

# Celebrating unpaid carers in Brent!

Join us for an update on Brent's Carers Strategy

- Hear about Brent's six commitments to carers
- Free NHS health checks
- Join a wellbeing workshop
- With music & more...

## When?

Tuesday 10 June,  
10am - 3pm

## Where?

Brent Civic Centre,  
Wembley

**Book your free place**



**Scan the  
QR code**

Or call Brent Carers Centre  
on **020 3802 7070**

Monday to Friday, 9am - 5pm



**A carer is someone who provides unpaid care or support to a partner, child, family member, friend or neighbour who cannot manage without your help, due to illness or a disability. Many people who care for someone do not necessarily see themselves as carers.**

**You could be a:**

- mother or father
- son or daughter
- child or young person
- husband, wife or partner  
friend or neighbour

**You can be considered a carer if you help someone with one or more of the following:**

- washing and dressing
- taking medication
- cleaning and laundry
- shopping or taking people to appointments
- providing lifts and arranging transport
- keeping someone company