



Carers Week™



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Do you look after a friend or relative?

- Getting shopping
- Doing paperwork
- Emotional support
- Going to appointments



Sign up for Carers Week

7 - 13
JUNE 2021



▶ FREE events

Find support

Get a break

Meet other carers

▶ www.islingtoncarershub.org/carers-week-2021



ICH

Carers Week 2021

7th to 13th June

▶ Register for FREE online events:

- Hear other carers' experiences
- Learn about support available:
 - financial & benefits advice
 - caring for people living with: cancer, mental health, learning difficulties, dementia
- Take part in fun & relaxation events



ISLINGTON



Camden and Islington
NHS Foundation Trust

For the programme & to book a FREE place:

▶ www.islingtoncarershub.org/carers-week-2021

▶ Or call 020 7281 6018