



ISLINGTON  
CARERS HUB

# What's on

Jan to March 2026 For Islington Carers

Do you  
look after a  
partner, family  
member or  
friend?



**Booking  
essential!**

## Carers Strategy Steering Group

Thursday 15 January, 10.30am-12pm

Find out more about plans to support unpaid carers in Islington and share your views in this bi-monthly group. Option to join online if you'd prefer to.

**Islington Town Hall, Upper Street, N1 2UD**

## Carers Benefits Talk

Monday 9 Feb, 2-3pm

Find out from IMAX what benefits you and the person you care for might be entitled to and how to maximise your combined incomes.

**Jean Stokes Community Centre,  
Coatbridge House, Carnoustie Drive, N1 0DX**

## Annual Islington Carers Get Together

Thursday 29 January, 2-4pm

Our Annual New Year Get-Together is your chance to help shape our 2026 events – share the topics you'd love to learn more about and your ideas for fun ways to connect with other carers.

**Meet at: Islington Town Hall, Upper St, N1 2UD**

## First Aid Workshop

Tuesday 24 March, 3.15-4.45pm

Be prepared to help a friend or family member in an emergency, learn essential first aid skills in this British Red Cross run workshop.

**North Library, Manor Gardens, N7 6JX**

**Booking essential!** To book your place:  
Email [info@islingtoncarershub.org](mailto:info@islingtoncarershub.org) or call 020 7281 3319  
**See website:** [islingtoncarershub.org](http://islingtoncarershub.org)

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Find new  
connections  
this New  
Year



## 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, with guest speakers. Enjoy some time for you and the company of others in a similar situation.

**13 January, 10 February, 10 March**

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

**27 January, 24 February, 24 March**

**St Lukes Community Centre, 90 Central St, EC1V 8AJ**

## Carers Park Theatre Matinee

**Thursdays, 2pm social, 3pm performance**

Pay-What-You-Can (£3 recommended) performance for Islington Carers. Join us for a pre-performance social and connect with other local carers.

**15 Jan, 19 Feb, 19 March**

**Park Theatre, 13 Clifton Terrace, Finsbury Park, N4 3JP**

## Book a Carer's Consultation

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 Carer's Consultation to help identify financial, practical, or emotional support for your caring role.

**We are currently taking bookings for January, February and March. Contact Islington Carers Hub to book an appointment.**

**Booking essential!** To book your place:  
Email [info@islingtoncarershub.org](mailto:info@islingtoncarershub.org) or call 020 7281 3319  
**See website:** [islingtoncarershub.org](http://islingtoncarershub.org)

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