# Welcome to the November Newsletter

## Taking a Break from Caring:

Caring for someone can make it hard to find time for yourself, regular breaks are essential for your health and wellbeing. A break can be anything from spending a few hours with friends, exercising, or enjoying a hobby, to simply taking some time to relax and recharge

At Camden Carers, we can help you explore what a break could look like through a **Carers Conversation**, as well as our groups, activities, and **Small Grants** that support wellbeing. Organisations such as **Carefree**, **After Umbrage**, and **The Small Society** also offer respite and wellbeing opportunities for unpaid carers.

Remember, taking time for yourself isn't selfish. Looking after your own wellbeing helps you continue caring for others. Through our newsletter, we'll share activities, opportunities, and ideas to help you find time for yourself.

# New Activities this November

Upcoming activities

**Talking Therapies** | Tue 10th Nov | 1:00 PM 3:00 PM |Greenwood
Mood boosting Workshop – learn strategies to boost your mood

**Get Your Boots On for Line Dancing** | Fri 13th Nov |Time TBC
Join us for a lively 'Line Dancing' session. No experience needed, just come along, have fun, and enjoy something a little different! Time and venue TBC.

**International Mens Day Walk** | Wed 18th Nov| 1:00 PM 3:00 PM |Regents Park
Celebrate International Men's Day with a social walk. Connect with other carers, enjoy the outdoors, and take some time for yourself.

**Herbal Blending & Winter Remedies** | Wed 18th Nov |5:00 PM 7:00 PM |Floating Garden
Step into the Floating Garden and discover the world of natural based blends for your wellbeing. Floating Garden, Off Regents Canal Towpath, Goods Way, N1 4UR

**Coffee & Careers Drop-In at KX recruit** | Wed 18th Nov |Time TBC
Informal careers support over a coffee. Get advice, CV help, and job information. KX recruit 3 Beaconfield Street N1C 4EW

**Carers Rights Day Session** | Thu 19th Nov | 10:30 AM 11:30 AM |ZOOM
Join us on Carers Rights Day for an informative session on the rights and support available to unpaid carers. Learn about your entitlements and where to access further help and advice.

**Front of House Careers Session** | Fri 20th Nov |Time TBC
Insight into customer service and property careers with Savilles front of house team lunch provided. KX recruit 3 Beaconfield Street N1C 4EW

# Spotlight On: Nominate Camden Carers

Your nomination could make a real difference. We're taking part in the Movement for Good Awards, funded by Benefact Group where charities across the UK have the chance to receive a £1,000 donation to support their work.

**November Calendar Click Here**

Nominating us is completely free and only takes a minute. Every nomination helps raise our profile and increases our chances of being selected. Whether you are a carer, former carer, family member, friend or supporter, we would be incredibly grateful for your nomination.

If our service has made a difference to you or someone you know, please consider showing your support by nominating us today. Together, we can help ensure unpaid carers continue to receive the support, opportunities and recognition they deserve.
**Nominate us 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

## Camden Carers Art Class Testimonial

Sending out a big thank you everyone who's involved in running and participating in the zoom Art Group at 10.30am -12pm on Monday mornings!

It's so lovely to take a bit of time out just for myself to rest and recharge. The creative adventures each week are so enjoyable. No need to be good at anything, just using your own materials, whatever you've got, to just make marks and colour.

Camden carers have been an absolute lifesaver and I hope you get to keep going long into the future.

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

# What's going on in Camden

### SeeAbility Expands Special Schools Eye Care Service

Children with learning disabilities are far more likely to have sight problems. This expanded service will provide eye tests, glasses, and specialist eye care to help identify issues early. For more info, click **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 24th Nov, 3pm to 4pm **link**. Wills & Funeral Planning 27th Nov, 3pm to 4pm **link**

### Tracing the Unseen

Tracing the Unseen is an exhibition exploring chronic health conditions through art, celebrating community and raising awareness. Running until February 2027. For more info, click **here**

### Get Prepared for Emergencies

Emergencies like severe weather, power cuts and flooding can happen unexpectedly. The Government's Prepare campaign offers practical tips to help households stay safe, informed and prepared. For more info, click **here**

### Have Your Say on Women's Safety in Camden

Women and girls aged 14+ are invited to take the Camden Women's Safety Survey 2026 and share their views on making Camden safer. Closes 4th December 2026. Complete survey **here**

### Camden's New Learning Disabilities Big Plan

Help shape Camden's new Learning Disabilities Big Plan. Join an online session on 19th November and receive a £15 voucher for taking part. Contact Salome.Bryant@camden.gov.uk to register.

### Centre 404

Offers weekly drop-in sessions for adults with learning disabilities, providing support with letters, information on local opportunities, and help when needed. Sessions take place on Mondays and Thursdays, click to view flyer **here**

### KX Unlocked Events Programme

KX Unlocked is a free week-long programme offering local people the chance to explore King's Cross, discover local opportunities, and connect with community organisations. Click to view programme **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**

**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.

## 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.**