

Carers Wellbeing Day

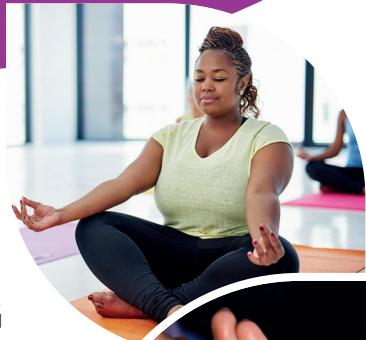
Inviting you to a day of calm,
wellbeing and friendship

**Thursday 24 November
10am – 2.30pm**

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

- Health and wellbeing talks
- Free wellbeing session
- Free pampering
- Free buffet lunch
- Advice: money, carers breaks, employment

Book your
free place



**email info@islingtoncarershubs.org
or call 020 7281 3319**

 visit islingtoncarershubs.org/carers-rights-day/

Carers Wellbeing Day

Thursday 24 November



10am – Coffee & Information Stalls

Find out about getting a break, guidance about cost-of-living issues, dementia-friendly activities & support, training and employment

10.20am – Welcome & Introduction: Ismail Bahriyeli, Islington Carers Hub

Speakers: Getting the Most out of Healthcare for Carers

10.30am – Getting the Most From Your Hospital

Ros Jacobs, Carers Governor, University College London Hospitals NHS Foundation Trust

- Why your voice counts at appointments with the person you care for
- Talking to your consultants and professionals at the hospital by phone
- Access to refreshments and parking

11am – Self-management Courses for Long-term Health Conditions

Expert Patient Programme, Whittington Health NHS Foundation Trust

- Sharing techniques for coping & dealing with long-term conditions, e.g. asthma, arthritis, COPD, diabetes
- Meet others and share experiences
- Practical advice based on tutors' own life experiences

11.30am – An Introduction to Mental Health Support in Islington

Emily Snowden, Mental Health Outreach Worker, C&I NHS Foundation Trust / Age UK Islington

- An introduction to mental health and support available in Islington
- When & how to seek mental health support for you or for someone else
- Support for people looking after someone with mental health issues

12pm – Lunch & Information Stalls

Leisurely buffet lunch with the opportunity to chat, get information and advice and be pampered!

1.30pm – Wellbeing Session: DIY Massage and Meditation

- Led by an experienced wellbeing therapist
- Learn simple techniques to use anywhere, anytime to clear the mind
- Relax the body and create effective focus for motivation and success

2.30pm – Concluding remarks: Cllr Janet Burgess, Carers Champion, Islington Council

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