

'Do What You Can'

Community Resilience Network

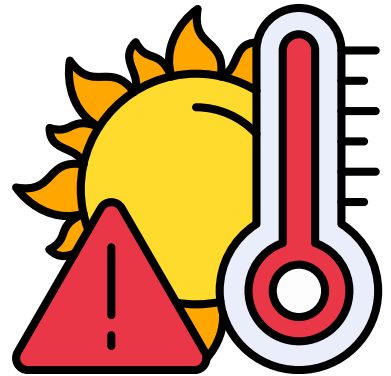
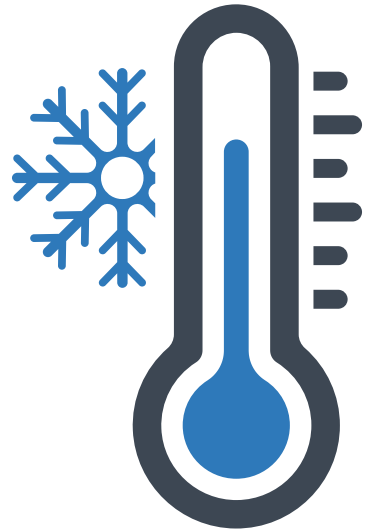
at St Luke's Community Centre

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 St Luke's Community Centre.

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

- **Friday 19 June, 12-2pm: Learn how climate change can affect our health and those close to us, and the aims of the volunteer network**
- **Friday 26 June, 12-2pm: Practical tips and techniques to help keep your home cooler in summer and warmer in winter**
- **Friday 3 July, 12-2pm: Bright Lives Coaching, teaching us how to develop resilience skills**
- **Friday 10 July, 12-2pm: Extreme Heat tabletop exercise and next steps**



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

Seán McGovern
Community Resilience Officer

sean.mcgovern@islington.gov.uk

Or speak to Carrie in St Luke's to sign up



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Scan the QR codes to know more about each workshop

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