



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

Know your rights!

Dear Islington Carer,

Carers Rights Day 2021

Many thanks for contacting us about Carers Rights Day on Thursday 25 November. 9.30am - 4pm.

We have a fantastic programme for the day, which we've put together with local specialist partners. There's going to be 8 different FREE information sessions and workshops taking place online via Zoom.

To book for any of the sessions, please go to: www.islingtoncarershub.org/carers-rights-day where you can book online.

Or choose from the sessions below and either call us on 020 7281 3319 or email us on info@islingtoncarershub.org.

9.30am – 10am	<p>Introducing Islington Carers Hub Find out about how to get a carers assessment, carers support groups and more about the practical, financial & emotional support that you can access. The Mayor of Islington will be welcoming us all to the day.</p>	<p><i>The Mayor of Islington</i> Cllr Troy Gallagher</p> <p><i>Islington Carers Hub</i> Ismail Bahriyeli</p>
Also 9.30am – 10am	<p>12-Minute Workout for Carers with Mr. Motivator Carers UK and Age UK Islington are hosting a special online Carers Rights Day session with Mr. Motivator! Mr. M will lead a 12-min workout for a positive start to your day followed by an opportunity to ask him your fitness and wellbeing questions.</p>	<p>12-Minute Workout for Carers with Mr.Motivator</p> <p><i>Hosted by Age UK Islington & Islington Carers Hub</i></p>

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In partnership with



10am – 11am	Mood Booster Workshop Techniques to improve your mood and motivation. Learn ways to overcome barriers to exercise and get started!	<i>iCope</i> Shahnaj Begum Senior Psychological Wellbeing Practitioner
11am - 11.50am	Making Employment Work Discuss balancing work and training while caring, flexible work opportunities and how to gain new skills & confidence while caring	<i>Working for Carers</i> Fenia, Employment Advisor Sigal, Project Manager
12.30-1.20 pm	A Carefree Break from Caring Find out about short breaks for Carers available at hotels across the UK, eligibility and how to apply.	<i>Carefree</i> Sarine Sofair & Peter Causer
1.30- 2.20pm	Self-Care Support for Carers Caring is demanding! Consider your health & wellbeing needs and get an intro to support to develop & maintain a self-care routine.	<i>Whittington Health</i> Self-Management Support and Behaviour Change Team,
2.30- 3.30pm	Let's Talk about Dementia! Get a brief insight into dementia and find out how Dementia UK and Admiral Nurses can help the person diagnosed and their families.	<i>Dementia UK</i> Pam Kehoe Consultant Admiral Nurse
3.30 – 4pm	Mindfulness Session for Carers A taster session introducing techniques to be present in the moment and to break away from negative thoughts, reducing stress.	<i>The Stress Project</i> Carol Louvet

If you would like help to join any of these sessions via Zoom, please contact us on 020 7281 3319 and we can arrange for a Digital Volunteer to help you.

We look forward to hearing from you!

Regards,



Torpekai Boukens
Specialist Caseworker
Islington Carers Hub