



ISLINGTON
CARERS HUB

What's on

Oct to Dec 2025 For Islington Carers

**Do you
look after a
friend, partner
or relative?**

**Booking
essential!**



Carer for Carer Meet-Ups

Tuesdays (twice a month), 10.30am-12pm

Led by carers for carers. Come along for an informal chat with other Islington carers over a cuppa. Enjoy some time for you and the company of others in a similar situation.

**14 October, 11 November @ Duke of Cambridge,
30 St Peter's Street, N1 8JT**

**28 October, 25 November, 23 December @ St
Luke's Community Centre, 90 Central St, EC1V 8AJ**

Kew Gardens Walk

Wednesday 22 October, 11.30am

Join Chris and Islington carers for a gentle one hour walk through Kew Gardens (free ticket).

Enjoy autumn colours and good company, finishing at a café. Explore further if you'd like!

Meet at: Kew Gardens, Victoria Gate, TW9 3JR

Men's Health Session

Thursday 6 November, 10.30am-12.30pm

Followed by stadium tour, 12.30-1.30pm

Find out about Arsenal's health and wellbeing activities, hear a talk by Dr Craig Seymour.

Enjoy fun activities and an exclusive Arsenal Stadium tour! Blood pressure checks available.

**Arsenal in the Community Hub, 56 Benwell Road,
N7 7BY**

Carers Strategy Steering Group

Wednesday 26 November, 11.30am-1pm

Find out more about plans to support unpaid carers in Islington and share your views.

Islington Town Hall, Upper Street, N1 2UD

Festive Candle Making

Tuesday 2 December, 3-4.30pm

Get festive with our fun, hands-on workshop and craft unique, seasonal decorations with other carers.

Hargrave Hall, Hargrave Road, N19 5SP

Festive Lights Walk

Thursday 11 December, 6-7.30pm

Join David and carers for a magical central London walk, enjoying sparkling festive lights and markets.

**Eleanor Cross Monument (in front of Charing Cross
station) 40 Strand, WC2N 5PH**

**Carers
Rights Day
Special Event
Thurs 20 Nov
TURN OVER**

Booking essential! To book your place:

Email info@islingtoncarershub.org or call 020 7281 3319

See website islingtoncarershub.org

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

Carers Rights Day

Thurs 20 Nov
10.30am-2.45pm

Upper Holloway Baptist Church,
11 Tollington Way, N7 6RG

**Carers Rights Day is
an annual campaign to
celebrate the contribution
of unpaid carers.**

Take some time out for yourself,
hear from local services and meet
other Islington carers!

- 10.30am** Tea, coffee and information stalls.
- 11am** **Safeguarding** Find out what
'safeguarding' means.
- 11.30am** **Assistive Technology**
Hear about Telecare and other
devices that can provide vital help.
- 12pm** Lunch and information stalls.
- 1.15pm** **Moving and Handling**
Tips and guidance.
- 1.45pm** **Fun activity** Healthy Minds
Healthy Bods.
- 2.15pm** Raffle and concluding remarks.

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