

Know Your Rights

Get better information support from health and social care services.



Do you have a communication support need?



Do you get information in a format that you can understand (large print, text, easy read)?



Do you use any health or social care services (GP, pharmacy, care home etc) in Redbridge?

Join us for **one** of our workshops to find out how you can get better information support from health and social care services.

Also, find out what you can do if you aren't getting the support you need.



Please note: all sessions take place from 9.30am to 1pm and will be held at **Redbridge Central Library**, Clements Road, Ilford IG1 1EA

Wednesday, 6 November 2024

Tuesday, 12 November 2024

Wednesday, 27 November 2024

Wednesday, 4 December 2024 (BSL Interpreted session)



To make sure you've got a place, **please call 020 8553 1236** or email info@healthwatchredbridge.co.uk **to book**

A light lunch will be provided. £10 voucher for participants.