



ISLINGTON  
CARERS HUB

# What's on

Sept to Nov 2024 For Islington Carers

Do you  
look after a  
friend, partner  
or relative?



Booking  
essential!

## Highbury Local History Walk

Thurs 5 September, 10.20am-12pm

Join other carers for a guided history tour of Highbury and its development from a village in Roman times to the present day. Led by Arsenal in the Community.

Meet at Highbury & Islington Station, N5 1RB

## Carers Strategy Steering Group

Thurs 19 September, 10.30am-12pm

Find out more about plans to support unpaid carers in Islington and share your views. Guest speakers from Islington Mind and the Islington Council Coaching Service.

Islington Town Hall, Upper Street, N1 2UD

## Dementia Information Event

Thurs 26 September, 10.30am-12.30pm

Visit stalls to learn more about support available for people living with dementia in Islington. A dementia-friendly reminiscence session will run alongside the event. Cllr Burgess will provide an opening welcome.

Arsenal Hub, 56 Benwell Road, N7 7BY

## Mental Health Workshop

Thursdays weekly from 3 October, 5.30-7.30pm

Learn more about mental health in this 5-week workshop. Run by professionals from the North London Mental Health Partnership. It will cover diagnosis, medication, law and your rights as a carer.

Mental Health Centre, 1 Lowther Road, N7 8US

## Carers Art Workshops

Wednesdays weekly from 30 October, 2-4.30pm

Five workshops with professional Create artist Renata to explore a variety of visual art and textiles techniques, creating your own original artwork. Artwork to be displayed at the Carers Rights Day event.

Cally Clock Tower Centre, Caledonian Park, N7 9HF

## Carers Rights Day

Thursday 21 November, 10.30am-3pm

Hear from local services who provide financial, practical and emotional support. Meet other Islington carers, enjoy a lunch and a fun session too! More details and how to book overleaf.

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

**Booking essential!** To book your place:

Email [info@islingtoncarershub.org](mailto:info@islingtoncarershub.org) or call 020 7281 3319

[islingtoncarershub.org/carers-rights-day-2024](https://islingtoncarershub.org/carers-rights-day-2024)

PLEASE  
TURN OVER

Do you look  
after someone  
who could not  
cope without your  
support?

# Carers Rights Day

**Thurs 21 Nov**  
**10.30am-3pm**

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

**Carers Rights Day is  
an annual campaign to  
celebrate the contribution  
of unpaid carers.**

**Take some time out for yourself,  
hear from local services and meet  
other Islington carers!**

- 10.30am** Tea, coffee and information stalls.
- 11am** Carer Annie shares her story.
- 11.15am** How Adult Social Care supports Islington carers. Find out about respite, adaptations and support for the person you care for.
- 12.15pm** Lunch and information stalls.
- 1.15pm** Working with the NHS to identify carers and helping carers get the support they need.
- 1.45pm** Join us for a fun activity.
- 2.15pm** Raffle and concluding remarks.



**Booking  
essential!**

**To book your free place:**  
**Email [info@islingtoncarershub.org](mailto:info@islingtoncarershub.org)**  
**or call 020 7281 6018 / 3319**

 [islingtoncarershub.org/carers-rights-day-2024](https://islingtoncarershub.org/carers-rights-day-2024)