

Let's Talk

Mental Health

Managing financial worries and other 'stressors'

Thursday 1st May, 1-3.30pm

Islington MIND, 76-80 Isledon Road, N7 7LB

Join us for an engaging and informative event on managing stress and its impact on daily life. We'll explore common stressors, such as financial worries, and share practical tips to help you navigate them more effectively. Don't miss this opportunity to meet new people, learn and connect.

Contact Age UK
Islington Helpline:

020 7281 6018

gethelp@ageukislington.org.uk

Booking essential

Quote: "MIND"



What's happening?

1pm: Introductions
1.15: Hearing from you
1.30: Discussion: What is stress?
How can we learn to manage this?
2pm: Break
2.15: Islington People's right
2.45: Activity
3:00: Reflections
3.30pm: Event ends

Why come along?

This relaxed, informal group will meet every quarter.

Come along to:

- Meet others and make new connections.
- Hear from others and share what's new for you.
- Exchange ideas about anything you've found helpful.
- Find out about events and useful resources.

Who hosts the group?

The group has been set up by NHS Islington Mental Health Core Teams, Age UK Islington and Islington MIND.