



Welcome to the May Newsletter

In partnership with Mind, and following feedback from carers, we're launching a **Peer-to-Peer Former Carers Group**. The group is for people whose caring role has come to an end and who'd like to connect with others who understand. It will be shaped by its members, and could offer a mixture of mutual support alongside creative or wellbeing sessions, depending on what the group finds most helpful.

We're looking for two former carers who'd be interested in co-facilitating the group. No previous facilitation experience is needed, just enthusiasm to create a friendly and supportive space. Ongoing support will be provided by Camden Carers and Mind. For more information, [click here](#), call **020 7428 8950**, or email info@camdencarers.org.uk.

Anna Campbell - Service Manager

We've put together some mental health resources, which may be helpful to you, or to the person you care for. The full list is on [Page 4](#) of this newsletter.

Emergency Planning

Thursday 7th May | 1-2pm | Zoom

As part of Dying Matters Week, this session explores why contingency and emergency planning is important. Thinking ahead helps people feel more prepared, supported, and in control, especially during unexpected situations.

Dip & Discover – Greenwich Park with Royal Parks

Mon 11th May | 1-2:30pm | Greenwich Park Learning Centre

Join Help Nature Thrive at their new citizen science sessions at the Greenwich Park Learning Centre. Together, you'll take a closer look at the wildlife pond habitat to identify and record some of the amazing wildlife found there.

Canal Boat Trip (Young Adult Carers)

Wed 13th May | 11am-2pm | Regent's Canal

Relax, enjoy the scenery, and take time for yourself as we gently cruise along the water away from everyday pressures.

Talking Therapies: Managing Worries

Wed 13th May | 1-3pm | Greenwood Centre

Explore coping strategies for managing worries and share experiences with others in a supportive setting.

Introduction to AI (Online)

Mon 18th May | 1-2pm | Zoom

Learn how AI can be used in everyday life, explained in a simple and practical way.

Call us on **020 7428 8950** or Email info@camdencarers.org.uk



Spotlight On:

Dying Matters Week (4th - 10th May)

Dying Matters Week is a time to encourage open and honest conversations about death, dying, and grief.

May
Calendar
[Click Here](#)

By talking about these subjects while we are living, we can share what matters most to us, support one another, and reduce fear and uncertainty. Every conversation ensures no one has to face death or bereavement alone.

For more information, and to find out about events happening for Dying Matters Week, [click 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

Our recent Black Carers Collective boat trip, delivered in partnership with the Canal Trust, was a truly uplifting experience. The day was filled with laughter, relaxation, and wonderful company. We extend our sincere thanks to the Canal Trust for organising the event.

Carers shared their reflections on the day:

- "The company was lovely, and the staff were professional, attentive, and fun."
- "So nice to have something to do on a Monday. A great start to the week!"
- "I felt a real sense of belonging. It was a very well-organised trip."
- "Seeing the ladies singing and dancing, with sunshine and blankets, was a really nice touch."

Moments like these highlight the importance of creating spaces where carers can relax, connect, and feel appreciated.



[Contact us](#) to share your story in future Carers Corner!

What's going on in Camden

Carers Allowance Change

From April 2025, the Carer's Allowance earnings limit will rise by £45 a week, allowing carers to earn up to £196 weekly without losing their benefit. [Click here](#) to read the full MoneySavingExpert article.

Wellbeing Walks At Swiss Cottage Leisure Centre

Friendly, social walks for all ages offering a chance to connect with nature while staying active. Every week, Thursday, 1pm-2pm. To book, [click here](#).

Disability Multi-Sports Sessions at Swiss Cottage Leisure Centre

Free sessions every Monday evening & Friday lunchtime for people living with a disability. Includes badminton, curling, boccia and different sports, at your own pace and in a comfortable setting. Free to attend for carers. For more info, [click here](#).

Free Training For Families & Carers

Half day, live online sessions are available to help families and carers understand the Deprivation of Liberty Safeguards, Care Act, Mental Health Act, and Mental Capacity Act. These sessions are interactive and free to attend. For more info, [click here](#).

Samaritans Email Service is Closing

Samaritans is gradually closing its email service during 2026, to focus on providing support through its 24/7 free helpline and online chat service. You can still speak to a trained volunteer by calling **116 123** for confidential, non-judgemental support.

Camden Mobile Health Bus

The Mobile Health bus offers free preventative diabetes risk checks, health information and advice to support residents to make positive health and wellbeing choices, and to prevent people aged 30 and over from developing serious health conditions in the future. To find out where the bus will be in May, [click here](#).

Connecting Carers Across Boroughs (happening in Tower Hamlets)

Queen Mary University of London are bringing carers from ethnically diverse backgrounds together to connect, share experiences, and learn from one another. Find out more and [register via Eventbrite](#).

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**](mailto: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.

Shout and The Mix

Shout offers a confidential 24/7 text service providing support if you are in crisis. Text SHOUT to 85258. If you are under 25, text THEMIX to 85258.

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.

Papyrus HOPELINE (under 35s)

If you're having suicidal thoughts or are worried about a young person, contact HOPELINE247: call 0800 068 4141, text 88247, or email pat@papyrus-uk.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.