

Carers Week 2020

Making Caring Visible

8-14 June

MONDAY

VIRTUAL LAUNCH

When: 11am

Where: www.islingtoncarershub.org
[@ichcarers](https://www.facebook.com/IslingtonCarersHub)

Who: The Mayor of Islington; Cllr Burgess;
Age UK Islington; Centre 404; Carer

40s/50s MUSIC & REMINISCENCE

When: 12pm (noon)

Where: Zoom ([email us](#) to receive a link)

Who: Hosted by Centre 404

SELF-CARE PAMPER PARTY

When: 3pm

Where: Zoom ([email us](#) to receive a link)

Who: Happy Healthy Holistic

TUESDAY

POEM ABOUT CARING #1

When: 11am

Where: www.islingtoncarershub.org
[@ichcarers](https://www.facebook.com/IslingtonCarersHub)

Who: Read by actor Hugh Fraser

60s/70s MUSIC & REMINISCENCE

When: 12pm (noon)

Where: Zoom ([email us](#) to receive a link)

Who: Hosted by Centre 404

WEDNESDAY

POEM ABOUT CARING #2

When: 11am

Where: www.islingtoncarershub.org
[@ichcarers](https://www.facebook.com/IslingtonCarersHub)

Who: Read by an Islington Carer

80s/90s MUSIC & REMINISCENCE

When: 12pm (noon)

Where: Zoom ([email us](#) to receive a link)

Who: Hosted by Centre 404

DANCE EXERCISE SESSION

When: 3pm

Where: Zoom ([email us](#) to receive a link)

Who: Hosted by Eilidh Scott



In Partnership With



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THURSDAY

POEM ABOUT CARING #3

When: 11am

Where: www.islingtoncarershub.org
[@ichcarers](https://www.facebook.com/IslingtonCarersHub)

Who: Read by an Islington Carer

00s/10s MUSIC & REMINISCENCE

When: 12pm (noon)

Where: Zoom ([email us](#) to receive a link)

Who: Hosted by Centre 404

FRIDAY

POEM ABOUT CARING #4

When: 11am

Where: www.islingtoncarershub.org
[@ichcarers](https://www.facebook.com/IslingtonCarersHub)

Who: Read by author Luke Addison

40s-NOW MUSIC & REMINISCENCE

When: 12pm (noon)

Where: Zoom ([email us](#) to receive a link)

Who: Hosted by Centre 404

VIRTUAL QUIZ

When: 3pm

Where: Zoom ([email us](#) to receive a link)

Who: Okta

CONTACT US TO REGISTER

If you look after a family member, partner, friend or neighbour and you want to register for any of these FREE online activities contact us on 020 7281 3319 or via info@islingtoncarershub.org.