

# Let's Talk

Monthly meetings



## Let's Talk Event

**Thursday 16 October**

**10.30am - 1.45pm**

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

Relaxed, social and informative - join us for a day of engaging talks and discussion, open to all. Experts from UCLH Complex Pain Team will share practical tips for managing pain and how movement can help. In the afternoon, we will explore menopause - helping you to recognise symptoms and gain an understanding of what can help for you or the women in your life.

Contact Age UK  
Islington Helpline:

020 7281 6018

[letstalk@ageukislington.org.uk](mailto:letstalk@ageukislington.org.uk)

**Booking essential!**

### What's happening

- **10.30am** - Arrive and enjoy refreshments
- **11am** - Welcome from Age UK Islington
- **11.05am** - Managing pain - what can help, including the value of movement - UCLH Complex Pain Team (Advanced Practice Physiotherapist, Clinical Psychologist, Advanced Nurse Practitioner)
- **11.35am** - Questions & Answers - UCLH Complex Pain Team
- **12pm** - Light lunch and refreshments
- **12.30pm** - Menopause - recognising and managing symptoms - Val Almeida, Healthy Generations
- **1pm** - Questions and Answers - Val, Healthy Generations
- **1.30pm** - One to one questions



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For a more equal future