



# Camden Carers



January 2026  
Newsletter

## Welcome to the January Newsletter Happy New Year from Camden Carers!

**Camden Carers are looking for new trustees** to help guide our work for unpaid carers. You don't need previous experience, just enthusiasm and a commitment to making a difference. We especially welcome carers, younger people, and those with disabilities, as well as anyone with skills in communications, IT, fundraising, or finance. Trustees meet a few times a year and play a vital role in shaping services, while gaining new skills and connections. Email [info@camdencarers.org.uk](mailto:info@camdencarers.org.uk) if you'd like to learn more about becoming a trustee.

*Ciare Reynolds Deputy CEO*

### Talking Therapies, Boosting Your Mood

Tues 13<sup>th</sup> Jan, 1pm-3pm, The Greenwood Centre

Join us for a session with Talking Therapies about mood boosting activities.

### Connecting Conversations

Thurs 22<sup>nd</sup> Jan, 2pm-4pm, Argenta House, 1 Aspern Grove, NW3 2AB

Find out more about Dementia services and support in Camden. Pop in for a cuppa and chat. This is open to carers and their loved ones living with Dementia.

### Carers Wellbeing Day

**Save the date:** Thurs 5th Feb, 12:30pm-4:30pm, The Greenwood Centre

Alongside our partners at Phoenix, we are hosting a Wellbeing Day for carers.

More information to follow

### Black Carers Collective x Hampstead Theatre Creative Writing Sessions

Weekly sessions begin on Wednesday 28<sup>th</sup> January, 12:30pm-2:30pm, The Greenwood Centre

Black Carers Collective members can join these exciting workshops that will form part of a community play to be performed at Hampstead Theatre in July



We have free 6-month SIM cards, preloaded with texts, calls and data.  
Contact us if you'd like to receive one!



## Spotlight on our Code of Conduct

In early 2025, we shared our Code of Conduct. It's time for our annual review of these documents to ensure Camden Carers continues to be a safe and welcoming space for everyone.

January  
**Calendar**  
[Click Here](#)

We'd love your input, so please take a look at the documents and share your thoughts with us at [info@camdencarers.org.uk](mailto:info@camdencarers.org.uk) by 1<sup>st</sup> February 2026

## Carers Corner

Through our partnership with Good Things Foundation, we've been able to distribute over 60 laptops to carers.

**We've received some lovely feedback about the difference these laptops will make:**

"I had one laptop and we were all sharing that. It was always hard for my 9 year old autistic son to wait for his turn. Now his sister and I are using the laptop and he was able to use his own device without the stress of waiting. Thank you very much."



"This laptop is a Godsend. I am doing an online course and everyone else has a laptop. I only have my phone to access the meetings and I felt like I was getting left behind, so this is just perfect for me!"



"I had prayed for something like this. I have been having to ask the children if I can borrow their laptops for my English course but now I have one of my very own. I am very happy."

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

# What's going on in Camden

## [Chinese New Year Parade at Camden Market](#)

Camden Market is coming to life on Saturday 1st February to welcome the year of the snake. Join the celebration in partnership with local community groups. There will be a parade, music, dance and workshops.

## [NHS Healthy Choices quiz](#)

This quiz is designed to make it easy for people to take a simple first step towards feeling healthier - especially those who may be unsure where to start. The quiz provides personalised recommendations for any areas where changes may be beneficial.

## [Camden's New Climate Action Plan](#)

Camden Council have published a draft of its new **Climate Action Plan 2026–2030**. The plan sets out how the Council, local organisations and communities can work together to help tackle the climate crisis over the next five years.

## [Community Preview of Hawai'i: a kingdom crossing oceans](#)

[Sun 11<sup>th</sup> Jan, 10:40am-4:50pm, The British Museum](#)

This newly announced exhibition will shine a light on Hawai'i's history, artistry and relationship with the United Kingdom.

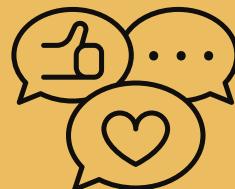
## [Carer's Allowance overpayments update](#)

Read about the changes to Carer's Allowance overpayments. You can read the full Independent Review report and the Government's response [here](#).

## [Centre 404 Drop-in](#)

Centre 404 are running a weekly drop-in on Tuesdays and Wednesdays to help adults with a learning disability who live in Camden and their carers. They can help with things like form filling and reading letters. For more info, click [here](#).

We would like to hear your feedback on our newsletter. Please note the edition by naming the month and email us on [info@camdencarers.org.uk](mailto:info@camdencarers.org.uk)



**Click** the underlined text for more details