

Get Together

For adults 18+

Find new interests & find others locally!



Discover regular activities to help you to keep active, try out new interests and meet other locals - for adults of all ages (16yrs+).

July - Sept '26



Summer in Islington

Welcome to the summer edition of Get Together.

With the longer, warmer days, Islington's parks come alive with festivals, outdoor events and community celebrations. There are also plenty of opportunities to meet people, make connections and enjoy what's happening locally.

Whether you want to pursue an interest, learn something different or take part in gentle exercise, there are many ways to stay active and maintain your strength and mobility.

From Community Centre Week in July to Friday evening socials with Stuart Low Trust and Age UK Islington's monthly taster sessions, the Get Together newsletter brings together a range of local events, groups and sources of support for the Islington area.

We hope you find something in this edition that inspires you to get involved. And remember, if you're worried about bills, housing, getting out and about, or simply unsure where to turn, Age UK Islington is here to help.

Our friendly helpline team can listen, talk things through, and help you access the support you need.

Age UK Islington: 020 7281 6018
gethelp@ageukislington.org.uk



Get in touch!

Age UK Islington is here to help adults 16yrs+.

Call our helpline: 020 7281 6018 (Mon - Fri 9am - 5pm)

Get free, confidential information & guidance e.g. about money worries, keeping independent at home, getting out and about, help to find social groups.

Keep informed: receive digital mailings with info about local activities, opportunities & support direct to your email inbox!

Weekly Get Together Activities

Contact the activity providers below for more details and how to book.

Free unless a price is shown. No need to book in advance.



Sarah-Jane, Dance Fitness

Don't miss out on the latest events!

Contact Age UK Islington to sign-up for our monthly newsletter and regular mailings sent by email.

“When you have not been well you lose confidence and it can be difficult to get out. But I am very glad I got out again. (Islington resident)”

Mondays

Indoor Bowls 55yrs+ 12-2pm weekly
Brickworks Community Centre, 42 Crouch Hill, Finsbury Park, N4 4BY
Join Mark from Arsenal for a relaxed game!

Wu Style Tai Chi 5-6pm, weekly
Wu Shi Studio, 20 Blackstock Rd, N4 2DW
Improve balance and energy (also on Zoom).

Tuesdays

Sobell Get Together 10.30am - 1pm, weekly
Sobell Leisure Centre, Hornsey Rd, N7 7NY. £2.80 (debit or credit card) 50yrs+.
Better Leisure Sports social. Try activities including badminton, table tennis and indoor bowls. Chat over a hot drink!

Women Only Zumba 6.15 - 7.10pm, weekly
Elizabeth Community Centre, 2 Hurlock Street, N5 1ED
A lively class with the option to join in to your own ability!

Tuesdays (cont.)

Dance Fitness (Healthy Generations) 3pm - 4pm, weekly
Jean Stokes Community Centre, Coatbridge House, Carnoustie Dr, N1 0DX
Try a dance fitness class with a mix of cardio, strength and balance exercises. Move to 70's-90's pop, dance and disco music!

Wednesdays

Finsbury Get Together 10.30am - 12.30pm, weekly
Finsbury Leisure Centre, Norman Street, EC1V 3PU. £2.80 (debit or credit card) 50yrs+.
Better Leisure Sports social in the south of Islington. Try table tennis, badminton and short tennis. Sit down for a tea and coffee!

Park Cuppa 11am - 12pm, weekly
Cally Clock Tower Centre, Caledonian Park, N7 9PL.
Join this small group for a chat over a cuppa, in this lovely location. Regular guest speakers!

Thursdays

Sobell Get Together 10.30am - 1pm, weekly
Sobell Leisure Centre, Hornsey Rd, N7 7NY. £2.80 (debit or credit card) 50yrs+.
Better Leisure Sports social. Try a range of activities and have a chat over a hot drink! Badminton, table tennis, indoor bowls and dominoes.

Sadler's Wells Dance 11-12.30pm, weekly
Brickworks Community Centre, 42 Crouch Hill, Finsbury Park, N4 4BY
Join a friendly weekly dance class. A fun way to improve fitness and balance with lunch to follow.

