



ISLINGTON  
CARERS HUB



# Carers Week

# 2026

## Monday 8 - Sunday 14 June

### Meet carers & find local support

Do you look  
after someone  
who could not  
cope without your  
support?

### Carers Celebration Friday 12 June, 11am-2pm

Join Islington Carers Hub and local organisations for a fun, informative event. Hear how the Islington Adult Carers Strategy has developed since June 2024, meet local services over lunch, connect with other carers, and enjoy a fun activity to end the day.

**11am** Tea/coffee

**11.30am** Update on Islington's Adult Carers Strategy by John Everson, Corporate Director for Health and Social Care and others.

**12.15pm** Lunch

**1-2pm** Fun activity – Joint pain guidance followed by gentle exercise with Joelle from Nuffield Health.

Booking essential!

**Brickworks Community Centre**

42 Crouch Hill, Finsbury Park, N4 4BY



### Carers Kew Gardens Walk Saturday 13 June, 11.30am

Join Torps for a leisurely walk to admire Kew Gardens at its best. Meet at the main gate at 11.30am to wander at your own pace or stick together and chat with other carers. This won't be a guided tour and maps are provided at venue. It's always an enjoyable day, so book early to secure your place!

**Kew Gardens**

Victoria Gate (main entrance), Kew Road,  
TW9 3JR

### Carers Wellbeing Conversation

Anyone aged 18+ who looks after an adult on a regular basis, such as helping with paperwork or attending hospital appointments, is entitled to a free Carers Wellbeing Consultation to help identify financial, practical or emotional support for their caring role.

We are currently taking bookings for April, May and June. Contact Islington Carers Hub to book an appointment.

**To book your place:**  
**Email** [info@islingtoncarershub.org](mailto:info@islingtoncarershub.org)  
**or call** 020 7281 3319

[islingtoncarershub.org](http://islingtoncarershub.org)

**Booking  
essential!**