

Let's Talk

Monthly meetings

Islington
ageUK

Let's Talk Peer Event

Friday 26 April

10.30am - 3.30pm

LIFT Islington, 45 White Lion Street, N1 9PW

Join us for Let's Talk Peer Event - you can attend and leave at any time that suits you. You can also pre-book health checks and vaccination appointments before the event. Booking is essential if you want a seat reservation!

Contact Age UK
Islington Helpline:

020 7281 6018

letstalk@ageukislington.org.uk

Booking
essential!

Talk to Partners

- University College London Hospitals NHS Foundation Trust - Spring Booster Covid Vaccination.
- NHS Islington Nurses: Islington GP Federation - Undertaking health checks, including Cholesterol advice and Blood Pressure checks.
- **Good Thinking** - Helping people with sleeping difficulties, anxiety, low mood, stress.
- Camden and Islington NHS Foundation Trust - Giving a talk on Mental Health Peer Worker Programme and 'Personal Medicine.'
- Talk For Health - Information on 'Talk based' Programmes.
- The Elfrida Society - Providing advice.
- Islington Council - Providing info on physical activity and parks.
- And many other stalls.
- See more details overleaf...



Hyde
Charitable Trust



ISLINGTON
For a more equal future

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10.15am - Listen to international music videos; enjoy snacks with tea & coffee.

10.30am - Housekeeping & updates - Shamin Noronha, I&A Team Leader.

10.45am - Talk For Health - Presentation on 'talk based' skills that allows for more deeply connective talk between people.

11am - Good Thinking - giving a talk on their services helping people with sleeping difficulties, anxiety, low mood, stress.

11.30am - Introducing UCLH Practitioners and NHS Islington Nurses

11.45am - Break for snacks & refreshments and enjoy music videos.

12pm - Camden and Islington NHS Foundation Trust giving a talk on Mental Health Peer Worker Programme and also 'Personal Medicine' - new coaching approach.

12.30pm - Healthwatch Islington giving a talk about their services, including childhood vaccinations.

1pm - The Elfrida Society giving a talk about their services.

1.15pm - Islington Council giving a talk about physical activity and parks.

1.45pm - Free to visit Information & Health Checks stalls.

3.30pm - End of event.