

Let's Talk

Monthly meetings



Let's Talk Event

Thursday 20 August

10am - 1pm (New time)

Islington Council (Community Space)
222 Upper Street, London, N1 1XR

A relaxed, social event where you're invited to join the conversation. This month, we'll get an insight into the support that's available looking after a friend or family member. We'll also hear from the Nuffield Health about their life changing joint pain programme.

Contact Age UK
Islington Helpline:

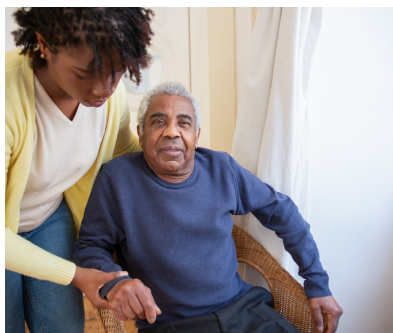
020 7281 6018

letstalk@ageukislington.org.uk

Booking essential!

What's happening

- **10am** - Arrive and enjoy refreshments
 - **10.30am** - Welcome from Age UK Islington
 - **10.35am** - Looking after someone close to you
 - Sharing some of the challenges and support available to those looking after a friend or family member - Torps Boukens, Islington Carers Hub
 - **11.25am** - Coffee break
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- **11.45am** - Managing joint pain and the value of keeping active
 - Get an insight into why movement is so important in managing joint pain and what's involved in the free Nuffield Joint Pain programme; try some gentle seated movement - Joelle Makwana, Nuffield Health
 - **12.45pm** - One-to-one Questions and Answers



ISLINGTON
For a more equal future