Welcome to the October Newsletter

Black History Month will be celebrated from **1st-31st October**

The theme "Honouring Our Communities", recognises the everyday contributions of individuals who help strengthen and sustain Black lives across the UK. Camden Carers will be marking the month with weekly events for carers across Camden. Check out our calendar and join us in the celebrations!

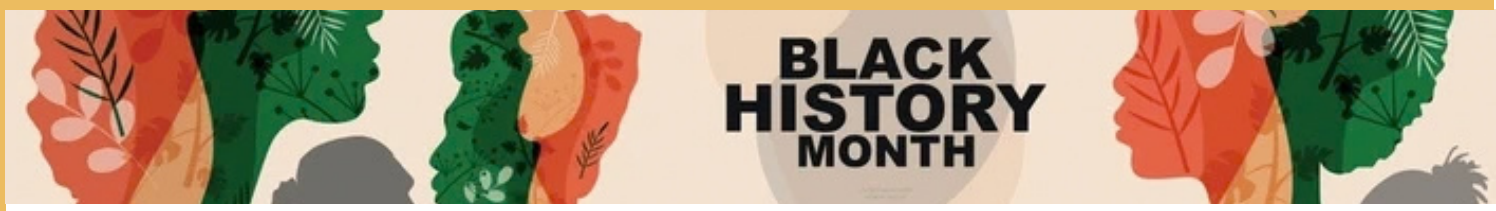
Upcoming activities

Breathe Stop Smoking Webinar | Wed 14th Oct | 2:30 PM 3:30 PM | ZOOM
This Stoptober, hear from Breathe about how to stop or cut down on smoking.

Former Carers Kenwood Tree Walk | Weds 21st Oct, | 1:30 PM 3:00 PM | Kenwood
Join Heath Hands on a Kenwood Tree Walk, to discover more about the trees of Kenwood Estate, followed by a hot drink in a local cafe. This event is open to former carers only.

Drop In session | Thu 22nd Oct | 11:00 AM 1:00 PM | Greenwood Centre
Drop in to speak with a Support & Wellbeing Worker for advice and support. If needed, a follow-up call can be arranged for a more in-depth discussion.

Connecting Conversations | Thu 22nd Oct | 2:00 PM 4:00 PM | Argenta House, Aspen Grove NW3 2AB
Connect with other carers and receive information, support, and guidance about dementia from professionals.



Week One | **Simmer Down at Southbank**, Friday 2nd October, 1:30pm - 3:30pm: Dance, relax and have fun together with the resident live reggae bank at Southbank.

Week Two | **Our People, Our Spirit, Our Stories at Camden Market**, Friday 9th October, 11am - 1pm: This event will take visitors on a journey through Camden Market, indoor and outdoor.

Week Two | **Renell Shaw at Kings Place**, Friday 9th October, 7pm - 9pm: Young Adult Carers (18-30) are invited to celebration of Black British and Windrush heritage through music and poetry, followed by a Q&A with Renell Shaw.

Week Four | **The Good, the Black & the Boujee at LSE**, Tuesday 20th October, 6:30pm - 8pm: Join Symeon Brown at London School of Economics for a discussion unravelling the web of class and gender that shapes Black Britain today.

Week Four | **Black Carers Collective Celebration**, Friday 23rd October, 10:30 - 12pm: Join the Black Carers Collective to celebrate their 6th Anniversary!

Spotlight On: Casey Review

The Casey Commission, led by Baroness Louise Casey, is reviewing Adult Social Care in England to help shape a fairer and more sustainable system. The review will consider the needs of people receiving care, families and unpaid carers, with opportunities for the public to share their experiences and influence future reforms.

October Calendar Click Here

As part of its work, the Big Conversation on Care is inviting people with lived experience of care and caring to share their views. By taking part, carers can help shape the future of care and support recommendations for a National Care Service.

Have your say: Carers can contribute their views through the Big Conversation on Care survey and help shape the future of Adult Social Care. Find out more and take part **here**

bridgit

Did you know, you can now access online carer support, available any time, day or night? Click here for personalised advice and support, carer toolkits, downloadable resources and more!

Carers Corner

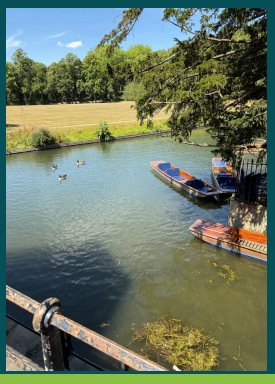
Carefree is a charity providing vital breaks for unpaid carers.

A Solo Escape to Cambridge

As a woman living in London, juggling family and caring responsibilities, I'm always looking for ways to create a little space for myself. Through Carefree, I discovered The Gonville Hotel in Cambridge and booked a one-night stay that proved to be just the getaway I needed.

The hotel was lovely, beautifully maintained and ideally located less than ten minutes from Cambridge station. From the warm welcome and thoughtful personal touches to the delicious food, the experience felt special throughout.

A highlight of my stay was a complimentary chauffeur-driven Bentley tour of Cambridge, giving me a unique opportunity to take in the city's history and architecture.



Although my stay was only one night, it gave me the time and space to relax, explore and recharge. It was a wonderful reminder that even a short break can make a big difference.

Beverley B

Contact us to share your story in future Carers Corner!

What's going on in Camden

SANE Creative Awards Scheme

SANE Creative Awards Scheme offers grants of £100 to £300 for people with mental health challenges, carers, and family members pursuing visual arts projects. Funding can support materials, training, project costs, and replacement care. View the flyer **here** for full details, or apply using the online form **here**.

Keeping Adults Safe in Camden: Community Safeguarding Event

Join this free community event to learn about adult safeguarding in Camden, connect with local services, and discover how to help keep adults safe from abuse, neglect, and harm. For more info, click **here**.

Free Legal Advice

Free legal advice for vulnerable adults on Lasting Power of Attorney, Court of Protection, community care, and Mental Health Act issues through the CHOICE Project. Pre-booked appointments required. For more info, click **here**.

Stoptober Stay Smoke Free

Recently quit smoking or trying to stay smoke free? Visit the NHS Better Health website for practical tips, support and advice to help manage cravings and stay smoke free. For more info, click **here**.

Black History Month in Camden

Discover a variety of events taking place across Camden throughout Black History Month, including live performances, cultural celebrations, exhibitions and talks that highlight Black history, heritage and achievement. for more info, click **here**.

Camden Adult Community Learning

Explore free and low-cost courses designed to help adults learn new skills, improve confidence and support their personal, creative or professional development.
For more info, click **here**.

Coram's Fields Community Programmes

A range of free community activities for children, young people, parents and carers, including youth programmes, sports activities and Under 5s drop-in sessions in a welcoming environment. For more info, click **here**.

Tracing the Unseen Exhibition from October 2026 - February 2027

Tracing the Unseen is an exhibition by The Poorly Project and Creative Health Camden that uses art to explore the often unseen realities of living with chronic health conditions. For more info, click **here**.

We would like to hear your feedback on our Carers Code of Conduct for services, and a Carers Code of Conduct for events and activities.
Send any feedback to
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, call Samaritans 24 hours-a-day, 365 days-a-year on 116 123.

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.

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.

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.