



ISLINGTON  
CARERS HUB

# What's on

## For Islington Carers April-May 2025

Do you  
look after a  
friend, partner  
or relative?

### Carers For Carers Meet-ups

Tuesday 8 April & Tuesday 13 May  
10.30am-12pm

Join us for our monthly get-together – a supportive space to catch up with other carers – share the highs and lows of caring, ideas and solutions over a coffee.

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

### Carers Spring Walk

Saturday 26 April 10.30am-12pm

A longer, more energetic walk along the River Lea from Tottenham Hale to Hackney Wick – a 4.2-mile route. It's a great opportunity to meet other carers.

**Tottenham Hale train station** N17 9FD



**Booking essential!**

### Self-Advocacy Workshops

Thursday 15 May & Thursday 22 May  
5.30pm to 7.30pm

Self-advocacy is the ability to speak up and ask for what matters most. This session is especially helpful for those facing challenges dealing with organisations.

**Islington North Library** Manor Gardens, N7 6JX

### Booking essential:

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

### Carers Park Theatre

Thursday 17 April, Thursday 15 May  
& Thursday 19 June 2pm for 3pm matinee

Treat yourself to a Pay-What-You-Can Matinee performance (£3 suggested) for Islington carers. Booking is essential. Meet at 2pm for refreshments.

**Park Theatre** 13 Clifton Terrace, Finsbury Park, N4 3JP

## Islington Dementia Fair

Thursday 22 May, 11am-12.30pm

Want to learn about dementia  
and the support that's available?  
Book this event via Islington Carers Hub.

**Vibast Community Centre**  
167 Old St, London EC1V 9NH

- Talk to local services •
- Arts for Dementia activity •
- Dementia-friendly activities talk at 11.30am •
- Refreshments •