

CARERS' WEEK 2023



Monday 5th - Friday 9th June

'Supporting Carers in the community'



Carers Week 2023 is about '**Recognising and supporting carers in the community**'. We want communities to come together to recognise the huge contribution unpaid carers make to Camden.

Monday 5th	Tuesday 6th	Wednesday 7th	Thursday 8th	Friday 9th
11:00-13:00	11:00-15:00	11:00-15:30	11:00-15:00	
Regents Park A relaxed guided walk exploring flora, fauna and history of the Royal Park	Kew Gardens Join us for a gentle walk around Kew	Canal trip from Angel Join us for a cruise down the historic Regents Canal	Kew Gardens Join us for a gentle walk around Kew	
Z 13:30-15:00	13:00-17:00	Z 11:30-12:30	14:30-16:30	G 14:00-17:00
Self-Compassion taster session How to support and encourage yourself	Camden Carers pop-up at Swiss Cottage Library Come and meet our friendly team for information and advice	Laughter for Medicine Laughter is the best medicine	Crafty Carers Session at James Wigg GP Arts and crafts session for carers	Carers Week Celebration End Carers' Week in style and join us for an afternoon of fun, music, dance and food
		Z 18:30-20:00 Wellness Wednesday Evening Session Mindfulness for all carers		

G Greenwood Centre

Z ZOOM


Somewhere different!

Booking is essential via info@camden carers.org.uk or 020 7428 8950
Carers with access requirements please contact us for more information about attending outside events



CARERS' WEEK EVENTS

<p>REGENTS PARK Royal Park guided walk</p>	<p>Please join Miles and our Royal Parks Guide for the morning as we take a relaxed walk exploring the flora, fauna and history of the historic Regents Park. There are plenty of benches to stop and admire the view as Regents Park blooms into summer. We'll finish our walk with cup of coffee courtesy of the Royal Parks.</p>
<p>SELF COMPASSION Taster session</p>	<p>Please join Catherine Powell for a welcoming online taster session on Self-Compassion, focussing on self-compassion and self-care for carers. There will be time to introduce ourselves, short talk introducing self-compassion, some gently led self-compassion practice, and time for questions and answers.</p>
<p>CANAL BOAT TRIP From Angel, Islington</p>	<p>You are invited to take part in a Canal boat day trip as a part of the events being offered by Camden Carers for Carers Week.</p> <p>You will need to bring a packed lunch for the day and should wear comfortable shoes and dress for the weather! (Hopefully that should mean sun hats and sun cream, but possibly jumpers and raincoats, please check the weather forecast before setting out!)</p> <p>Please note - This trip is not suitable for people with serious mobility issues as there is a deep step onto and off the boat. The step is the equivalent of stepping into a bathtub. Please call Camden Carers if you would like any more information about accessibility.</p>
<p>KEW GARDENS</p>	<p>Please join us for a gentle walk around Kew Gardens in its summer glory. We'll start with a cup of coffee then enjoy a relaxing walk with plenty of benches along the way to stop and admire the view. Please bring lunch.</p> <p>Carers are welcome to follow their own route around Kew Gardens and stay for as long as they like.</p>
<p>CAMDEN CARERS POP-UP Swiss Cottage Library</p>	<p>Come and see us at Swiss Cottage Library, 6th June from 1pm – 4pm. During Carers Week, we will be holding a stall at the library to share information about our services and upcoming activities. Rachel from Adult Social Care will also be joining us on the stall, so do stop by and have a chat.</p>
<p>LAUGHTER FOR MEDICINE</p>	<p>By popular demand please join us for a session of 'Laughter for Medicine' with Jaycee Laugh, meet others, relax, breathe and enjoy!</p>
<p>WELLNESS WEDNESDAY Evening session</p>	<p>Please join Jill Pay for a welcoming online Mindfulness session at our next Wellness Wednesday session. This session is aimed at Working Carers who cannot attend our daytime activities during carers week (but not exclusive).</p>

<p>CRAFTY CARERS SESSION James Wigg Practice</p>	<p>Please join us at the James Wigg GP practice for a crafty session during carers week. Create, relax and enjoy!</p> <p>All materials supplied.</p>
<p>CARERS WEEK CELEBRATION</p> 	<p>Please join Camden Carers for an afternoon of fun, music, dancing and food in celebration of all the work that you do for the people you care about.</p> <p>This is a chance for you to meet others, loosen up with a dance, eat some food and enjoy yourself. Camden Carers are represented by carers from all over the world and we would like to see this on our map. Pin the Map of your country of origin, your families or friends to show the diversity of carers that we support in Camden</p>

OTHER INFORMATION

If you require a monthly calendar of activities, please contact us to request one.
If you are no longer caring or do not require further support from us please:
call our office on **0207 428 8950** or **email info@camdencarers.org.uk**

WE CARE SURVEY

Help us improve our services by telling us how we are doing in this survey. Because we care about what you think, and how we can best support you, we want to hear from you.

The survey is for all carers being supported by Camden Carers.

It is completely anonymous, unless you would like to be identified so that we can respond to something you have said, in which case you can add your name.

It takes less than 10 minutes to complete.

Please get in touch with Ciare Reynolds, Deputy CEO.

SURGERY WITH COUNCILLOR LARRAINE REVAH

Surgery for carers and residents with disabilities.

Every 3rd Tuesday of the month from 2pm—4pm at The Greenwood Centre,
37 Greenwood Place, Kentish Town NW5 1LB.

To book an appointment, DO NOT contact Camden Carers, instead please call 0207 974 2864 and Lorraine's project officer will book you in.