



ISLINGTON
CARERS HUB

What's on

Jan to March 2025 For Islington Carers

Do you
look after a
friend, partner
or relative?



**Booking
essential!**

'Carers for Carers' Monthly Meet-up

Usually second Tuesday of every month:
14 Jan, 11 Feb, 11 March, 10.30am-12pm

Come along, take a breather and have a chat with other Islington carers in this comfortable venue over a tea or coffee. Carers Jeanne, Stella and Wendy will be there to welcome you.

Duke of Cambridge, 30 St Peter's St, N1 8JT

Creative-Writing Workshops

Wednesdays 8 Jan to 12 Feb, 10.30am-1pm

Award winning writer and playwright Martin will help you develop creative writing techniques to create fun and interesting characters/stories.

No previous experience necessary.

**The Peel Institute, 3 Corners Centre,
Northampton Road, EC1R 0HU**

Challenging Behaviour Workshop

Thurs 27 Feb & 6 March, 1.30pm-4.30pm

We will be discussing ways to manage conflict or difficult behaviour linked to Stroke or Dementia - to facilitate better understanding and to support the behavioural needs of the person you care for.

**Manor Gardens Welfare Trust, 10 Manor Gardens
(Training Room), N7 6ER**

Carers Strategy Steering Group

Wednesday 5 February 2pm-3.30pm

Find out more about plans to support unpaid carers in Islington and share your views.

We'll be joined by Nikki Ralph, Senior Commissioner at Adult Social Care.

Islington Town Hall, Upper Street, N1 2UD

Nutrition and Hydration Workshop

Friday 21 March, 2pm-3pm

Get a better understanding of how what you eat and drink can affect health and wellbeing. Find out about the risks of malnutrition and dehydration and how to avoid this - for you and those you care for.

Cally Clock Tower Centre, Caledonian Park, N7 9HF

Booking essential! To book your place:
Email info@islingtoncarershub.org or call 020 7281 3319

PLEASE
TURN OVER

Let's Talk

Monthly meetings

Islington
ageUK

Booking essential!

Let's Talk January to March 2025

Join us for our monthly Let's Talk event. Hear from guest speakers, take part in the discussion and enjoy a light lunch. It's relaxed, friendly and social!

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

Let's Talk: Find a Course for 2025

Thursday 16 January 10.45am-1.30pm

Develop a passion for something in 2025! Find out about the huge range of free courses in Islington, from sewing, learning a language, improving computer skills etc.

Let's Talk: Housing Options

Thursday 20 February 10.45am-1.30pm

Get an insight into the housing options in Islington, how the points system works and housing options out of the borough. Find out how to get support if you experience anti-social behaviour.



Let's Talk: Keeping Active

Thursday 20 March 10.45am-1.30pm

Need some inspiration to get or keep active? Regular gentle exercise can make such a difference to both mind & body. Hear from Nuffield Health and Council Parks/Leisure teams.

Booking essential! To book your place:
Email letstalk@ageukislington.org.uk
or call 020 7281 6018