Fridays

Chair Yoga 11am-12pm, weekly
St. Luke's Community Centre, 90 Central St, EC1V 8AJ
With Peter Ibruegger. Free for members of St Luke's who live in the area of benefit, otherwise £5.

Need help finding an activity that's right for you? Contact us!

Age UK Islington Helpline on 020 7281 6018 / gethelp@ageukislington.org.uk

Community Centre Week

Celebrating Islington's Community Centres



Islington residents 18yrs+. Free, price given or optional donation (£). See back page for centre addresses.

Monday

20th July

10-11am Over 55s Yoga and Pilates at Highbury Roundhouse, N5. £4 per session.

11am-12pm Mindfulness at St. Luke's Community Centre, EC1V. Free to members, £5 for non-members.

2-4pm Ballroom Latin and Dance at Whittington Park Community Centre, N19, £3.

Thursday

23rd July

10am-1pm Gardening at the Mildmay Community Food Project, Mildmay Community Centre, N16.

10.30am-12.30pm Grandma's Soup at Mildmay Community Centre, N16.

11am-3pm Walking group at St Luke's, EC1V.

1-3pm Gardening at The Stress Project, Holloway Neighbourhood Group, N7.

1-2pm Chair Exercise at Light Project Pro International, N7.

2-3.30pm Poetry Club at Whittington Park Community Centre, N19 (optional donation £3).

Scan this QR Code to get information on individual events!



Tuesday

21st July

10.30am-12.30pm Pickleball at Whittington Park Community Centre, (optional donation £3).

1-3.30pm Cost of Living event at Caxton House, N19.

7.30-9.30pm join the Islington Choral Society Choir, rehearsals at Highbury Roundhouse, N5.

Friday

24th July

11am-1pm Cook and Eat Class at St Luke's Community Centre, EC1V.

12.30-2.30pm Over 50s Lunch Club at Brickworks Community Centre, N4.

1.30-3.30pm The Art Laboratory at Whittington Park Community Centre (optional donation £3).

6.30-8.30pm Roller Skating Club 18+ at Mildmay Community Centre, £3.

Wednesday

15th July

12-2pm Community Picnic at Elizabeth House Community Centre, N5.

22nd July

10.15-11.15am Beginners Tai Chi at Caxton House Community Centre, N19 (optional donations of £5).

10.30-11.30am Sewing for all at St. Luke's Community Centre Free for members, £5 for non-members.

1-3pm Gardening at the Old Fire Station, Holloway Neighbourhood Group, N7.

2-3.30pm Over 55s Film Club at Whittington Park Community Centre (optional donation £3).

3.30-6.30pm Creative Dinners at Hilldrop Community Centre, N7.

3.30-5pm Lego Club at Whittington Park Community Centre, N19 (optional donation £3).

Saturday

25th July

10am-12pm Access to Nature with Elizabeth House Community Centre at Highbury Quadrant Gardens, N5.

11am-1pm Knitting at Brickworks Community Centre.

Find more activities: www.islington.gov.uk/active

Need help finding an activity right for you? Call Age UK Islington 020 7281 6018

What's on with Stuart Low Trust



STUART LOW TRUST

Events and Activities are Free and Open to All.

Friday Evening Events

Fridays 6.30-8.45pm
FORTNIGHTLY

Jean Stokes Community Centre,
Caledonian Road, N1 0DX
Drop-in events, no booking
required.

Connect with the community
through music, illustrated talks,
quizzes, and bingo!

3rd July - Silvia Fox

A musical journey through Latin
America and inspiring songs.

**17th July - Music Game Night
with Katy**

Enjoy an evening of music-
themed games with Katy, inspired
by the 60s, 70s, and 80s.

31st July - Scott McMahon

Scott will perform a variety of
acoustic covers and original
songs.

14th August - Bill's Quiz Night

Test your geography knowledge
through a countries and borders
themed night.

28th August - Hugh Dennis

Dive into a look at London's main
railway stations with an analysis
of how they developed.

11th Sept - Bill's Bingo Night

Join Bill for the chance to win
vouchers as prizes!

