

COMMUNITY VOICES

ISLINGTON LIVING SPACE

FREE SAFE COMMUNITY LIVING SPACE, BRINGING
RESIDENTS TOGETHER EVERY MONTH!

THURSDAY, 6TH AUGUST 10:15 AM TO 3:00 PM
COMMUNITY ROOMS, 222 UPPER STREET, ISLINGTON, N1

Infoline: 020 8148 8284
Email: Info@residentswithoutborders.org
WhatsApp/Text: 07886 328 136



Residents of all ages are
welcome - adults, young people,
parents with children, and
carers with the people they
support.

Book our taster sessions or drop
in for friendly help with form
filling, a chat about support
needs, or a space to unwind.
Enjoy music, sing-along, read a
book, or meet new friends in a
welcoming
community setting!

WHAT'S HAPPENING?

- 10:15AM Sign-in and enjoy refreshments and snacks
- 10:25AM Housekeeping & introductions by Grace Ryan (Facilitator)
- 10:30AM Chair Yoga and Mindfulness with Bryony Carney (Yoga Teacher)
Social & Wellbeing Taster session
- 11:30AM Sara Monroy (Communities Engagement Officer) London Wildlife
Trust - how to create your own wildlife garden, and how to care
for wildlife in the hot weather! **Eco Awareness Taster session**
- 12:30-3PM **Drop-in session** - Join us to relax, enjoy music videos and sing-
along, read a book, make new friends, or get information &
advice. Enjoy refreshments & light snacks. Drop in anytime and
leave when you like - this is your community space! Your space to
connect, grow and feel supported.

**RESIDENTS
WITHOUT BORDERS**



ISLINGTON
For a more equal future

