

Do you look after someone who could not cope without your support?

Autism and Learning Disabilities Event

Tuesday 21 April, 10.30am-1.30pm

Find out how to get support for yourself or for the person who you are caring for, who is living with autism or a learning disability. Hosted by Islington Carers Hub and Centre 404, the session will include presentations from Hillside Clubhouse and Islington Council's Special Educational Needs and Disabilities Employment Team. Chat to stallholders and enjoy lunch with other carers. Booking essential!

Upper Holloway Baptist Church
11 Tollington Way, London N7 6RG

Carer for Carer Meet-Ups

Tuesdays, 10.30am-12pm

Led by carers for carers. Come along for an informal chat with other Islington carers over a cuppa. Enjoy some time for you and the company of others in a similar situation.

14 April, 12 May, 9 June

Duke of Cambridge 30 St Peter's St, N1 8JT

28 April, 26 May, 23 June

St Luke's Community Centre 90 Central St, EC1V 8AJ



Carers Park Theatre

Thursdays 16 April, 21 May, & 18 June, 2pm for refreshments, 3pm for matinee

Treat yourself to a Pay-What-You-Can Matinee performance (£3 suggested) for Islington carers. Booking is essential. Meet at 2pm for refreshments.

Park Theatre

13 Clifton Terrace, Finsbury Park, N4 3JP

British Museum Visit

Friday 29 May, 2-4pm

Find out how different objects provide people with comfort or offer protection, including clothing, jewellery and spiritual items. The visit will include an object-handling activity and refreshments. Booking essential!

British Museum

Great Russell Street, Bloomsbury, London, WC1B 3DG

Booking essential!

To book your place:
Email info@islingtoncarershub.org
or call 020 7281 3319

 islingtoncarershub.org

**PLEASE
TURNOVER**



ISLINGTON
CARERS HUB



Carers Week

2026

Monday 8 - Sunday 14 June

Meet carers
& find local support

Do you look
after someone
who could not
cope without your
support?

Improving Support for Carers:
Adult Carers Strategy Update
Friday 12 June, 11am-2pm

Join us to find out how the Islington Adults Carers Strategy is progressing, with the input of carers like yourself, since its launch in June 2024. Talk to local support services over lunch and enjoy a fun activity with Nuffield Health to finish the day!

11am Tea/coffee

11.30am Update on Islington's Adult Carers Strategy by John Everson, Corporate Director for Health and Social Care and others.

12.15pm Lunch

1-2pm Fun activity – Joint pain guidance followed by gentle exercise with Joelle from Nuffield Health.

Booking essential!

Brickworks Community Centre

42 Crouch Hill, Finsbury Park, N4 4BY



Carers Kew Gardens Walk
Saturday 13 June, 11am

Join Torps for a leisurely walk to admire Kew Gardens at its best. Meet at the main gate at 11am to wander at your own pace or stick together and chat with other carers. This won't be a guided tour and maps are provided at venue. It's always an enjoyable day, so book early to secure your place!

Kew Gardens

Victoria Gate (main entrance), Kew Road,
TW9 3JR

Carers Wellbeing Conversation

Anyone aged 18+ who looks after an adult on a regular basis, such as helping with paperwork or attending hospital appointments, is entitled to a free Carers Wellbeing Consultation to help identify financial, practical or emotional support for their caring role.

We are currently taking bookings for April, May and June. Contact Islington Carers Hub to book an appointment.

To book your place:
Email info@islingtoncarershub.org
or call 020 7281 3319

islingtoncarershub.org

Booking
essential!