25th Sept - Richard Smolowik

Songs from around the world
from the UK, USA, Jamaica, and
more!



Art Visits

London Canal Museum

7th July, 10.30am-12.45pm

Explore the fascinating history of
London's waterways and the
city's unique ice trade through a
guided tour of the museum,
followed by a relaxing boat trip
along some of London's beautiful
canals.

**Sadler's Wells Theatre (A Car
Man) 15th August, 7.30-9.45pm**

Join us to see a thrilling
production that reimagines the
classic story of Carmen in a gritty
1960s American garage. It
combines powerful dance, drama,
passion, jealousy, and betrayal.

The Stuart Low Trust
brings people together
through a supportive
community based in
Islington to reduce
isolation and enhance
mental wellbeing.
www.slt.org.uk

'Write Away'

Islington Mind Centre, Archway
8-week course: 1st Sep - 20th Oct

Book for the full term
Tuesdays, 2.-3.30pm

A creative writing and poetry
course with Bill Dury in
collaboration with Islington
Mind.

Estorick Art Workshops

**Estorick Gallery, Highbury &
Islington**

6-week course: 8th September -
17th November

Book for the full term
Tuesdays, 3-5pm Bi-weekly

Inspired by photographers
Wanda and Marion Wulz. These
workshops explore portraiture,
Futurism, and identity through
experimental photography that
reimagines how we see the
world.



Booking or more info:

To book your place on any of the
events, please contact us via
email or phone call:

Email: info@slt.org.uk

Call: 020 7713 9304

**Places are limited, booking
essential.**

Find more activities: www.islington.gov.uk/active

Need help finding an activity right for you? Call Age UK Islington 020 7281 6018

Age UK Islington monthly Get Togethers

All activities below are free. Booking essential.

Discover new activities and events in the local area every month!

Serpentine Gallery Visit David Hockney Exhibition Wednesday 22 July, 11am

Serpentine North Gallery, West Carriage Drive, London W2 2AR
View David Hockney's celebrated panoramic frieze, *A Year in Normandie*, which invites viewers to slow down and notice the extraordinary within the everyday. Inspired by Bayeux Tapestry, this monumental work captures the changing seasons at the artist's former studio in Normandy - perfectly located alongside Kensington Gardens.
Booking essential via Age UK.

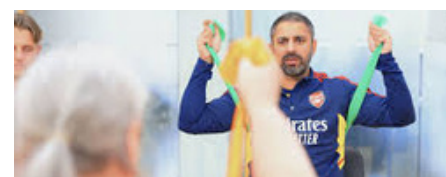
Health and History Walk Friday 28 August, 11am

Meet at 91 Skinner St EC1 0WX
Discover how Spa Fields links to radical movements of 2000 years ago, and view its transformation. On the walk, the expert guide from Islington Guided Walks will reveal how a protest 2000 years ago led to a larger political movement. An Age UK Islington volunteer will also be there to welcome you. *Booking essential.*



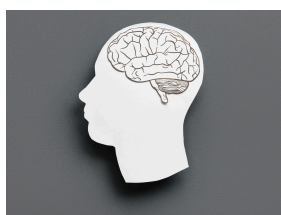
Arsenal in the Community Tuesday 15 September, 11.30am-12.30pm

Arsenal Community Hub,
56 Benwell Road, N7 7BY
Join us at the Arsenal Hub to 'Stretch and Balance' and learn why this is so important as we get older. There will be an introduction followed by a 30 minute taster session with time for questions at the end.
Booking essential via Age UK.



Booking essential! Call Age UK Islington on 020 7281 6018 / gethelp@ageukislington.org.uk

Islington Dementia Information Fair



Learn more about support for people living with dementia - talks and the chance to speak with services. Open to those who look after or know someone living with dementia, or anyone wanting to learn more.

**Thursday 24 September,
11am-1.30pm**

Vibast Community Centre,
167 Old St, EC1V 9NH



**Booking
essential!**

**Request a place! Call Age UK Islington on
020 7281 6018/ gethelp@ageukislington.org.uk**

Park Cuppa Special Editions Last Wednesday of month, 11am-12pm

Cally Clock Tower Centre
Caledonian Park, N7 9H
29 July - 'Love Letters' to Cally Park: sharing memories
You're invited to share memories and reflections of the park's rich history for an exhibition.

