Let's Talk

Monthly meetings

Islington Age UK

Let's Talk Event

Thursday 26 November

10am - 1pm

Upper Holloway Baptist Church,
11 Tollington Way, London, N7 6RG

Let's Talk is relaxed, social and informative. This month we've a special session focused on Men's Health. Join us to find out what you can do to boost your mood and keep healthy.
***Everyone is welcome - women too!**



Contact Age UK Islington Helpline:
020 7281 6018
gethelp@ageukislington.org.uk

Booking essential!

Islington residents 18+ or with an Islington GP

What's happening

- 10am - Arrive and enjoy refreshments
- 10.30am - Welcome from Age UK Islington
- 10.35am - Arsenal in the Community
- An intro to their activity programme and short seated-exercise session.
- Lee Kelleher, Arsenal in the Community.
- 11.25am - Coffee break

- 11.45am - Op COURAGE
- An introduction to The Veterans Mental Health and Wellbeing Service.
- Timothy Reily, Op COURAGE
  Olga Cecilia Farach,
  Jacqueline Noone,
  NLFT Council of Governors

1.

- 12.15pm - Manor Gardens Welfare Trust
- Signs to watch out for and how to support friends and family experiencing low mood, anxiety and mental health challenges.

ISLINGTON
For a more equal future