



ISLINGTON
CARERS HUB

Carers Week

Carers Week

2025

Monday 9 -
Sunday 15 June

Do you help
someone who
could not cope
without your
support?

**Take time out
this Carers Week!**
Meet carers & find
local support.

**Booking
essential!**
Spaces Limited

Carers Celebration
Tuesday 10 June 10.30am-12pm

Join us for a special Carers For Carers Get Together. Let's share some refreshments and celebrate the contribution of carers here in Islington.

Duke of Cambridge
30 St Peter's St, N1 8JT

Songs for Summertime
Tuesday 10 June 12pm-2pm

Some musical classics, favourites and summer sizzlers to celebrate the arrival of the bright, warm, happy "days of wine and roses".

Jean Stokes Community Centre
Carnoustie Drive, N1 0DX

'Finding a Balance' Workshop
Thursday 12 June, 10.30am-12.30pm

Find practical strategies to help you achieve a balance between caring while preserving your own well-being and managing the risks.

Manor Gardens Welfare Trust
Training Room, 10 Manor Gardens, N7

Carers Summer Walk
Friday 13 June 2pm-3.30pm

A relaxed walk through Golders Hill Park, visiting The Hill Garden and Pergola. We'll finish with a visit to the café for a coffee and a chat.

Golders Green Tube Station
North End Rd, NW11 7RN

Booking essential:

Email info@islingtoncarershub.org or call 020 7281 3319

 islingtoncarershub.org/carers-week-2025