



Welcome to the November Newsletter!

Thursday 20th November is Carers Rights Day

Carers Rights Day is about raising awareness of the rights the UK's 5.8 million unpaid carers are entitled to, and to help them get the support they need and the recognition they deserve.

Discover more about Carers Rights Day on the [Carers UK website](#).

Eat Well, Live Well, Stay Healthy workshop with CLDS

Wed 5th Nov, 10am-12:30pm, 5 Pancras Square

This workshop is for carers of a person with a Learning Disability to learn about improving diet and healthy portion sizes to reduce health risks.

Stress & Relaxation Session

Tues 11th Nov, 1pm-3pm, The Greenwood Centre

Join to reduce stress and learn relaxation techniques with Talking Therapies.

International Mens Day Walk

Weds 19th Nov, 11am-1pm, Regents Park

Join us to explore the new garden at Regents Park before it opens to the public. There will be a tour and a planting session.

Bone and Joint Health with the Musculoskeletal Service

Thurs 20th Nov, 2pm-4pm, Castlehaven Community Centre

The MSK Service will deliver a session on bone and joint health, and lead some gentle exercises. Women and Health will offer massages during the event.

Connecting Conversations

Thurs 27th Nov, 2pm-4pm, Argenta House

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.

Need a laptop for applications, appointments, or staying connected?



Camden Carers, in partnership with Good Things, will soon have a limited number of laptops available for carers!

Interested? Call or email to register your interest

Free 6 month SIM cards are also still available - contact us to request one.



Spotlight on: Disability History Month

Disability History Month 2025 runs from 14th November to 20th December, and celebrates the contributions of disabled people to society. It also recognises the challenges disabled people face in accessing equal rights and inclusion in the community.

Disabled people have achieved many things through grassroots community groups, and disability rights organisations. They have fought discrimination, increased accessibility and representation and have brought about historical change.

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

Camden Carers is committed to removing barriers for disabled people in Camden. We work with the community to improve inclusive language and accessible design, and hold regular discussions to support positive change.

Carers Corner

As part of Disability History Month, we asked carers of people with a Learning Disability for their views on how disabled people are valued in society and what rights and dignity mean for those they care for.

How do you think disabled people are seen in society today in your experience as a carer?

There's more awareness and visibility of disability in media and public life, which is positive, but it often focuses on less severe or more socially accepted disabilities. This doesn't reflect the reality for those with complex needs, whose families still struggle daily. Increased awareness should lead to better support, but that's not yet happening.

What message would you want to share for Disability History Month?

All disabled people deserve a good life in a caring community - with access to an occupation, social interactions, healthcare, and safe housing. But many face barriers like poor accessibility, limited respite care and isolation. Families are often overwhelmed, and more person-centred support is urgently needed to help people live happy, healthy, and fulfilled lives.

Camden Carer

Contact us to share your story in future Carers Corner!

What's going on in Camden

From 27th Oct, **Awaab's Law** requires landlords to fix damp, mould, and emergency repairs quickly. Guidance for tenants in social housing has been published: [You can learn more here](#).

Join the **Camden Disability Oversight Panel Meeting** on Weds 5th November, 6-8pm. It will be focused on the Camden Housing Repairs Policy: [Click here to view leaflet](#).

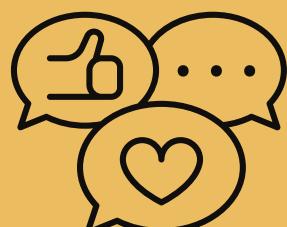
Young people aged 14+ with a learning disability can benefit from joining their **GP's Learning Disability Register** and accessing a **free Annual Health Check**: [Learn more here](#).

Camden Adult Social Care is piloting Lilli sensors to help people who live alone stay independent. To take part, the person must live alone and have a social worker. For details see the [Lilli brochure](#) or contact: Clementine.Traynard@camden.gov.uk.

Language of Caring Workshops Do you look after, support, or care for someone else? Do you, or the person you care for, live in Camden? If so, Camden want to hear your thoughts about the language we use when we talk about unpaid care: To attend email carersactionplan@camden.gov.uk. [Click here to view leaflet](#).

NHS North Central London has launched an End of Life Care survey to gather your views and help improve support for residents to live healthier, longer lives in a sustainable environment. Share your thoughts by **31st Dec**. To complete the survey: [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



Click the underlined text for more details