



ISLINGTON
CARERS HUB



Carers Week

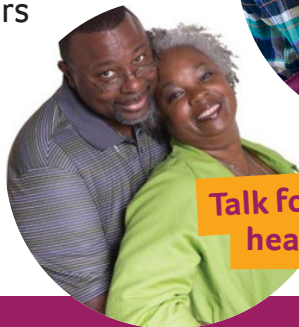
2023

Book
for free
events!

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

Monday 5 – Sunday 11 June

- Celebrating unpaid carers!
- Free fun events for Carers Week
- Meet other Islington carers
- Food & refreshments
- See what's on (overleaf)



Cooking
session

Talk for
health



Dance class

email info@islingtoncarershub.org
or call 020 7281 3319

 visit [islingtoncarershub.org/carers-week-2023](https://www.islingtoncarershub.org/carers-week-2023)

Carers Week 2023

Monday 5 – Sunday 11 June



Mon 5 June, 11am-1pm Cook & Eat Session



St Luke's Cookery School,
St Luke's Community Centre,
90 Central Street, EC1V 8AJ

- Prepare a vegetarian meal using fresh, healthy ingredients (provided)
- Enjoy taking part in a creative, practical activity with other carers
- Eat together outside in the beautiful St Luke's garden

Fri 9 Jun, 2-4pm Sadlers Wells Dance Class



Sadlers Wells Theatre, Rosebery
Avenue, EC1R 4TN or Zoom

- Find a release from everyday stresses and strains with this creative dance class
- Easy to follow moves that boost your energy levels
- Take part seated or standing & enjoy refreshments to follow

Wed 7 June, 11am – 12.30pm Start Talking for Health

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

- Get an insight into how talking can help with our emotional wellbeing
- Find out how to connect with others in a truthful empathic way
- Get an intro to Talk for Health programme to help you & others
- Coffee, tea and pastries provided

Sat 10 Jun, 10.30am - 12pm Carers Week Walk

Meet at the fountains,
Granary Square, N1C 4AB

- Enjoy an hour's walk in the company of other Islington carers
- Varied route through nature, parks and along the canal
- End with refreshments in Caledonian Park café



**Booking
essential!**

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visit islingtoncarershub.org/carers-week-2023

Meet the Team! Mon 22 - Wed 24 May, 09.30am-4.30pm

Outside Morrisons Supermarket, off Holloway Road, N7 6PL
Drop by to find out what's available to help you in your caring role

