

Welcome to the September Newsletter

My name is Daud and I'm delighted to have recently joined Camden Carers as an Admin Support Assistant.

I found the role through my disability work support programme and am excited to develop my administration, IT and communication skills. My first few weeks have been amazing.

I've loved meeting new people, attending Teams meetings, and completing my training. I'm looking forward to continuing to build my confidence while supporting carers.

Daud Elmi



Suicide Postvention Workshop with Amparo | Tuesday 8th September | 10:30 AM
1:00 PM | Castlehaven Community Association

Join us for a compassionate workshop and lunch, to explore how we can talk openly about suicide and available support.

Talking therapies | Tuesday 8th September | 1:00 PM- 3:00 PM | Greenwood Centre
Learn simple strategies to help you manage stress, unwind, and feel more relaxed

AI Workshop | Monday 14th September | 12:00 PM- 1:00 PM | Zoom
Learn how to use AI for everyday use with Camden Council

Creative writing is back! | Tuesday 15th September | 1:00 PM- 3:00 PM | Zoom
Creative Writing with Adult Community Learning is a relaxed and encouraging workshop that helps you unlock your creativity and express yourself through writing.

GAMCARE | Wednesday 23rd September | 1:30 PM- 2:30 PM | Zoom
Do you know someone that is facing gambling related harms and want to find out the right information and support available. Come along and discuss in a confidential space with GAMCARE.

Body & Soul Suicide Prevention Workshop for Young Adult Carers
Monday 28th September | 2:00 PM- 4:00 PM | The Hive, 18 Harben Parade, NW3 6JP
Body & Soul will lead a supportive workshop on the challenges carers may face when supporting someone affected by suicide. Pizza and an opportunity to chat will be provided afterwards.

SCAMS prevention workshop with Age UK | Wednesday 30th September | Zoom
| 2:00 PM- 3:00 PM

As online scams become increasingly common, this session will provide practical advice and tips to help you stay safe and secure.

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



Spotlight On: World Suicide Prevention Day

September
Calendar
Click Here

World Suicide Prevention Day takes place on 10th September and aims to raise awareness, reduce stigma, and encourage open conversations about suicide. While every caring role is different, many carers experience worry, stress, and emotional strain as they support someone they care about.



This month, we encourage you to take a moment to check in with your own wellbeing and remember that support is out there, whoever you are. For a range of mental health and wellbeing resources, please see the last page of this newsletter.



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

"When I first started our sessions, I felt incredibly weak, vulnerable, and as though I had completely lost my identity. As a carer, it is easy to lose sight of who we are. You created the safest possible space for me to rest my mind and truly feel seen beneath the stress I had been carrying.



Through your grounded wisdom, gentle care, and ability to reflect back the strengths I had forgotten, you helped me rebuild my sense of self. I now move forward with a much deeper and stronger understanding of who I am. Thank you for your dedication, kindness, and care". *Carer*

A carer recently shared this positive feedback about their experience of our counselling service.

Contact us to share your story in future Carers Corner!

What's going on in Camden

Casey Social Care Survey

The Casey Commission's Big Conversation on Care is a chance for carers across England to share their experiences and help shape future adult social care services. Your feedback will contribute to improving support for carers, individuals, and families. We encourage you to complete the survey [here](#) and make sure carers voices are heard.

Council Tax Support for Unpaid Carers

Many carers may be eligible for Council Tax Support to help reduce their Council Tax bill. If you're on a low income or receive benefits, check your eligibility and find out more [here](#). Additional advice and application support is available from Citizens Advice, Mary Ward, the Irish Centre, and Age UK.

Camden Parent Carer Forum: September Events

Join Camden Parent Carer Forum this September for free events, workshops and support sessions. Connect with other parent carers, share experiences and access advice. For more info, view flyer [here](#)

Best Start Family Hubs

Camden's Children's Centres and Family Hubs are now Best Start Family Hubs. The same free support for families from pregnancy to age 5 continues, including health, parenting and wellbeing services. Find out more [here](#)

Lasting Powers of Attorney / Wills and Funeral Planning

Free online sessions for unpaid carers across North Central London, providing practical information to help plan ahead. Lasting Powers of Attorney 18th Sept, 3pm to 4pm [link](#). Wills & Funeral Planning 30th Sept, 3pm to 4pm [link](#)

Argyle Square Event

KCBNA and Community Champions are organising Argyle Square event for local residents, young people and older people on Saturday 12th September 2026 12pm – 3pm, There will be lots of fun packed activities, information stalls and free food. For 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.

Switchboard LGBTQ+

You can call LGBTQ+ Switchboard 10am-10pm or email 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.

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.

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.