

# CARERS WEEK 2019

10-16 JUNE

## MONDAY

### CARERS INFORMATION EVENT

When: Mon 10 June, 10.30am-2pm  
Where: Islington Town Hall, Upper Street, N1 2UD

#### Please register your interest

Call 0800 085 1141 or 020 7281 3319  
or email [info@islingtoncarershub.org](mailto:info@islingtoncarershub.org)

#### Description

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

**FREE LUNCH PROVIDED**

## TUESDAY

### REGISTERING NEW CARERS AT TWO VENUES

When: Tue 11 June, 11am-3pm  
Where: UCLH, Atrium, 235 Euston Road, NW1 2BU

When: Tue 11 June, 10am-1pm  
Where: Highbury Grange Medical Practice, 1-5 Highbury Grange, N5 2QB

### DROP IN TO REGISTER WITH US AS A CARER

**Description** Join us to learn more about how Islington Carers Hub can help you stay healthy and connected.

## WEDNESDAY

### HEALTH & WELLBEING EVENT

When: Wed 12 June, 10am-3pm  
Where: Upper Holloway Baptist Church, Tollington Way, N7 6RG

**NO BOOKING REQUIRED, JUST COME ALONG!**

**Description** Come along and try out some healthy activities for free while learning more about staying healthy. Mindfulness, yoga, hoolaHooping, massage, NHS Health Checks & much more!

**FREE LUNCH PROVIDED**

**Carers Week™**



See Other Side 

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## THURSDAY

### REGISTERING NEW CARERS NOT YET REGISTERED WITH US

When: Thu 13 June, 11am-3pm  
Where: Whittington Hospital, Main Reception,  
Magdala Avenue, N19 5NF

### DROP IN TO REGISTER WITH US AS A CARER

**Description** Join us to learn more about how Islington Carers Hub can help you stay healthy and connected.



## FRIDAY

### CARE FOR A CUPPA?!

When: Fri 14 June, 11am-12pm  
Where: Park Theatre Cafe (First Floor),  
Clifton Terrace, N4 3JP

### BOOKING ESSENTIAL!

Call 0800 085 1141 or 020 7281 3319  
or email [info@islingtoncarershub.org](mailto:info@islingtoncarershub.org)

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



See Other Side 