



ISLINGTON
CARERS HUB



Caring for a loved one?

Feeling overwhelmed or isolated?

**Join us
for a social
monthly
meet-up**



Who's it for?

Anyone supporting a loved one with a health condition, disability, or other needs.

**You're
not alone –
and you don't
have to
face caring
alone.**

'Carers for Carers' Meet-ups

Second Tuesday of the month, 10.30am–12pm

- ✓ Talk openly with others who understand
- ✓ Share experiences, tips & resources
- ✓ Build new friendships and support networks
- ✓ Feel heard, welcome & supported

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

To book or find out more:

Call **020 7281 3319**

(Mon–Fri, 9am–5pm)

Email **info@islingtoncarershub.org**