

# Staying Well

## DISCOVERING SKILLS & INTERESTS

Find a new skill or interest!

Revive a previous passion  
or your career, whatever  
your age or stage of life!



**Wednesday 8 November**

MORNING SESSION

**10am-1.30pm**

AFTERNOON SESSION

**1pm-4.30pm**

LIFT

45 White Lion St, London N1 9PH



- Free talks, lunch & demonstrations
- Find out about local social groups
- Hear inspiring stories from Islington residents
- Discover skills, interests & job matches
- Find out about courses & employment support
- Choose from morning or afternoon sessions

**Booking  
essential!**

To book email [gethelp@ageukislington.org.uk](mailto:gethelp@ageukislington.org.uk)  
or call 020 7281 6018

 [www.ageuk.org.uk/islington/staying-well-2023](http://www.ageuk.org.uk/islington/staying-well-2023)

# Staying Well

## Wednesday 8 November



ISLINGTON  
CARERS HUB



### LIFT, 45 White Lion St, London N1 9PH

Find a new skill or interest! Revive a previous 'passion' or your career, whatever your age or stage of life! **Booking essential – choose from morning or afternoon sessions!**  
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#### MORNING DISCOVERING INTERESTS

##### 10am Refreshments & info stalls

Chat to Age UK Islington and other local Islington services.

##### 10.30am Finding your spark & passion Lesley's Sauces & Age UK Islington

Natalie Dunning will share her inspiring story of setting up successful Islington-based business Lesley's Sauces.

**How to discover, revive and build on your interests – Age UK Islington.**

##### 11am Finding a social group Islington residents

Islington residents will share details of their favourite local activities and groups.

##### 11.20am Refreshments & info stalls

##### 11.45am Personal medicine Recovery College & C&I NHS Peer Coaches

Find out how 'Personal Medicine' tools can harness our wisdom to overcome hurdles and thrive.

##### 12.15pm Supporting diverse journeys Voluntary Action Islington

Hear from volunteers and from innovative social enterprise Go Africa.

##### 12.45pm Lunch

#### AFTERNOON PREPARING FOR EMPLOYMENT

##### 1pm Lunch & info stalls

##### 1.45pm Courses to brush up skills & help find new careers Adult Community Learning

Get a peek at courses that can provide steps to a new career and help with employability.

##### 2.15pm Finding skills & strengths National Careers Service

Get a demo of tools that can help you discover your skills, strengths & jobs to match.

##### 2.45pm Refreshments & info stalls

Chat to Age UK Islington and other local Islington services.

##### 3.15pm Looking for a job & employment support iWork & Hillside Clubhouse

Find out about local jobs and employers with a quiz and tips for a job search.

##### 3.45pm We're about much more than jobs! Barnsbury Job Centre

Get an insight into support that can help you on the road to employment, even if you have a health condition or disability.

##### 4.15pm Concluding remarks

##### 4.30pm End

**Booking  
essential!**

Please let us know  
about any special  
requirements

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