

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



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

COLOUR KEY

ALL CARERS

LEARNING
DISABILITY
CARERSMENTAL
HEALTH
CARERSOLDER
CARERSDEMENTIA
CARERSBLACK
CARERS
COLLECTIVEOTHER
EVENTYOUNG
ADULT
CARERSHEALTH
EVENTSLGBTQ+
CARERS

EVENT LOCATION

G: At Greenwood Centre

Z: Via Zoom

➡: Location elsewhere

5

10:30-12:00 Art Group **Z**

6

12

10:30-12:00 Art Group **Z**13:00-14:00 Chair
Based Yoga TBC **Z**

7

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 **➡**

19

10:30-12:00 Art Group **Z**13:00-14:00 Chair
Based Yoga TBC **Z**

20

10:30-12:00 Art Group **Z**13:00-14:00 Chair
Based Yoga TBC **Z**

8

1 OFFICE IS CLOSED

2 OFFICE IS CLOSED

9 11:00-13:00 Life with Art **➡**14 11:00-12:30 Dementia
Carers Group **Z**15 14:00-16:00 Older Carers
Group **➡**16 11:00-13:00 Life with A **➡**12:00-14:00 Mental
Health Carers Group **Z**

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**24 11:00-13:00 Life with Art **➡**10:30-12:00 Black
Carers Collective **Z**

27

12:30-14:30 Black Carers
Collective x Hampstead
Theatre Creative Writing **G**28 11:00-13:00 Life with Art **➡**

29

11:00-13:00 Life with Art **➡**