

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

**Get support for you!**



**Let's Talk #Carers**



## 'Let's Talk Carers' Monthly Sessions

**Do you look after a partner, friend or relative who is 18yrs+?  
Join our active network of Islington unpaid carers!**

**Connect with other carers, share ideas and have fun!**

**Caring for someone can be rewarding but relentless! Our monthly Let's Talk Carers group will provide an opportunity to meet other Islington carers. Share ideas, know-how and find solutions to all kinds of things related to supporting someone in Islington. There will also be some fun!**

- **Make some time for you!**
- **Helpful guidance from a range of speakers**
- **Chat to other carers**
- **Take part in fun activities**
- **Find local support**

**Join our mailing list**

Contact Islington Carers Hub to register and receive details of our latest events.

 **020 7281 3319 / [info@islingtoncarershub.org](mailto:info@islingtoncarershub.org)**

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## **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**

**Working with 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.

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