

Do you look after
a partner, friend or
relative?

Get support for you!



Let's Talk #Carers



Let's Talk Carers: Friday 27 January, 10am - 12pm

Islington Town Hall, C Room 1, Upper Street, N1 2UD

Do you look after a partner, friend or relative? Take part in our active network of Islington unpaid carers. Share your experience and exchange valuable insights at our new monthly Let's Talk Carers sessions!

What's taking place this month?

10am - Coffee & pastries on arrival

10.15am - Islington Carers updates

What are the challenges that you're currently finding as an Islington unpaid carer? Who would you like to hear from? What activities would you like to see coming up as part of this regular monthly get together? Help us to shape future monthly sessions!

10.45 - 11.45am - Self Compassion Taster session

Find relaxation and an attitude of kindness, compassion and appreciation for ourselves.

Booking essential!

Contact Islington Carers Hub to book a place to attend in person or via Zoom.

 **020 7281 3319 / info@islingtoncarershub.org**

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

Get support for you!



Let's Talk #Carers

January-March 2023 - Booking essential for all events!

Let's Talk Carers Launch Event: Friday 27 January, 10am - 12pm

Islington Town Hall, Upper Street, N1 2UD & on Zoom

Take part in the launch of Let's Talk Carers, our active network of Islington unpaid carers, and enjoy a guided meditation session. Coffee & pastries.

Let's Talk Carers: Wednesday 15 February, 2 - 3.30pm

How to get the most out of Adult Social Services

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

Discuss and share ideas about how to clearly express your needs to social care professionals, with confidence! Find out about the law that underpins your care.

Carers Trip: Thursday 23 February, 1.30 - 3pm

A guided tour of the Queer Britain museum

Queer Britain, LGBTQ+ Museum, 2 Granary Square, N1C 4BH

To mark LGBT History Month, join us for a free 40-minute guided tour for up to 25 people, of the Queer Britain museum. Bring some cash for a coffee after!

Let's Talk Carers: Wednesday 8 March, 10.30am - 12pm

International Women's Day: Coffee & Card-Making

Islington Town Hall, Upper Street, N1 2UD & on Zoom

A relaxed session with a chance to chat to other carers and take part in a tutored craft activity - make a card for an important woman in your life!

Booking essential!

Contact Islington Carers Hub to book a place to attend in person or via Zoom.

 **020 7281 3319 / info@islingtoncarershub.org**