



ISLINGTON
CARERS HUB



10am
or 1pm
sessions

STAYING WELL EVENT

Thursday 23 May

JEAN STOKES COMMUNITY CENTRE
OFF CALEDONIAN ROAD

Want to stay
active and get
out and about?

Do you have
joint pain or a
health condition?



**Find out
what help is
available**

- Arsenal Health MOTs
- Find out about local services
- Free talks & information
- Fun quiz & activities
- Food & refreshments



**Booking
essential!**

To book email gethelp@ageukislington.org.uk
or call 020 7281 6018

www.ageuk.org.uk/islington/staying-well-2024

Staying Well Event Thursday 23 May

10am-12.30pm or 1pm-3.30pm

Jean Stokes Community Centre

Coatbridge House, Carnoustie Drive, N1 0DX

Choose from morning or afternoon sessions with practical talks, free refreshments and activities. Hear from local residents, health experts and book an Arsenal Health MOT.



ISLINGTON
CARERS HUB



**Arsenal
Health MOTs
available on
the day!**

Choose your session

BOOK FOR MORNING SESSION

10am

Free refreshments & Information stalls

Talk to local health and activity services.

10.30am Men's Health Talk & Quiz

Arsenal in the Community & local residents

The ups & downs of life can affect how we feel, and health can also be a worry. Local residents will talk about their own experiences and what they found helped.

11.15am

Free refreshments & Information stalls

11.45am Love Your Heart

Expert Patient Programme

A resident will talk about their experience of regaining fitness after a setback and share simple ways to keep a strong heart.

12.10pm Fitness for Fun

Champions 4 Change

Useful information about how to prevent or control type 2 diabetes and a short fun gentle exercise session that can be done seated or standing.

12.30pm Session ends

OR AFTERNOON SESSION

1pm Free Lunch & Information Stalls

1.30pm Moodbooster Talk

iCope, NHS Talking Therapies service

Mini-workshop with simple steps that can help boost your mood. This includes recognising the power of avoidance and harnessing the power of routine.

1.55pm Being Kind to Yourself

The Recovery College

Start exploring what being 'kind to yourself' means and why it matters.

2.15pm

Free refreshments & Information Stalls

2.45pm Sight, hearing, teeth & feet

Moorfields Eye Hospital & Whittington Health Dental Services

The challenges of looking after yourself in a cost-of-living crisis. Hear more about why regular check-ups are important, and how to find free or affordable treatment.

3.15pm Health Quiz

UCLH, Royal Free

Test your knowledge of common health and wellbeing issues.

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Please let us know about any special requirements

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