# Let's Talk

Monthly meetings

Islington Age UK

## Let's Talk Event

### Thursday 26 November

### 10am - 1pm

**Upper Holloway Baptist Church,**
**11 Tollington Way, London, N7 6RG**

**Let's Talk is relaxed, social and informative. This month we've a special session focused on Men's Health. Join us to find out what you can do to boost your mood and keep healthy.**
***Everyone is welcome - women too!**




**Contact Age UK Islington Helpline:**
**020 7281 6018**
**gethelp@ageukislington.org.uk**

**Booking essential!**

*Islington residents 18+ or with an Islington GP*

## What's happening

- 10am - Arrive and enjoy refreshments
- 10.30am - Welcome from Age UK Islington
- 10.35am - Arsenal in the Community
- An intro to their activity programme and short seated-exercise session.
- Lee Kelleher, Arsenal in the Community.
- 11.25am - Coffee break

- 11.45am - Op COURAGE
- An introduction to The Veterans Mental Health and Wellbeing Service.
- Timothy Reily, Op COURAGE
  Olga Cecilia Farach,
  Jacqueline Noone,
  NLFT Council of Governors

1.

- 12.15pm - Manor Gardens Welfare Trust
- Signs to watch out for and how to support friends and family experiencing low mood, anxiety and mental health challenges.

ISLINGTON
For a more equal future