



Camden Carers



September 2024
Newsletter

[Click Here](#)
September 2024
Calendar

Coming up this September



RSVP: 30th Anniversary Party

Join us to celebrate three decades of our dedicated service to unpaid carers, with food, entertainment & more. **Friday 6th September, 1pm till 3pm.** Email to secure your space!



Information & Advice Drop-in 11am till 1pm

Visit our monthly clinic on **Thursday 19th September** at the **Greenwood Centre**. During the discussion, if we identify you need a longer session we will refer you to our Support & Wellbeing Team.

We offer our services in lots of ways: over the phone, on zoom, or in person at the fully accessible Greenwood Centre.

Benefits Session with DWP

Discuss your entitlements with Peter from DWP on **Wednesday 25th September, 11am till 1pm (via Zoom)**



Icope Session

Build assertiveness, set boundaries, and handle feedback confidently. **Tuesday 10th September, 1pm till 3pm**

ALL EVENTS AT GREENWOOD CENTRE UNLESS STATED OTHERWISE

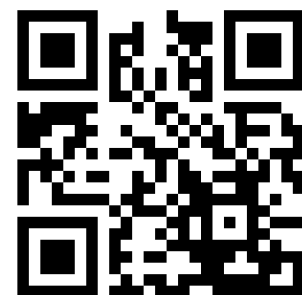


Help Camden Carers raise
£30,000 for our Unpaid Carers

Click to Visit our [GoFundMe](#) to Donate or Fundraise.

Please **share** this with your networks.

SCAN ME



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

Support & Wellbeing Line

Open Weekdays 9.30am–4.30pm,
with a Wednesday late service, 5pm – 7pm

[Click Here](#)
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Health & Wellbeing

*"I feel more
confident and I'm
healthier"*

Health & Lifestyle Consultations

You can have a chat about your health and wellbeing, set health goals and receive 3 months of support to achieve your goals. [Click Here](#)

[Click Here](#)

We have a counselling service where you can receive one to one support

Hospital and GP Development Project

If you're supporting someone in hospital, then we are here to help you.

A **Carer's Conversation**, your annual legal right, is a time to talk about your life and get the advice and information that supports you, this could be:

- **Help to pay for things you need**
- **Help with how you feel**
- **Practical help**

[Click Here](#)

We offer Carer Awareness Training for professionals. Email us to find out more

Financial Support

We can connect you with organisations that provide debt and benefit advice. We can also complete Cost of Living grant applications with you.

"The sofa bed really supports my sleep"



Camden

Cost of Living Support

Supports Carers help cover essential expenses and cope with the rising costs associated with daily living.

[Click Here](#)

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

Get involved:

Join **Camden Carers Voice (CCV)**, an independent forum to speak up on issues affecting carers!

[Click Here](#)
September 2024 Calendar

Carers Groups & Activities:

- Black Carers Collective
- Dementia Carers
- Making Carers Count
- Mental Health Carers
- Older Carers
- Young Adult Carers (18-30)

[Click Here](#)
Give feedback via
We Care Survey

GOOD NEWS!
New statutory guidance on discharge for mental health inpatient settings considering carers. [Click Here](#) for more



30 years of Service & Dedication to you

"Providing relief and support to unpaid carers for three decades"



Kier Starmer, 2020



Canal Trip, 2012



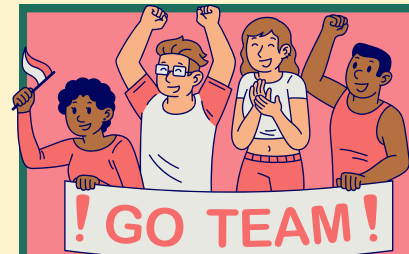
Princess Anne, 2019



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What's Happening in Camden?

Recovery College Camden and Islington are hosting an open day for their Autumn term courses on **Wednesday 4th September, 10am-1pm** at **Holdspace Wynford Hall**



Fun and free day out for **people with disabilities and their families!** Join Active for All Camden for a **sports day** on **Saturday 14th September 2pm-6pm** at the **Talacre Community Sports Centre**

Do you have a **learning disability and/or autism** or care for **someone who does?** The **Royal Free London NHS Foundation Trust** wants to hear from you! Share your experiences on **Thursday 5th September 10am-1:30pm** at **The Greenwood Centre**



The SANE Creative Awards Scheme is open again! The scheme aims to improve the lives of people with **mental health conditions and their carers** by **supporting their artistic ambitions** with awards ranging from **£100-£300**. For more info, **visit their website**

Transpace is a free space to **connect with the trans community**. The group meet **fortnightly** between **5.30pm-7pm** at **Swiss Cottage**. Email **lgbtqspaces@likewise.org.uk** for the full address and the timetable.



GLL is hosting the **Club Games in Lee Valley** this **September!** Club Games is a multi-borough competition for residents over 60. Keen to get involved? Register via the **participant sign up** form

Startup School for Seniors - an online programme that **supports over 50s to become self-employed**. **Starting on 19th September, free** for those in receipt of benefits, retired, or with caring responsibilities. Learners can **register here**



Living with dementia or caring for someone who does? Turtle Song are offering a free 9-week programme of **singing and song writing sessions** at the **Royal College of Music** on **Monday mornings from 7th October - 9th December 2024**