



Welcome to the February Newsletter

Could You Help Shape Support for Carers in Camden? Join Our Board of Trustees!

Do you want to help improve the services, support and recognition that carers receive in the borough? We are looking for carers with lived experience to join our Board and help influence the future of support for unpaid carers in Camden. Your insight matters and your voice can directly shape how services are designed, delivered and improved.

Interested? Want to learn more? Email: info@camdencarers.org.uk to express your interest or ask any questions.

We'd love to hear from you — your experience could make a real difference.

Endometriosis Workshop

Tuesday 3rd February – 1:00-2:30 (via Zoom)

Endometriosis UK will be delivering a session on menstrual health conditions, open to all carers. The session will cover endometriosis, adenomyosis, PMDD, POCS, fibroids and the menopause.

Wellbeing Day For All Carers

Thursday 5th February – 12:00-3:30, at Greenwood Centre

Our partners 'Standard Life' and 'Employee Volunteering Programme', will be leading this wellbeing-focused session for all carers. You're welcome to stay for as long or as little as you like. Food and drinks will be provided, and a range of wellbeing activities will be delivered by volunteers throughout the day.

Drop In Session At Greenwood Centre

Thursday 19th February – 11:00-1:00

If you have a query or need information in a non confidential setting, please come along to speak to a member of the Camden Carers team. If you require a more in-depth conversation, we can arrange a call for you on our support and wellbeing line.

Autism Workshop For Parents & Carers

Camden Learning Disabilities Service & Camden Carers is running a workshop on Tues 10th Feb, 1-2:30pm, exploring autism in everyday life and practical ways to support wellbeing and communication.

For more info, click [here](#).



Spotlight On: Race Equality Week

This year **Race Equality Week** is running from 2nd - 8th February. Our staff team will be taking part in the national 5-day challenge, to reflect on and strengthen our organisational commitment to race equity.

Throughout the week, we'll be exploring resources from **Race Equality Matters**, an organisation working to drive positive, significant, and impactful change for race equality in the workplace.

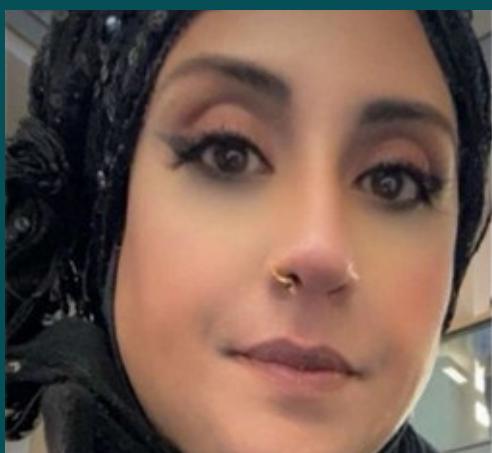
We wanted to let carers know about this initiative and to share the valuable tools REM offer. You can learn more about their work [on their website](#).



Carers Corner

Caring is intrinsic to who I am. I care for my husband and two children, all while managing my own hidden disabilities and receiving support. Like many carers, I constantly juggle multiple roles and emotions. This is why being Co-Chair of the Partnership Borough Board for Unpaid Carers in Camden is so meaningful to me.

The Carers Action Plan is unique because it has been genuinely co-produced with carers like me, reflecting our authentic voices and priorities. Its five principles remind services that carers are individuals, that caring is based in relationships, and that accessible, connected support is vital. Priority areas such as mental health, hospital discharge, respite, financial advice, young adult carers and accessibility make it clear that carers' needs are finally being acknowledged. The Action Tracker ensures that these commitments lead to real change.



I am dedicated to this work because carers deserve early recognition, better support, and to be treated with dignity and respect. The Carers Centre was invaluable for me, connecting me with support and helping me rebuild confidence and skills. Together, we are creating a Camden where carers are supported, valued, and heard.

Wajidha Shamashdin-Din

Co-chair Camden's partnership board for unpaid carers

Contact us to share your story in future Carers Corner!

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

What's going on in Camden

Casey Review of Adult Social Care

The independent commission on Adult Social Care wants to hear from you. Talk about your personal experiences of how the system works today – good and bad – and also ideas about how it could be improved, [**click here for more info.**](#)

Council Tax Discounts: Important Article

MoneySavingExpert has identified misleading council tax information that may prevent unpaid carers from claiming discounts they are entitled to. Unpaid carers are advised to review their council tax circumstances. Read the article, and view the list of councils with inaccurate information, [**here.**](#)

Disability Oversight Panel Meeting

Wednesday 4th February, 6-8pm

The Disability Oversight Panel is hosting a meeting on "Camden Town Vision: Why it Matters to You." As Camden develops a new vision for the Camden Town area, attendees are invited to share their views, [**see flyer here.**](#)

Wellbeing Through Art

Join creative sessions at West Hampstead Community Centre designed to support mental health and wellbeing through art. New term: 6 January – 24 March, booking is required. For more info or to book click [**here.**](#)

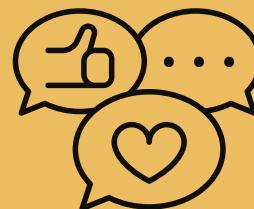
Financial Fraud and Older People Research Study

UCL is inviting people aged 60+ who have experienced financial fraud, and carers aged 18+ who support someone over 60, to take part in a research study on preventing financial scams, click [**here.**](#)

NHS Infected Blood Psychological Service Royal Free

The Infected Blood Psychological Service (IBPS) offers free psychological and practical support for people affected by contaminated blood or blood products, and their families, more info [**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