26 August - Musical Session

Back by popular demand, enjoy acoustic original songs and sing along to familiar favourites.

26 Sept - Recycling

Reflecting on mass production and the consumption that has grown over the past 60+ years.
Book via Age UK Islington.

Islington Parks Activities



All activities below are free.



Health & Nature Walk

First Friday of month 10 - 11am
3 July, 7 August, 4 September

Islington Ecology Centre, Gillespie Park, 191 Drayton Park, N5 1PH

A gentle stroll around the reserve, noticing plants, birds and nature as we go.

Free tea and coffee afterwards.

All are welcome, dementia-friendly.

No need to book, just turn up!

For info: 020 7527 4374 / ecologycentre@islington.gov.uk

Green Guardians Gardening Groups

Tuesdays and Wednesdays, 10am - 12pm

Join us at an Islington green space with provided gloves, tools, guidance, and refreshments. Choose from various tasks, or simply enjoy nature, chat and have tea. No need to book, but please note that there will not sessions held in August.

Tuesdays July 7th and 14th; September 15th, 16th, 22nd, 23rd, 29th, 30th: Market Road Gardens, N7 9GR (meet in the park).

Wednesdays July 1st, 8th, 15th; September 16th, 23rd, 30th: Newington Green Gardens, Newington Green, N16 9PX (meet by the hut).

Health & History Walks

Last Friday of the month at 11am

Led by Islington Guided Walks. Gentle paced walks through green spaces with expert local history guides. For more information, visit: <https://islingtonlife.london/things-to-do/free-health-and-history-walks/>

Friday 31 July at Islington Ecology Centre, 191 Drayton Park, N5 1PH

Friday 28 August meet at Spa Fields, 91 Skinner Street, EC1 0WX

Friday 28 September meet at Highbury Fields, Highbury Crescent, N5 1AR (Boer War Memorial)

Outdoor Gym Session

Saturday 11 July

10.30am - 11.30am

Clocktower, Caledonian Park, N7 9HF

Find out how to use the free equipment in the outdoor gym!

Join a qualified fitness instructor in the park to learn more. Meet at the outdoor gym near the clock tower.

The Big Day Out

Saturday 4 July, 12pm - 4pm

Whittington Park, N19 4RS

Much-loved community tradition, bringing people together in the park for music, food, arts and craft, and a dog show.

Brass on the Grass

Saturday 18 July, 11 to 11.50am

Clocktower, Caledonian Park, N7

Join musicians from Connaught Brass in a free interactive musical workshop.

Summer Intergenerational Event

Saturday 25 July, 10.30 to 1pm

Ecology Centre, 191 Drayton Park, N5 1PH

Choose from activities such as discovery walks, meet exotic animals with Zoolab, a singalong, or try arts and crafts, along with free refreshments.

Wray Crescent Festival

Saturday July 25, 12pm to 5pm

Wray Crescent, N4 3LP

Come and join in the fun with music, stalls, and entertainment.

Cally Clocktower Festival

Sunday 2 August, 12pm - 6pm

Caledonian Park, N7 9PL

Free community event with music, stalls, food and family fun.

Find more activities: www.islington.gov.uk/active

Need help finding an activity right for you? Call Age UK Islington 020 7281 6018

Keeping Active in Islington



For Islington residents 18yrs+ Activities are free unless stated otherwise.



Fitness Classes

Healthy Generations offer fitness classes mainly for people aged over 50, including aqua aerobics, gentle exercise, line dancing, pilates, classes for women with remedial osteoporosis or going through the menopause and more.

Sessions are located in community centres, parks, libraries, leisure centres and online.

Free or £3-5 optional donation. For more information, visit > healthygenerations.org.uk/ Or call 0798 114 2376.

