



Welcome to the July Newsletter

South Asian Heritage Month runs from 1–31 July, celebrating the rich cultures, histories, and contributions of South Asian communities under the theme "Unity in Diversity."

What's happening in Camden?

The Camden Mela Committee has been delivering popular cultural events since 1992 at venues including the British Museum, British Library and Regent's Park. This year's event takes place on Sunday 12th July at Coram Fields, focusing on sustainability, community cohesion and better health. #WeMakeCamden

Creative Writing Session | Tuesday 7th July | 11:00 AM- 1:00 PM

This will be the last one for this term. Once we have details of Sept start date we will let you know.

Art in the Park with Royal Parks Events

Wednesday 8th July | 10:30 AM -12:30 PM (followed by optional cuppa and biscuits-provided 12.30 PM- 1:00 PM)

Activities will include mindfulness moments, sketching, and sgraffito, with no experience or equipment needed, just come as you are and take part in whatever way feels comfortable for you.

Talking therapies will be delivering a workshop on 'Improving Sleep'

Tuesday 14th July | 1:00 PM- 3:00 PM

Learn strategies and techniques to improve your sleep

AI Workshop Via Zoom | Monday 13th July | 12:00 PM- 1:00 PM

Join this practical session to discover how AI can help with everyday tasks

Older Carers Boat Trip with Canal Trust | Wednesday 15th July | 11:00 AM- 2:00 PM

Chug along the canal, take in the views, relax and spent time on yourself!

Autism Awareness Workshop | Tuesday 21st July | 1:00 PM- 3:00 PM

This has been developed and run by Camden Carers, Clinical Psychology leads and Speech and language specialists especially for carers of a person with Autism aged over 18, view flyer [here](#)

Wellbeing Session for Young Adult Carers | Tuesday 21st July | 6:15 PM- 8:00 PM

Join us for a relaxing and restorative gong sound wellbeing session at the Museum of youth culture! For carers 18-30, view flyer [here](#)

Mental Health Group Meeting | Wednesday 29th July | 2:00 PM- 3:30 PM

Support for mental health carers to hear from professionals and receive support from each other, This month the group will hear from a Social Prescriber with the Caversham Group Practice

Upcoming activities

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



Spotlight On: Black Carers Collective Theatre Production

July
Calendar
Click Here

Earlier this year, members of our Black Carers Collective took part in a creative writing residency with Hampstead Theatre and playwright Juliet Gilkes Romero. Through a series of workshops, carers explored their experiences, shared stories and developed powerful pieces of writing that helped shape a brand-new community play, **Dragonflies**.

The play will be showing at Hampstead Theatre on Friday 31st July and Saturday 1st August. Tickets are £5 for Camden residents and can be found **here**. We would love to see as much support as possible for this fantastic production!



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

Carers Week

Despite the rain, carers stayed positive, enjoying trips to Kew Gardens, the land train, and sweep netting in Regent's Park—spending valuable time together. Although the boat trip was missed, it will be rescheduled.

They also attended a Carers Partnership event marking the Year of the Carers Action Plan, reflecting on progress and future goals.

The week ended with a lively celebration at Greenwood, where the carers' quilt—created over the past year—was unveiled and will be framed for future events. A virtual art exhibition showcased their work.

Carers enjoyed massages, henna, food, arts and crafts, and time to reconnect, leaving with goodie bags. Feedback was overwhelmingly positive, with many expressing how much they valued the week.



Contact us to share your story in future Carers Corner!

What's going on in Camden

CLDS Carers Workshop

Carers of people with learning disabilities are invited to take part in a CLDS workshop to share their experiences and provide feedback on a carers' survey. The session offers an opportunity to help shape support services, with refreshments provided and a £15 voucher offered for participation. For more info, view flyer [here](#)

Research Opportunity for Unpaid Carers

The University of Birmingham is inviting unpaid carers (18+) to take part in a short online research session. Your feedback will help improve support and services for carers. Sessions last one hour, with £30 offered for participation and £20 per hour for replacement care if needed. To take part, **contact: k.v.woods@bham.ac.uk**

Supporting Carers Through Digital Inclusion

A recent Carers UK briefing highlights that digital inclusion is more than being online - it can help you access health information, manage caring responsibilities, and stay connected. Their guide also offers practical advice to build confidence and make better use of digital tools. Read guide [here](#)

Free Fun Cooking Courses

Join Bags of Taste a non-profit organisation that helps people take control of their food choices, health, and budgets. They support individuals who may be struggling with access to affordable, nutritious food. Click to view full flyer [front](#) & [back](#)

My SEND Space - SENDIASS Virtual Drop in Sessions for Young People (16-25)

Young people aged 16–25 can book a private 30-minute 1:1 session with a SENDIASS officer, either independently or with a parent/carers. Sessions are available via WhatsApp, Zoom, MS Teams, or telephone. Get advice on education, EHCPs, next steps, or any SEN concerns. To book a slot click [here](#), see flyer here.

Dementia Friendly Social Group for Over 75s Camden

Re-engage has launched a new monthly social group in Camden with Bluebird Care for people aged 75+. It runs on the third Thursday of each month, 10:00–11:30am at Belsize Community Library, offering free refreshments in a friendly, dementia-friendly space for socialising. View flyer [here](#)

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.

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 0300 102 2470, 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.