

Let's Talk

Monthly meetings



Let's Talk Peer Event

Thursday 17 April

10.45am - 1.30pm

NEW central venue

Islington Council (Community Space)
222 Upper Street, London, N1 1XR

Relaxed, social, informative and an opportunity to share your views. This month we're looking at good nutrition including lunch clubs and how to get groceries delivered straight to your home.

Contact Age UK
Islington Helpline:

020 7281 6018

letstalk@ageukislington.org.uk

Booking essential!

What's happening

- 10.45am - Arrive and enjoy refreshments.
- 11.15am - Welcome - Jane Stokes, Age UK Islington
- 11.20am - Nutrition for Good Health - Whittington Health, Mariam Majidi
- 11.40am - Islington Lunch Clubs - Elizabeth House Community Centre, Alice Walters
- 12pm - Light lunch with fruit and refreshments
- 12.30pm - Demo of how to do a food shop online - PPCP, Vijai Patel
- 12.50pm - Digital support sessions in Islington - PPCP, Age UK Islington (online Tech Break), Questions and Answers.
- 1.15pm - One-to-one questions - Age UK Islington staff
- 1.30pm - End of session.

