



Camden  
Carers



## ***Welcome to the June Newsletter***

### **Carers Week - Building Carer Friendly Communities**

Carers Week is an opportunity to recognise and celebrate the vital contribution of unpaid carers. This year's theme highlights the compassion, strength and dedication carers bring every day, often alongside work, education and their own wellbeing. It's a time to say thank you, raise awareness of their impact, and ensure carers feel valued and supported.

**Eat Well, Live Well, Stay Healthy** | Thursday 4<sup>th</sup> June | 11:00 AM-1:00 PM  
Waxham & Ludham TRA Hal, 4 Lismore Circus, NW5 4QF

Join us for a session focused on supporting your health and wellbeing. Learn tips for healthy eating and building positive daily habits. Blood pressure checks and healthy snacks will be provided.

### **Carers Week 8th-14th June Events Programme:**

**Royal Chelsea Pensioners Estate Visit** | Monday 8<sup>th</sup> June | 2:00 PM-4:00 PM

Step into a truly special setting as we visit the Royal Chelsea Pensioners. Enjoy tea together and take a peaceful tour of the beautiful, tranquil grounds.

**Canal Boat Trip with the Canal Trust** | Tuesday 9<sup>th</sup> June | 11:00 AM-2:00 PM

Unwind on the water with a scenic canal cruise — the perfect chance to relax and take in the surroundings.

**YAC Mentoring Session** | Wednesday 10<sup>th</sup> June | 10:00 AM-3:00 PM

Support each other, learn about wellbeing, and gain insight into our Peer Mentoring Programme

**Nature & Knowledge Day with The Royal Parks**

Wednesday 10<sup>th</sup> June | 11:00 AM-2:00 PM

Sweep Netting Activity at Regents Park discover the hidden world of insects and wildlife

**Kew Gardens Visit** | Thursday 11<sup>th</sup> June | 11:00 AM-2:00 PM

Take a breath of fresh air and enjoy the beauty of Kew Gardens — a peaceful and uplifting day out in nature.

**Celebration Event at Greenwood** | Friday 12<sup>th</sup> June | 12:00 PM-3:00 PM

Let's come together to celebrate you! A joyful close to the week with time to reflect, connect, and enjoy.

Upcoming activities

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



## Spotlight On: Safety Planning with StayAlive

A Safety Plan is a simple, practical tool that helps you notice early warning signs of a suicidal crisis and identify steps to stay safe, such as who to contact, coping strategies, and support services.

We recommend the StayAlive Safety Plan, a suicide prevention resource that carers can complete for themselves or with the person they care for, ideally when there is no immediate crisis.

Once completed, the plan can be downloaded or printed and kept somewhere safe to refer to if things become difficult.

You can create a Safety Plan, [here](#). You can find out more about StayAlive, [here](#).

**June**  
**Calendar**  
**Click Here**



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

### Mental Health Carers Group Update

We're making changes to improve the Mental Health Carers Group, based on feedback from carers. Thank you to everyone who took part in the survey.

What's changing:

- The group will run monthly on the last Thursday of each month, from 2:00pm–3:30pm.
- Sessions will include guest speakers from relevant services and time for peer support and connecting with other carers

Further details: Meetings will be in person where possible, with some sessions moving online during the colder winter months. We'll continue to offer trips and activities, particularly during the summer. Dates will be shared in advance, along with speaker information, via our calendar of events and monthly newsletter. Reminders will also be sent closer to each session.

**Please look out for updates and sign up to any meetings that interest you.**

**Contact us to share your story in future Carers Corner!**

# What's going on in Camden

## **Carers Trust YAC Harrods Experience + Social**

Join a behind-the-scenes Harrods tour on Wed 10<sup>th</sup> Jun for young adult carers (18–25), offering the chance to meet others, followed by a relaxed social with refreshments, plus exclusive treats and keepsakes. Sign up [here](#) by 8<sup>th</sup> June

## **Care Jargon Made Simple**

Care and support services can use confusing language. This easy-to-use Jargon Buster explains common care and social care terms in plain English, helping you feel more confident when dealing with professionals. More info, [here](#)

## **Free Fun Cooking Courses**

Join Bags of Taste a non-profit organisation that helps people take control of their food choices, health, and budgets. They support individuals who may be struggling with access to affordable, nutritious food. Click to view full flyer [front](#) & [back](#)

## **Community Mental Health Art**

Swiss Cottage Community Centre is hosting a free, peer-led art group offering a welcoming space to explore creativity and connect with others. Running until Thursday 25<sup>th</sup> June, 1-3PM. More info, click [flyer](#)

## **Virtual Awareness Sessions on NHS Lung Cancer Screening**

The ECHO Project offers a free 60-minute training on the NHS Lung Cancer Screening Programme, focusing on supporting people with learning disabilities or serious mental illness. Open to carers and families, it covers the process, benefits, and informed choices. More info [here](#)

## **Help Shape Research on Digital Technology and Care**

The Centre for Care is inviting unpaid carers with lived experience to take part in a short survey on digital technology and independent living. Your views will help identify key research priorities and shape future work in this area. Complete survey [here](#)

## **NHS Study: Carers' Experiences of Early Psychosis**

The Tavistock and Portman NHS Foundation Trust is seeking carers aged 18–65 for interviews about their experiences with a family member's beliefs during early psychosis. Your input could help improve family support. More info, view flyer [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\*\*](mailto: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.

## 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](mailto: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](mailto: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](mailto: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.**