Arsenal in the Community

Walking Football sessions for people with Parkinson's disease and for men with prostate cancer. Arsenal Hub, Benwell Road, N7 To book: Rhys 07548 107576 / rratcliffe@arsenal.co.uk

Weight Loss for Men

Weight loss course for men through food education and enjoyable exercise - one evening per week for 12-weeks. To book: Arsenal in the Community, Rhys 07548 107576 / rratcliffe@arsenal.co.uk

Strength & Balance 55+

Arsenal in the Community offers strength and balance exercise classes for people aged 55+ who have a need to increase strength, mobility and independence.

Sessions at: Arsenal Hub, N7 7BA, Andover Community Centre, N7 7RY and Mildmay Community Centre, N16 8NA.

To book: Arsenal in the Community, Rhys 07548 107576 / rratcliffe@arsenal.co.uk

Water Activities

Aqua Aerobics
Archway Leisure Centre, N7
Wednesday 7-7.45pm

Swimming
Free for Islington residents aged over 60 at Archway Leisure Centre N19, Cally Pool N1, Highbury Leisure Centre N5 and Ironmonger Row Baths EC1V.

A Better Adult Senior pay-as-you-go membership is required, costing £7.80 per year. **Monday-Friday 9am-4pm and weekends after 1pm.**

Free Swim Lessons
Highbury Leisure Centre, N5
Beginners: Mondays 9.30-10am and 10-10.30am
Improvers: Mondays 10.30-11am
Ironmonger Row Baths, EC1V
Beginners: Fridays 11.30am-12pm
Improvers: Fridays 11-11.20am

Leisure Centres 60+

Leisure centres offer activities for people aged over 60. There is a charge; contact the leisure centre for the cost.

Archway Leisure Centre, N19

Aqua Aerobics -

Wednesday: 7-7.45pm

Sobell Leisure Centre, N7

Multi-Sports -

Tuesday: 10.30am-1pm

Thursday: 10.30am-1pm

Senior Circuit -

Tuesday: 12-12.45pm

Wednesday: 9.30-10.30pm

Tai Chi -

Tuesday: 9.30-10.30am

Walking Football -

Friday: 5-6pm

Zumba Basics -

Tuesday: 11.45am-12.45pm

Thursday: 11.30am-12.30pm

Finsbury Leisure Centre, EC1V

Multi-Sports -

Wednesday: 10.30am-12.30pm

Islington Tennis Centre, N7

Social Tennis -

Monday: 2-4pm

Wednesday: 12-2pm



Find more activities: www.islington.gov.uk/active

Need help finding an activity right for you? Call Age UK Islington 020 7281 6018

Keeping Safe in Islington

Diversity is what makes us a great borough to live in.



Safe haven

Safe havens are local businesses, such as shops, libraries and cafés, that have joined a safety scheme run by Islington Council.

You can identify a **Safe haven** by the sticker displayed in its window, or find one using the online map.

A **Safe haven** is somewhere you can go if you feel threatened, are being harassed, feel unwell, or simply need help.

Safe havens offer a friendly face and support, whether that means contacting emergency services, friends or family, or providing directions or public transport information. Find your nearest one by scanning the QR code on this page or visit:

islington.gov.uk/SafeHavens.

Police

Call 999 in an emergency.

Dial 101 to report non-urgent crimes or call 0800 555 1111 to report anonymously via [Crimestoppers](https://www.met.police.uk/crimestoppers) or report online [Met.Police.UK](https://www.met.police.uk)

To hear what the Met Police are doing in your area, get to know your police officers and have your say on local priorities, sign up to [MetEngage.co.uk](https://www.metengage.co.uk)



Look out for the Safe haven signs in venues



Scan this QR Code to get a map of the Safe havens

Cuckooing

'Cuckooing' can happen when people target the homes of vulnerable adults and take over their property.

The homes may be used for any criminal purpose, including drug dealing, sexual crimes and storing weapons.

Look out for your neighbours and email us with any concerns cuckooing@islington.gov.uk

News and Events

You should have received a copy of Islington Life magazine to your door, but you can also grab a copy from your local library or read it [online islingtonlife.london](https://www.islingtonlife.london)

Hate is not welcome here

Everyone deserves to live free from fear and abuse and to be treated with respect. A hate crime or incident happens when someone is targeted because of their religion or belief, race or ethnicity, transgender identity, disability, or sexual orientation.

