

Let's Talk

Monthly meetings



Let's Talk Event

Wednesday 21 January

10.30am - 1.45pm

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

Join Let's Talk - a friendly, relaxed and informative session. Take part in the discussion! This month we'll be talking about local volunteering opportunities - a great way to connect with your community, build skills and confidence. Get practical sleep and stress-reduction tips and details of the Healthy Generations activities.

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** - Volunteering for everyone - ways to connect with your community and build skills; also hear from locals who enjoy volunteering - Voluntary Action Islington
- **11.40am** - Questions & Answers
- **12pm** - Light lunch and refreshments
- **12.30pm** - Sleep Tips and Stress Reduction - techniques and guidance from Healthy Generations
- **1.20pm** - Questions and Answers
- **1.30pm** - One to one questions
- *** Please note change of venue for this month only (it is fully accessible).**



ISLINGTON
For a more equal future