tel: 0161 358 4250
		Moorside Unit, Trafford General Hospital, Moorside Road, Davyhulme, Manchester M41 5SL	Coffee morning with an opportunity for carers to speak to managers and receive further support.	Amy Briggs Tel: 0161 746 2645
25 November	1.30pm	Isherwood ward, The Lowry Unit, Prestwich Hospital, Bury New Road, Prestwich, Manchester M25 3BL	Coffee and cake event for carers	Emma King Tel: 0161 358 3845

24 November	11.30am - 2.30pm	Britannia Hotel, Beaumont Road, Bolton BL3 4TA	Carers Rights Day event with over 20 organisations invited to provide information to help you care.	Please book via Bolton Carers Support  Tel: 01204 363 056
25 November	10am - 4pm	Achieve Salford Recovery Services, King Street, Eccles or Acton Square, Salford	Have a cup of tea and a biscuit and tell us what else we can do to support you in your caring role.	Tel: 0161 358 1530
25 November	10am - 4pm	Achieve Salford Recovery Services, The Orchard, 2 Langley Road South M6 6GU	The Carer Champion for Achieve will be available all day and another member of staff will be carrying out carers assessments.	Please book via  Tel: 0161 358 1530
26 November	10am - 4pm	The Life Rooms, Evered Avenue, Walton, Liverpool L9 2AF	Regional carer, family and friends event for secure services provided by Mersey Care NHS Foundation Trust in partnership with GMW	Please book via Christy White  Tel: 0151 473 2921