It can include damage to property, verbal abuse, physical attacks, or online abuse.

Report hate crime to the police by calling 101 or reporting online. You can also contact CATCH for advice and support: [Catch-Hatecrime.org.uk](https://www.catch-hatecrime.org.uk).

In an emergency, always call 999.

Anti-Social Behaviour

Report anti-social behaviour such as graffiti, litter, fly-tipping, noisy neighbours, persistent dog barking to the council

islington.gov.uk/ReportASB or call 020 7527 7272

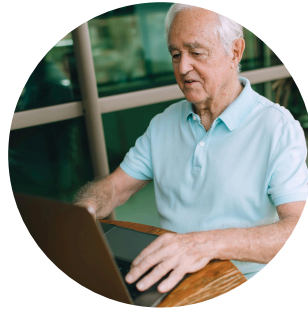
Sleeping Rough

To help someone sleeping rough call 0300 500 0914 or visit

[TheStreetLink.org.uk](https://www.thestreetlink.org.uk)

If you have a housing problem or consider yourself homeless or about to be, call 020 7527 2000.

For advice on safety issues in your neighbourhood email CommunitySafety@islington.gov.uk



Stay connected

Home Library Service

Islington's Home Library Service delivers items to people in the borough who find it difficult to access a library building due to a disability or mobility issue.

You can choose from a wide range of books in small print or large print, dementia-friendly books, audiobooks, DVDs and music CDs. The friendly team visits residents in care homes too and they're always up for having a chat about books. You don't need to worry about renewing or returning items - the service is very flexible, and the team can handle everything on your behalf.

If you're interested in joining or would like to find out more, email home.libraryservice@islington.gov.uk or call 020 7527 7980.

Local Events

Over 60's at Central Library
2 Fieldway Crescent, N5 1PF

Wednesday 8 July
11am-12pm

Bring along souvenirs and memories of your favourite holidays.

Tea and Chat West Library
Bridgeman Road, N1 1BD

Thursday 2 July 2-3pm

Join us for tea and a chat

Thursday 6 August 2-3pm

Digital Support One to One

Thursday 3 September 2-3pm

Tea and a Chat

Free Gadget Support

Did you know most libraries offer computer access with a library card? If you need help using your smartphone, tablet or digital camera, you can get 1-1 support at Central Library on Thursdays - call 020 7527 6966 to book.

You can also book a free 30-minute appointment at your local library for help setting up email, managing appointments, online or accessing council services.

Caledonian Traders' Association

The Caledonian Traders' Association was established in 2021 to bring together and amplify the voice of independent businesses on Caledonian Road.

We are a collective of local traders working to build a fairer, more people-powered local economy - one that puts community first and keeps spending local.

At the heart of our work is the belief that high streets should serve the people who live and work in them. We support small businesses to thrive, strengthen connections between traders and residents, and champion an economy that is inclusive, sustainable and rooted in local needs.

This included our recent fundraiser raising over £13,000 to support local businesses affected by flooding caused by Thames Water in February.

We work in partnership with Islington Council and others to improve the area and shift perceptions of the Cally. From shopfront improvements to community initiatives like a Cally loyalty card and the **annual Cally festival on 5th July 12-6pm**, we are helping create a more welcoming, vibrant high street that reflects the pride, diversity and character of the local community. Together, we are shaping a high street that works for everyone.



Interested in hearing more? Please get in touch: Drop us a DM on Instagram @thecallylondon



Information & Advice

Age UK Islington at a community venue near you

Worried about day-to-day issues?

Call the Age UK Islington helpline on 020 7281 6018 for information, guidance and to register with us. We can also arrange a future in-person appointment at the community venues below.

Manor Gardens (Age UK Islington) - Monday-Friday, 9.30am-4pm

ARC Community Centre - Tuesdays fortnightly, 11am- 4.30pm

St Luke's Community Centre - Tuesdays fortnightly, 1.30-4.30pm

Brickworks Community Centre - Wednesdays fortnightly, 1-3pm

Elizabeth House Community Centre - Wednesdays fortnightly, 12-2pm

Not in the summer holidays 9th, 22nd July and 5th and 19th August

Instead Stephen's Ink Community Centre, Gillespie Road, N5 1LR

Mildmay Community Centre -Third Friday monthly, 11am-12.30pm

"I wanted to say thank you for the really useful information, kindness and empathy."

