



# Carers' Celebration and Information Day

With Paignton Library's  
Christmas Market

Saturday 23<sup>rd</sup> November 2024  
10.00am – 2.00pm

Two out of three of us will be a Carer for family, friends or neighbours at some time in our lives. Most don't think of themselves as Carers, and most don't realise the support that is available, until it gets to crisis point.

You may already be caring and need to look after your own health, or you may want to plan for the person you care for. There will be Carers advice and support, finance, benefits and cost of living information, breaks for Carers, information stands including:

Health and Social Care Support  
Family Friendly Activities  
Free Refreshments for Carers  
Vaccination, Health Checks  
and much, much more...

**Website:** [www.tsdft.uk/Carers](http://www.tsdft.uk/Carers)

**Facebook:** TorbayCarers

Queries to admin: (01803) 20 84 55

**For information about the Carer support we provide, ring Signposts for Carers on (01803) 66 66 20**

