

'Do What You Can'

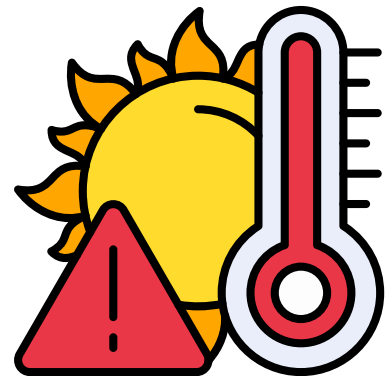
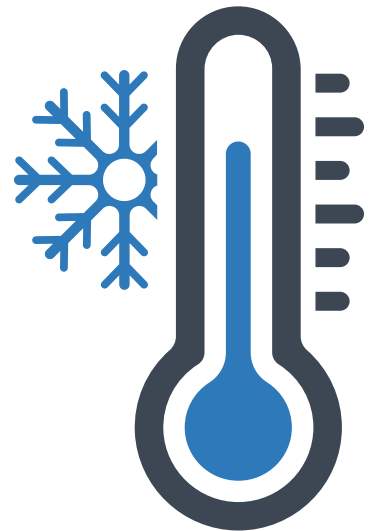
Community Resilience Network at Caxton House Community Centre

Everyone in Islington will feel the effects of a changing climate. That means hotter summers and colder winters.

Please join us for 4 Resilience Training workshops at Caxton House Community Centre.

We can all learn to play our part in climate resilience, helping our families, our friends and each other.

- **Wednesday 17 June, 12–2pm: Learn how climate change can affect our health and those close to us, and the aims of the volunteer network**
- **Wednesday 24 June, 12–2pm: Practical DIY tips and techniques to help keep your home cooler in summer and warmer in winter**
- **Wednesday 1 July, 12–2pm: Bright Lives Coaching, teaching us how to develop resilience skills and stay grounded**
- **Wednesday 8 July, 12–2pm: Extreme Heat tabletop exercise and next steps**



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**Community Resilience Network
at Caxton House Community Centre**

To find out more about the 'Do What You Can' volunteer network, or to attend the 4 workshops at Caxton House, please email:

**Seán McGovern
Community Resilience Officer**

sean.mcgovern@islington.gov.uk

Or speak to Sue in Caxton House to sign up



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Scan the QR codes to know more about each workshop

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