



ISLINGTON
CARERS HUB



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



Book for Carers Week Events 6th to 12th June

- Do you help an adult who could not cope without your support?
- Free fun events, yoga, information & advice
- Meet other Islington carers & enjoy free food & refreshments!

Turn Over
for
What's On

For more information and to book:

 **Call 020 7281 6018 / 3319**

 **Or Visit islingtoncarershub.org/carers-week-2022**

FREE Carers Week Events

If you regularly help someone you know with shopping, paperwork, attending hospital appointments, there is local support for you both: money matters, getting a break & more!

Take time out this Carers Week to take part in fun events & find out more about support that's available.

**Booking
Essential!
Spaces
Limited**

From 6th to 12th June

Monday 6
10.30am -
12pm

Mindfulness by Stress Project – Learn techniques to reduce stress and to aid relaxation. We'll finish with coffee & croissants.
Upper Holloway Baptist Church, N7 6RG or via Zoom

Tuesday 7
2 - 4pm

Line Dancing – Try out Line Dancing with a professional trainer followed by an opportunity to chat over tea & cake.
St Luke's Community Centre, 90 Central Street, EC1V 8AJ

Tuesday 7
3 - 5pm

Men's Group by Centre 404 – Are you a man who looks after someone with a learning disability or autism? Friendly, informal garden get together with free food.
Centre 404, 404 Camden Rd, N7 0SJ

Thursday 9
11am - 12pm

Yoga by Centre 404 – Take some time out for yourself with this relaxing session. Suitable for anyone, no previous experience is needed. **Centre 404, 404 Camden Rd, N7 0SJ**

Friday 10
5 - 8pm

Youth Bake-Off – Are you a carer who is 19 years or younger? Join in the fun, with music, games, dinner and a special Bake-Off for Carers Week! **Mary's Community Centre, N1 2TX**

Saturday 11
12 - 3pm

Carers Picnic in the Park – Join us for a picnic in Caledonian Park. Come by yourself and/or with the person you care for. We'll bring the food & soft drinks! **The Tollpuddle Café, Caledonian Park, 37 Clock View Crescent, N7 9FR**

For more information and to book:

📍 Visit islingtoncarershub.org/carers-week-2022

☎ Or Call **020 7281 6018 / 3319**