

Let's Talk

Monthly meetings



Let's Talk Event

Thursday 18 June

10am - 1pm **(New time)**

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

Discover what really matters for maintaining good balance and mobility. We'll also be hearing about what to consider when hiring help at home - such as cleaners - or care agencies and how to fund them.

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 - Keeping your strength and mobility and why it's important
- Find out how to keep your strength and balance as you get older and support that can help - Proactive Frailty And Complex Care Team (PROFACCT), NHS Whittington Health Trust
- 11.25am - Coffee break
- 11.45am - Hiring help at home and ways its funded
- What to consider when hiring help e.g. cleaner or care agency, Attendance Allowance and packages of care - Age UK Islington
- 12.30pm - Staying Cool in a Heatwave
- Tips, guidance and Islington's cool spaces - Public Health, Islington Council and Exeter University



ISLINGTON

For a more equal future