

CARERS WEEK 2018

11-17 JUNE



MONDAY CARERS WEEK OPENING EVENT

When: Mon 11 June,
10.30am-2pm

Where: Islington Town Hall,
Upper St, N1 2UD

Please register your interest
0800 085 1141 or 020 7281 3319
info@islingtoncarershub.org

Description: Join us to hear more about staying connected in your caring role. With guest speakers & stalls from organisations supporting carers in Islington, a chance to learn more, get support and connect with other carers.

Free lunch provided

TUESDAY HEALTH & WELLBEING EVENT

When: Tue 12 June, 10am-4pm

Where: Drovers Centre, 19 North Rd,
N7 9EY

No booking required, just come along!
Workshops are first come first served.

Description: Come along and try out some healthy activities for free while learning more about staying healthy. There will be aromatherapy and herbal lotions workshops, massage, meditation, health recipe sharing, choir session, Boccia, NHS Health Checks & more!

Free lunch provided

WEDNESDAY REACHING HIDDEN CARERS

When: Wed 13 June, 11am-3pm

Where: Barnsbury Job Centre,
1 Barnsbury Rd, N1 0EX

No booking required, just drop in

Description: Join us in the Job Centre to learn more about how Islington Carers Hub can help you stay healthy and connected.



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THURSDAY REACHING HIDDEN CARERS

When: Thu 14 June,
11am-3pm

Where: Whittington Hospital
Main reception
Magdala Ave

No booking required, just drop in

FRIDAY CARE FOR A CUPPA PARTY

When: Fri 15 June, 11am-12pm
Where: Hilton Hotel, 53 Upper St, N1 0UY

Booking Essential

Please call 0800 085 1141 or 020 7281 3319
or email info@islingtoncarershub.org

Description: Book your place to connect with other carers over a cuppa and some pastries at the Hilton Hotel. Members of the Carers Hub team will be on hand to answer any questions you have about staying healthy and connected.

Description: Join us in the lobby at Whittington Hospital to learn more about how Islington Carers Hub can help you stay healthy and connected.



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