

ISLINGTON CARERS HUB

Our services are available to carers who live in Islington or who care for someone living in Islington. For advice and information, to make a referral or appointment or to sign up for our newsletter, please contact ICH:

Tel: 0800 085 1141 or 020 7561 5517 or email info@islingtoncarershub.org
Write to: 225-229 Seven Sisters Road, London N4 2DA

Advice Surgeries for carers

We provide advice and information by phone, email and letter. We also run face to face advice surgeries for carers in venues across the borough. Contact ICH on 0800 085 1141 or email info@islingtoncarershub.org to book an appointment.

Tuesdays 2 - 5pm

Mildmay Community Partnership, Woodville Road, N16 8NA

Wednesday 2 - 5pm

Drovers Centre, North Rd, N7 9EY

Thursday 2 - 5pm

St Lukes Community Centre, 90 Central Street, EC1V 8AJ

Fridays 9 - 12noon

The Medical Centre 140 Holloway Road, N7 8DD

Tuesdays and Thursdays 1-5pm

Whittington Hospital – Please call Jenny on 07900 454940 or 0800 085 1141 for appointments.

The type of advice and information we can offer includes:

- Local help in Islington
- Carers Assessments
- Benefits you and the person you care for can claim
- Help with form filling
- Getting a Carers Emergency Card
- Looking after your own physical and mental health
- Carers' employment rights
- Carers Parking Permits (for carers who live outside Islington)
- The Flexible Breaks Fund

Support Groups for carers

Please contact us on the details above if you would like to come along to one of our groups

Young Adult Carers Group – last Tuesday of the month, 6pm-7.30pm

This social and support group is open to all young adult carers aged 17-25. The group has a mix of young men and young women, and is lively, friendly and welcoming. At Fin Futures 225-229 Seven Sisters Rd, N4 2DA

Group Dates:

27 Nov, Dec event date to be confirmed, 29 Jan, 26 Feb

Mental Health Carers Group - first Tuesday of the month 2.15-4pm

This group is for all mental health carers, and welcomes new members. At Fin Futures 225-229 Seven Sisters Rd, N4 2DA

Group Dates:

4 Dec, 8 Jan, 5 Feb

Older Carers Support Group - Mondays 10-12 noon at Peel Centre

This group is open to all carers aged 50+ *and carers of any age* who are looking after an older person. The group meets at the Peel Centre, Peel Institute, Percy Circus, Kings Cross.

Group Dates:

3 Dec, 7 Jan, 4 Feb

Working Carers Group – Monthly Saturdays 10 – 12

At Fin Futures 225-229 Seven Sisters Rd, N4 2DA
Please contact us on 0800 085 1141 for dates

Black and Minority Ethnic Carers Group last Friday of the month 2.30 – 4

At Fin Futures 225-229 Seven Sisters Rd, N4 2DA

Group Dates:

No meeting in Nov or Dec. Next meetings are 25 Jan, 26 Feb