

Do you look after someone? Are you looking after yourself?



If you support someone that could not manage without your help, you may be an **unpaid carer**. We can help you.

Come and have a chat about local services that can help you, create Christmas crafts and get your Covid-19 vaccination!

Thursday 23rd November
10am – 4pm
Exeter Phoenix,
Gandy Street,
EX4 3LS

For more information about Carers Rights Day



Local services such as:

Devon
Carers



Qwell


South West Water



healthwatch
Devon