Money & debt

Coping at home

Housing issues

Mobility Issues

Getting out

Emotional support

Tech Break

Online monthly group

Discover how to make the most of your smartphone, tablet or laptop with our friendly online tech group!

Hosted by knowledgeable volunteer Simon, there's a new topic every month and plenty of time to ask questions.

Contact Age UK Islington to register and request a Zoom link to join via your digital device.

Monthly, 12-1pm

Friday 10 July - Tech for Summer Travel and Exploration

Friday 7 August - Managing smartphone notifications

Friday 4 September - Keeping track of data and Wi-Fi usage

Digital Support

Get help with your digital devices and build your confidence.

Digital Courses

For information about Adult Community Learning digital courses call, text or WhatsApp 07734 777 466.

50+ Digital Drop-in

Mildmay Community Centre, Mayville Estate, N16 8NA
Digital Drop-in for over 50's on Wednesdays 1-4pm.

Tech, Tea & Biscuits

'Tech, tea and biscuits' are delivered by the organisation PPCP (closed for summer break 17th to 28th August).

Drop-ins are possible, but best to call on 020 3928 9370 to book.

Manor Gardens, (Age UK Islington) - Monday 1pm-3pm

Caxton House Community Centre - Monday 1pm-3pm

Hilldrop Community Centre - Tuesday 11am-1pm

Highbury Roundhouse - Tuesday 10am-12pm

Andover Community Centre - Tuesday - 12.30-4pm

Elizabeth House Community Centre - Wednesday 11am-2pm

Whittington Park Community Association - Wednesday 11am-1pm

Light Project Pro International - Thursday 10am-4pm



Booking essential!



Let's Talk

Join us for our monthly Let's Talk event. It's relaxed, friendly & social with lots of discussion, guest speakers and light lunch.

All activities on this page are free. Booking essential.



Keep up to date with topics requested by Age UK Islington clients

Let's Talk Peer Event: Hate Crime

Thursday 16 July, 10am - 1pm
222 Upper Street, N1 1XR

Hear about hate crime, cuckooing and other crimes to be aware of. Find out what to report, how to report it and where to get support. We'll also find out about 'Safe havens', which can help if you feel unwell, or unsafe when out and about.

Let's Talk Peer Event: ICH & Nuffield Health

Thursday 20 August, 10am - 1pm
222 Upper Street, N1 1XR

Join Torps from Islington Carers Hub to learn more about what it means to be a 'family or unpaid carer' and the support available to help you in your caring role. Joelle from Nuffield Health will also let us know about their popular joint pain programme.

Let's Talk Peer Event: Saving money on energy bills and maximising your income

Thursday 17 September 10am - 1pm

Upper Holloway Baptist Church
11 Tollington Way, N7 6RG
Prepare for the colder months by learning how to reduce your energy bills and maximise your income. Hear the latest disability benefit updates and how to claim Pension Credit.

Booking essential! Call Age UK Islington Helpline on 020 7281 6018 / letstalk@ageukislington.org.uk

Carers Only Events

Do you look after a partner, friend or family member who can't cope without your support? Islington Carers Hub provides emotional, financial and practical advice and guidance to unpaid carers aged 18 years and over.

See www.islingtoncarershub.org for how to register and for full event listings.



ISLINGTON
CARERS HUB

Event highlights

Carer Summer Walk

Friday 24th July, 6pm

Parkland Walk, Florence Rd N4 3EY
Join us for a relaxed evening walk along the Parkland Walk, the former railway line that now provides a scenic green route between Finsbury Park and Highgate. Meet just before 6pm outside Pret A Manger at Finsbury Park station, opposite the park entrance.

Canal boat trip

Sunday 17th August 11am-4pm, meet 10.45am

Meet: on towpath via ramp at the canal bridge on Danbury Street N1 near to junction with Graham Street.
Join us for a day cruise on the canal from Angel up to Little Venice and back. The trip will have a 1 hour break in Little Venice to explore the area. Bring a packed lunch!

