



Welcome to the April Newsletter

After 16 years at Camden Carers, I will be retiring at the end of 2026. The Board have been aware of my plans since last year and have been working on succession planning. From April, I will move to working two days a week, and Ciare Reynolds (our current Deputy CEO) will step into a Co-CEO role, with a review scheduled for September. If both Ciare and the Trustees are happy with the arrangements, she will take on the CEO role from September, and I will leave the organisation in December.

Ciare has been with Camden Carers for over 15 years and has gained valuable experience across a range of roles, so I'm delighted she has agreed to take this on. I've thoroughly enjoyed my time at Camden Carers, and I'm pleased to be finishing my career here. I look forward to speaking with many of you before I leave.

Allegra Lynch - CEO

We've put together some mental health resources, which may be helpful to you, or to the person you care for. The full list is on **Page 4** of this newsletter.

Canal Walk with Canal Trust, Camden Lock

Weds 1st April, 11-12:30

An enjoyable stroll along the towpath to Camley Street Natural Park with refreshments and good conversation while enjoying the outdoors.

Bridgit Support Sessions

Tues 7th April 2pm via Zoom and Thurs 16th April 11am at Greenwood

Want support accessing our Virtual Carers platform, Bridgit?

Join our drop-in sessions, where we'll be happy to answer any questions you may have.

Wild About Nature With Royal Parks, St James Park

Weds 8th April, 1:15-2:45pm

Join us for a peaceful walk through St James's Park. Discover some of the amazing plants and animals that live and forage in the park along the way.

Black Carers Collective - Canal Boat Trip with Canal Trust

Mon 13th Apr, 11-2pm

Enjoy a relaxing afternoon gliding along the canal with lovely sights and great company.

CV & Covering Letter workshop

Wed 15th April, 2:30-4pm

Join our friendly CV workshop and learn simple, practical tips to help your skills shine.

Suicide Prevention Workshop with Amparo

Tue 23rd Apr, 10:30am - 1:30pm at Castlehaven Community Association

Our workshop aims to build confidence when talking about suicide, and understanding of tools that can support you. There will be refreshments and massages. [More info here.](#)

Call us on **020 7428 8950** or Email info@camdencarers.org.uk



Spotlight On: Former Carers Carer Peer Co Facilitator

In partnership with Mind, we are setting up a peer-to-peer **Former Carers Group**. We are looking for former carers who may be interested in becoming the groups **Carer Peer Co-Facilitator**.

You will be supported by a facilitator from Mind, who will guide you through the process and provide ongoing support to both you and the group. If you're interested in finding out more, get in touch.

April
Calendar
Click Here



Your New Virtual Carers Centre is now live!

We have partnered with Bridgit Care to provide online carer support, available any time, day or night.

[Click here](#) to access personalised advice and support, carer toolkits, downloadable resources and much more!

Carers Corner

To mark **Young Carers Action Day 2026**, we took a group of our young adult carers on a restorative day out in Hertfordshire for a guided hike along the historic Icknield Way, one of the oldest walking routes in Britain!

The walk offered a chance to step away from day-to-day responsibilities, enjoy fresh air and open spaces, and connect with others who share similar experiences.

It was a wonderful opportunity for our young adult carers to prioritise their wellbeing, and celebrate their incredible resilience.

A huge thank you to everyone who joined us for the big adventure and made the day so special.



Contact us to share your story in future Carers Corner!

What's going on in Camden

Male carer wanted for a new Carers Conversation film

Camden Council are looking for a male carer to take part in filming on Thursday 23 April at 5PS. They are ideally looking for a younger carer, but anyone happy to share their story is welcome. You will be asked to talk about your experiences of having a Carers Conversation and the difference it made. For more information contact carersactionplan@camden.gov.uk.

UCLH are seeking participants for 5-minute carer video stories

Participants should be caring for a patient at UCLH, either currently or within the past 2-years. The stories will highlight the importance of carers and will be shared internally at UCLH. For more information contact info@camdencarers.org.uk.

Annual Health Check for residents with Learning Disabilities

Everyone in Camden with a learning disability aged 14 and above can get a free annual health check with their GP. It's a good way to stay healthy and well. You can find more information on the [Camden Learning Disabilities Service website](#).

Do you care for someone aged 65+?

Carers Trust and London School of Economics are conducting research on how families and friends care for older people. They're inviting carers aged 18+ for a 60-minute interview (via phone, Zoom or in-person, with transport arranged). You'll be asked about your caring role, how decisions are made, and who else supports the person you care for. [Sign up](#) here and tick "LSE Research".

London Friend peer-to-peer LGBTQ+ Carers Group

London Friend are hosting a supportive space for carers to connect, share experiences and support one another. The sessions will happen on the first Sunday of every month. For more information [click here](#) to view the flyer.

We are reviewing our Carer Code of Conduct documents

Last year, we introduced a [Carers Code of Conduct for services](#), and a [Carers Code of Conduct for events and activities](#).

We want to make sure these are kept up-to-date, so we are asking for your feedback. Help us to ensure Camden Carers is a safe, supportive and respectful community for everyone by reading the documents linked above and sending any feedback to info@camdencarers.org.uk.

We would like to hear your feedback on our newsletter. Please note the edition by naming the month and email us on info@camdencarers.org.uk



Click the underlined text for more details

Mental Health Support in Camden

NHS Crisis Line

If you're in a mental health crisis, call 111 and choose the mental health option to speak with a trained professional who can connect you to the right support.

Stay Alive

The Stay Alive App can be used to help manage suicidal thoughts. You can use it for yourself, or if you're worried about someone else.

Mental Health Crisis - NHS Single Point of Access

If you need urgent mental health support you should contact the Crisis Single Point of Access on 0800 9173333 (available 24 hours-per-day, 7 days-a-week).

Hestia

Camden Crisis Sanctuary is a free service open to people 18+. It's a walk-in service open Mon-Sun, 5pm-11pm, 365 days-a-year.

Samaritans

To talk about anything that is upsetting you, contact Samaritans 24 hours-a-day, 365 days-a-year. You can call 116 123 or email jo@samaritans.org.

SANELine

If you're experiencing a mental health problem or supporting someone else, you can call SANELine on 0300 304 7000 between 4pm to 10pm, 365 days-a-year.

National Suicide Prevention Helpline UK

A listening service for anyone with thoughts of suicide. Call 0800 587 0800.

Shout and The Mix

Shout offers a confidential 24/7 text service providing support if you are in crisis. Text SHOUT to 85258. If you are under 25, text THEMIX to 85258.

Switchboard LGBTQ+

You can call LGBTQ+ Switchboard 10am-10pm or email chris@switchboard.lgbt.

Hopscotch Violence Against Women and Girls (VAWG) Service

Our VAWG Advocates are here to help. If you feel frightened drop-into our offices, call 0207 388 8198 or email dv1@hopscotchuk.org.

Papyrus HOPELINE (under 35s)

If you're having suicidal thoughts or are worried about a young person, contact HOPELINE247: call 0800 068 4141, text 88247, or email pat@papyrus-uk.org.

Silver Line

A free, confidential helpline for older people open 24/7/365. Call 0800 470 8090.

For more information about mental health support, visit Camden Care Choices.