

Carers Week 2017



Building Carer Friendly Communities

12th—18th June 2017

This week Carers Week is focusing on Building Carer Friendly Communities. Communities which support carers to look after their loved ones well, while recognising that they are individuals with needs of their own. Islington Carers Hub are working together with Octopus Community Hubs to bring you a fun filled week with lots of FREE taster sessions so that you can experience what our local community has to offer.

All events and taster sessions are FREE for all our carers and their cared-for to enjoy. To find out more information about our Carers Week schedule or to book for the Monday Opening Event or the Friday Dementia Workshop, please call the Islington Carers Hub on 0207 281 3319 or email us at info@islingtoncarershub.org

MONDAY

Carers Week Opening Event

Islington Town Hall, Upper Street, N1 2UD
10am-2pm (Registration at 10am)

Join us for information stalls, free health checks, workshops, free lunch and a raffle. Plus an extra special cultural dance celebration by our BAME Carers Group.

Please call 0207 281 3319 to book.



ISLINGTON CARERS HUB

Supported by



TUESDAY

Soft indoor bowls

The Old Fire Station, 84 Mayton Street, N7 6QT
11.20am-12.15pm

Lifestyle Tuesday

Caxton House, 129 St John's Way, N19 3RQ
9.30-10.30am— Zumba
10.30-11am—Social Time
11am-1pm—Ceramics with Living Space Art School
1.30pm-3.30pm—IT Drop In



THURSDAY

Social Gardening Group

Olden Gardens, Whilster Street, N5 1NH
10am-12pm

Beginners Yoga Class

Elizabeth House, 2 Hurlock Street, N5 1ED
7-8pm

Family Zumba

Caxton House, 129 St John's Way, N19 3RQ
6.30-7.30pm

FOCUS ON HOSPITALS

If you want to find out what support is available to you, come and chat to one of our Information and Advice Officers at one of our hospital stalls

Tuesday 13th June 10am-4pm
UCLH Foyer

Wednesday 14th June 10.30am-3.30pm
Whittington Hospital Atrium

WEDNESDAY

Over 55's Gentleman's Gentle Exercise

The Old Fire Station, 84 Mayton Street, N7 6QT
2-3pm

Women's Fitness Class

Elizabeth House, 2 Hurlock Street, N5 1ED
9.30-10.30am

Yoga Tonic

Whittington Park Community Association, 86 Yerbury Road, N19 4RS
9.30-10am

Walk and Talk (in the park)

Meet outside Whittington Park Café
11.15am—12pm

Come and chat to one of our Friendly members of staff as we join in with Manor Garden's Welfare Trust's weekly walk!

FRIDAY

Carer and Cared For's Dementia Workshop

Upper Holloway Baptist Church, 11 Tollington Way, N7 6RG
9.30am –2pm

Islington Carers Hub and the Wellbeing Service are joining together to celebrate carers of people with dementia. There will be a carers discussion workshop followed by a group Relaxation Session. If the person you care for would like to attend, there will be a taster 'Singing for the Brain' and Relaxation Session for them too. Lunch and refreshments will be provided. Booking is essential so please call 0207 281 3319 to book your place.

Friday Film Club

The Old Fire Station, 84 Mayton Street, N7 6QT
1.30-3.30pm



In partnership with



Octopus Communities