

Care for a Cuppa – Black History Month

Date: Monday 13 October, 3-4pm



Carers UK will be joined by Matthew McKenzie, author of *Race, Caring and mental health*, who is also a carer activist and Carers UK volunteer. Matthew will be speaking about what Black History Month means to him, his own experiences as a carer, and some of the challenges faced by Black carers

To book scan QR Code or email : info@carersuk.org

