

JANUARY 2026 ACTIVITIES CALENDAR



Booking is essential for all activities

If you want to book all sessions of a recurring event, please request this.

To book onto and join in any of the events, groups, or activities, please contact info@camdencarers.org.uk

You will then be provided with the location details or link you need to login.

If you have difficulty joining on the day, please phone us on 020 7428 8950



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

COLOUR KEY

ALL CARERS

LEARNING
DISABILITY
CARERSMENTAL
HEALTH
CARERSOLDER
CARERSDEMENTIA
CARERSBLACK
CARERS
COLLECTIVEOTHER
EVENTYOUNG
ADULT
CARERSHEALTH
EVENTSLGBTQ+
CARERS

EVENT LOCATION

G: At Greenwood Centre

Z: Via Zoom

➡: Location elsewhere

5
10:30-12:00 Art Group Z

6

7

1
OFFICE IS CLOSED2
OFFICE IS CLOSED12
10:30-12:00 Art Group Z13
13:00-15:00 Talking Therapies: Boosting your mood G14
11:00-12:30 Dementia Carers Group Z15
14:00-16:00 Older Carers Group ➡16
11:00-13:00 Life with A ➡

12:00-14:00 Mental Health Carers Group Z

19
10:30-12:00 Art Group Z20
11:00-13:00 Creative Writing Z

21

22
14:00-16:00 Connecting Conversations - Argenta House ➡23
11:00-13:00 Life with Art ➡

10:30-12:00 Black Carers Collective Z

26
10:30-12:00 Art Group Z27
11:00-13:00 Creative Writing Z28
12:30-14:30 Black Carers Collective x Hampstead Theatre Creative Writing G

29

30
11:00-13:00 Life with Art ➡