



## ***Welcome to the August Newsletter***

### **Important: Have Your Say on the Future of Carers Allowance**

The DWP has launched a major review of Carer's Allowance and is inviting carers and support organisations to share their experiences and views. The review is looking at how Carer's Allowance works alongside paid employment, earnings rules and income calculations, the 21-hour study rule, and it's interaction with Universal Credit.

DWP wants to hear directly from carers, so if you have experience of claiming Carer's Allowance, this is your chance to make your voice heard. The consultation is open until 18th August, click to have your say [here](#)

Carers Trust has welcomed the review as a positive step but believes further changes are needed, including to the allowance rate and eligibility criteria. Your feedback could help shape future support for unpaid carers. To help you respond, we have attached a copy [here](#) of the consultation questions shared by Carers Trust.

#### **Moth Morning | Wednesday 12<sup>th</sup> August | 9:45 AM- 11:30 AM (followed by optional cuppa and biscuits 11.30-12pm)**

Discover the fascinating world of moths as we reveal the contents of an overnight moth trap and explore some of the UK's remarkable species up close.

#### **Treasures of the British Museum | Thursday 13<sup>th</sup> August | 2:00 PM- 4:00 PM**

Join us for a special afternoon at the British Museum, created especially for Camden Carers. Enjoy a guided tour of three Museum galleries, exploring treasures with personal, household and community connections, plus a hands-on object handling session. We'll start with tea and coffee and the chance to get up close to objects from the Museum's collection.

#### **Online Suicide Prevention Workshop | Wednesday 26<sup>th</sup> August | 1:00 PM- 2:30 PM**

Amparo Support After Suicide Service will be joining us online to deliver a supportive workshop. The workshop aims to help attendees feel more confident talking about suicide and learn about the support services available. More info [here](#)

#### **Mental Health Carers Group trip to Kew Gardens**

Thursday 27<sup>th</sup> August | 11:30 AM- 2:30 PM

Walk through Kew Gardens, relax and enjoy the surroundings.

#### **Black Carers Collective Event**

Friday 28<sup>th</sup> August | 10:00 AM- 12:00 PM

Celebrate Carnival with us! Enjoy mask making, music, light refreshments, and the chance to meet, connect, and celebrate with other Black carers.

Upcoming activities

Call us on **020 7428 8950** or Email **[info@camdencarers.org.uk](mailto:info@camdencarers.org.uk)**



## Spotlight On: Canal Boat Trip

Camden Carers in partnership with Canal trust provided a relaxing canal boat trip along regents park canal.

Offering a valuable opportunity for carers to step away from their caring responsibilities and focus on their own wellbeing.

The peaceful journey provided time to unwind, socialise, and enjoy the scenery in a calm and supportive environment.

Carers reported feeling 'relaxed' and 'refreshed', with many commenting on how nice it was to have a break from their caring role and spend time doing something with others.



**August**  
**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

On 29<sup>th</sup> July, a group of Camden carers attended a special Lewis Capaldi concert at the O2 Forum Kentish Town. Organised in partnership with Carers Trust, the event was created by Lewis as a thank you to unpaid carers and gave attendees the opportunity to enjoy a memorable evening of live music.



Reflecting on the experience, one carer said: "As a carer for my husband, this opportunity means a great deal to me. Supporting him is my priority and time for myself is rare and deeply appreciated. I care for him with love, but it can also be emotionally and physically demanding, so being invited to a concert dedicated to carers feels very meaningful. It is a lovely reminder that carers are seen, appreciated and valued."



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

# What's going on in Camden

## Employment rights for unpaid carers and parents of seriously ill children

The Government is seeking views on employment rights and workplace support for unpaid carers and parents of seriously ill children. This consultation is open until 1<sup>st</sup> September 2026, and welcomes responses from carers, employers and organisations supporting carers. Find out more and take part, [here](#)

## CarersUK State of Caring 2026 Survey

Share your experiences as an unpaid carer in the UK's largest annual carers survey. Your views will help shape future campaigns, policy, and support for carers. Complete the survey by 11.59pm on Sunday 9th August [here](#)

## CLDS Nature Walk

Join an easy, wheelchair-friendly walk to St Pancras Gardens to enjoy nature, spot wildlife, listen to birds, and connect with others. Every second Tuesday of each month 10am-11.30am. For more info, view flyer [here](#)

## Unpaid Carers Wanted for Research Study

Unpaid carers aged 18+ living in the UK are invited to take part in an anonymous 15-30 minute online survey on wellbeing, resilience and support. Participants may be entered into a draw to receive a £100 voucher. View the flyer and take part here.

View flyer [here](#) and take part [here](#)

## Activities for Children and Young People at Camden Sports & Leisure Centres

Camden's sports and leisure centres offer affordable activities for children and young people to stay active, develop skills, and have fun. Advance booking is recommended.

For more info, [here](#)

## Summer Holiday Ideas for the Kids

Looking for ways to keep the children entertained this summer? Camden Town has rounded up a range of family-friendly activities, from free holiday programmes and affordable swimming sessions to creative workshops, outdoor adventures, and fun events across Camden. For more info, [here](#)

## Love Camden: What's on in Camden

Discover what's happening across Camden. Love Camden's "What's On" guide features a wide range of arts, culture, family, music, heritage and community events taking place across the borough throughout the year. For more info, [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.

---

## 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 0300 102 2470, 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.**