

# Do You Care For Someone?

**Is caring for yourself the very last thing on your list?**



**We would like to invite you to come to our Self-Care Week event for unpaid, carers. For parents, partners, brothers, sisters, friends...**

More needs to be done to support carers to better look after their own physical and mental health. Self-care has many benefits for your short term and long term health and for those who you're caring for. Panels at 10:30am and 11:30am will discuss challenges and opportunities for carers' self-care. Activities, information stalls and a Carers Café will give you a chance to reflect on your own health & well-being.

Stalls, information, panels & activities from local organisations taking place on:

**FRIDAY 17<sup>TH</sup> NOVEMBER. 10am-3pm at Sycamore Lodge, 1 Edgecote Rd, Acton, W3 8PH.**

You are very welcome to bring the person you are caring for with you.

**Embracing Self Care for Life**

**13-19 November 2017**

**SELF CARE WEEK**



**NHS**