



ISLINGTON
CARERS HUB



Carers Week

2026

**Meet carers
& find local support**

**Do you look
after someone
who could not
cope without your
support?**

**Monday 8 -
Sunday 14 June**

Carers Celebration
Friday 12 June, 11am-2pm

Join Islington Carers Hub and local organisations for a fun, informative event. Hear how the Islington Adult Carers Strategy has developed since June 2024, meet local services over lunch, connect with other carers, and enjoy a fun activity to end the day.

11am Tea/coffee

11.30am Update on Islington's Adult Carers Strategy by John Everson, Corporate Director for Health and Social Care and others.

12.15pm Lunch

1-2pm Fun activity – Joint pain guidance followed by gentle exercise with Joelle from Nuffield Health.

Booking essential!

Brickworks Community Centre

42 Crouch Hill, Finsbury Park, N4 4BY



Carers Kew Gardens Walk
Saturday 13 June, 11.30am

Join Torps for a leisurely walk to admire Kew Gardens at its best. Meet at the main gate at 11.30am to wander at your own pace or stick together and chat with other carers. This won't be a guided tour and maps are provided at venue. It's always an enjoyable day, so book early to secure your place!

Kew Gardens

Victoria Gate (main entrance), Kew Road,
TW9 3JR

Carers Wellbeing Conversation

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 Carers Wellbeing Consultation to help identify financial, practical or emotional support for their caring role.

We are currently taking bookings for April, May and June. Contact Islington Carers Hub to book an appointment.

To book your place:
Email info@islingtoncarershub.org
or call 020 7281 3319

 islingtoncarershub.org

**Booking
essential!**