



ISLINGTON  
CARERS HUB



# Carers Week

## 2025

### Monday 9 - Sunday 15 June

**Do you help someone who could not cope without your support?**

**Take time out this Carers Week!**  
Meet carers & find local support.



**Booking essential!**  
Spaces Limited

**Carers Celebration**  
Tuesday 10 June 10.30am-12pm

Join us for a special Carers For Carers Get Together. Let's share some refreshments and celebrate the contribution of carers here in Islington.  
**Duke of Cambridge**  
30 St Peter's St, N1 8JT

**Songs for Summertime**  
Tuesday 10 June 12pm-2pm

Some musical classics, favourites and summer sizzlers to celebrate the arrival of the bright, warm, happy "days of wine and roses".  
**Jean Stokes Community Centre**  
Carnoustie Drive, N1 0DX

**'Finding a Balance' Workshop**  
Thursday 12 June, 10.30am-12.30pm

Find practical strategies to help you achieve a balance between caring while preserving your own well-being and managing the risks.  
**Manor Gardens Welfare Trust**  
Training Room, 10 Manor Gardens, N7

**Carers Summer Walk**  
Friday 13 June 2pm-3.30pm

A relaxed walk through Golders Hill Park, visiting The Hill Garden and Pergola. We'll finish with a visit to the café for a coffee and a chat.  
**Golders Green Tube Station**  
North End Rd, NW11 7RN