Carers Creative Workshop

Starting Tuesdays 9th September to 14th October, 1.30 - 4.30pm

Caledonian Clock Tower Centre, Caledonian Park, N7 9HF
This six-week course combines drawing and embroidery, giving you the chance to learn new creative skills in a relaxed and supportive environment. Make time for yourself and connect with other local carers!

Booking essential! Call Islington Carers Hub on 020 7281 3319 / info@islingtoncarershub.org

Too hot at home?

Find a free space to cool down

Hot weather can be dangerous, especially if you find it hard to keep your home cool. If you need a cool space, you can go to any of the places in this directory – there is no cost to attend.



 Venues with this symbol are wheelchair accessible.

| | Venue | Opening Times | |
|---------|---|---|---|
| NORTH | Andover Community Centre 55-57 Corker Walk | Monday-Friday 9am-5pm |  |
| | Brickworks Community Centre 42 Crouch Hill, N4 4BY | Monday to Friday 8:00-21:00 |  |
| | Hilldrop Community Centre Hilldrop Lane, Hilldrop Crescent, N7 0JE | Tuesdays 10:00-16:00 (term time only) |  |
| | St George's Tufnell Park Crayford Road, N7 0ND | Wednesdays 10:30-13:15 (wellbeing café) |  |
| | St Mary's Hornsey Rise Ashley Road, N19 3AD | Monday to Thursday 10:00-15:00, Fridays 10:00-17:00 |  |
| | Whittington Park Community Centre 84 Yerbury Road, N19 4RS | Monday, Friday 9:30-17:00, Tuesday, Wednesday and Thursday 9:30-12:00 |  |
| CENTRAL | Chabad Lubavitch Islington 1-3 Elliot's Place, N1 8HX | Monday to Thursday 11:00-15:00 | |
| | Elizabeth House 2 Hurlock Street, N5 1ED | Open if you drop into one of their free activities |  |
| | Highbury Roundhouse Youth and Community Centre | Monday-Friday 10am - 4pm |  |
| | Light Project Pro International (LPPI) Watkinson Road, N7 8DE | Monday to Friday 9:00-17:00 |  |
| | Mildmay Community Centre Woodville Road, N16 9NA | Monday 9:30-12:30 and 15:00-19:30, Tuesday 9:30-17:00, Wednesday, Thursday 9:30-15:00, Friday 15:00-20:00 |  |
| | St Stephen's Church , St Stephens Hall, 17 Canonbury Road, N1 2DF | Monday, Tuesday, Thursday, Friday 12:00-18:00, Wednesday 9:00-18:00 |  |
| | St Mary's Church , Upper Street, N1 2TX | Monday to Sunday 9:00-17:00 |  |
| | St Jude & St Paul's Church (Community Drop-in) , 113 Mildmay Grove, N1 4PL | Tuesday 12noon-3pm | |
| SOUTH | Vibast Community Centre 167 Old Street, EC1V 1JN | Monday to Friday 9:30-4:30 (except August) |  |
| | St Luke's Community Centre 90 Central Street, EC1V 8AJ | Monday to Friday 9:00-19:00 |  |
| | St Andrew's Church Thornhill Square, N1 1BQ | Saturday 11:00-13:00, Sunday 9:00-12:30 | |
| | Inspire Saint James Clerkenwell Clerkenwell Close, EC1R 0EA | Monday to Friday 9:30-17:30 |  |
| | Jean Stokes Community Centre Coatbridge House, Carnoustie Drive, N1 0DX | Monday to Friday 9:00-17:00 |  |
| HACKNEY | Newington Green Meeting House 39A Newington Green, N16 9PR | Thursday, Friday 12:00-18:00 |  |
| | CLR James Library , Dalston Square, E8 3BQ | Monday to Thursday 9:00-20:00, Friday 9:00-18:00, Saturday 9:00-17:00, Sunday 13:00-17:00 |  |
| | Haklevi , 31-33 Dalston Lane, E8 3DF | Monday to Saturday 10:00-15:00 |  |

Cut out and keep



See the most up to date cool space map online