

Let's Talk

Monthly meetings



Let's Talk Event

Thursday 21 May

10.30am - 1.45pm

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

Join Let's Talk, a friendly, relaxed discussion session, this month hearing from the Islington Council Ageing Well team about how to recognise signs and symptoms of dementia. U3a will also give a talk about their range of local groups, which are a great way to keep engaged!

Contact Age UK
Islington Helpline:

020 7281 6018

letstalk@ageukislington.org.uk

Booking essential!

What's happening

- 10.30am - Arrive and enjoy refreshments
- 11am - Welcome from Age UK Islington
- 11.05am - Is it Memory Loss or Dementia and How Can We Reduce The Risk?
- Find out more about early signs and symptoms of dementia, how to get a diagnosis and what we can do to reduce the risk of dementia - Islington Council Ageing Well team.
- 11.40am - Questions and Answers
- 12pm - Light lunch and refreshments
- 12.30pm - Keeping Active and Engaged With U3a
- Find out about local learning and creative groups - to match your interests
- Chair - U3a
- 1.15pm - Info & Advice Community Outreach for Housing Issues - Islington Council Resident Empowerment Officers



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For a more equal future