Islington ageUK

MEN'S HEALTH MONTH NOVEMBER

Did you know? Keeping active can improve your health and lift your mood!

Why not try something new?

Sadler's Wells Dance Workshop

SADLERSWELLS

Wednesday 11 November, 2–3pm

Join us for a fun, friendly Sadler's Wells dance workshop for men of all fitness levels. No dance experience needed – why not give it a try? Book your place today!

Cally Clock Tower Centre
Clock Tower View, Market Estate, N7 9HF

Arsenal Emirates Stadium Tour

Arsenal COMMUNITY

Tuesday 17 November, 2pm

Explore Arsenal's iconic stadium and hear about the free Arsenal in the Community programmes – from walking football to strength and balance classes.

Arsenal Community Hub
56 Benwell Road, N7 7BA

Booking essential!

Let's Talk

Let's Talk Men's Health

Thursday 26 November, 10am–1pm

Join us for a relaxed, friendly information session with free refreshments.

Arsenal in the Community will introduce their local activities programme and lead a short seated-exercise session.

Hear from **Op COURAGE**, the veterans' mental health service about the support available, and from **Manor Gardens Welfare Trust** about how to reach out to someone who may be struggling.

Upper Holloway Baptist Church
11 Tollington Way, N7 6RG

To book your place:

Scan the QR code to visit our website and the booking form.

Or email **gethelp@ageukislington.org.uk** or call **020 7281 6018**

ageuk.org.uk/islington/mens-health

PLEASE TURN OVER

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NHS

SOCIAL PRESCRIBING

Worried about money or finding things difficult?

How can we help?

Our **Social Prescribing Link Workers*** can help with everyday challenges, from managing bills and coping at home to finding local activities.

Money worries and rising costs
Find support with energy bills, benefits, debt and other cost of living pressures.

Meeting people
Discover local groups, activities and events, meet new people and make friends.

Someone to talk to
Feeling low, lonely or struggling? We can listen and connect you with free or low-cost support.

Managing at home
Get advice and find support with: housing, household tasks and day-to-day difficulties.

Getting active
Find local activities and opportunities to move more, keep fit and stay active.

Keep up to date
Join our mailing list for regular updates about free and low-cost local activities, services and guidance.

We'll listen, talk things through and help you find the right support

Need some support?
Ask your GP surgery how to speak to a Social Prescribing Link Worker.

*Age UK Islington social prescribers are available in: Highbury Grange, Mildmay, Mitchison Road, Sobell, The Medical Centre, Amwell, Barnsbury, City Road, Clerkenwell, Killick Street, Pine Street, Ritchie Street Medical practices.