

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



CAMDEN CARERS IS FUNDED BY LONDON BOROUGH OF CAMDEN AND NHS CAMDEN.
CAMDEN CARERS IS A REGISTERED CHARITABLE INCORPORATED ORGANISATION 1042757.
THE GREENWOOD CENTRE, 37 GREENWOOD PLACE, LONDON NW5 1LB

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 OFFICE IS CLOSED	2 OFFICE IS CLOSED
5 10:30-12:00 Art Group Z	6	7	8	9 11:00-13:00 Life with Art ➡
12 10:30-12:00 Art Group Z 13:00-14:00 Chair Based Yoga TBC Z	13 11:00-13:00 Creative Writing TBC Z 13:00-15:00 Talking Therapies: Boosting your mood G 13:00-15:00 Cllr L. Revah Surgery. Call 020 3833 1111 to schedule an appointment ➡	14 11:00-12:30 Dementia Carers Group Z	15 14:00-16:00 Older Carers Group ➡	16 11:00-13:00 Life with Art ➡ 12:00-14:00 Mental Health Carers Group Z
19 10:30-12:00 Art Group Z 13:00-14:00 Chair Based Yoga TBC Z	20	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
10:30-12:00 Art Group Z 13:00-14:00 Chair Based Yoga TBC Z	27	28 12:30-14:30 Black Carers Collective x Hampstead Theatre Creative Writing G	29	30 11:00-13:00 Life with Art ➡

COLOUR KEY

ALL CARERS	LEARNING DISABILITY CARERS
MENTAL HEALTH CARERS	OLDER CARERS
DEMENTIA CARERS	BLACK CARERS COLLECTIVE
OTHER EVENT	YOUNG ADULT CARERS
HEALTH EVENTS	LGBTQ+ CARERS

EVENT LOCATION

G: At Greenwood Centre
Z: Via Zoom
➡: Location elsewhere