WINTER



Activities Calendar 1st Jan - 31st Mar 2022

BOOKING IS ESSENTIAL FOR ALL ACTIVITIES

All groups currently take place either ONLINE or by Teleconference where stated.

Please note it is now possible to join in Zoom from any telephone, without charge - please let us know if you would like to do this, so we can facilitate it for you.

To book onto and join in any of the events, groups, or activities, please contact <code>info@camdencarers.org.uk</code>
You will then be provided with the link you need to login.

If you have difficulty joining on the day, please phone us on <code>020 7428 8950</code>

Calendar Colour Key

Dementia Young Adult Black Carers ALL Older Carers & Carers Collective Carers People with **Carers** *YAC's *BCC **Dementia** Mental Learning **Health Other** Health **Disability Events Events** Carers Carers *MH *LD

Health & Lifestyle Consultations (HLCs) available by appointment during the times indicated.

Please phone to book.



January

		A TOWN TOWN	S S S S S S S S S S S S S S S S S S S	
Monday	Tuesday	Wednesday	Thursday	Friday
3rd	4th	5th	6th	7th
		10:30-11:30	11:00-12:30	
OFFICE		Emotional Wellbeing	Older Carers Group	
CLOSED FOR		Support via		
BANK		teleconference		
HOLIDAY		11:00-12:00		
		Dementia Carers		
		Group		
10th	11th	12th	13th	14th
10:30-12:30	10:30-4:00		10:00-4:00	10:00-11:00
Art Group	HLC	OFFICE	HLC	Tai Chi
2:00-3:00		CLOSED FOR	11:00-12:30	
Yoga with Julie		STAFF	Older Carers Group	
		TRAINING	1:30-2:30	
			Mindfulness	
17th	18th	19th	20th	21st
10:30-12:30	10:30-4:00	10:00-4:00	10:00-4:00	10:00-11:00
Art Group	HLC	HLC	HLC	Tai Chi
2:00-3:00		10:30-12:00	11:00-12:30	10:30-12:00
Yoga with Julie		Family Members	Older Carers Group	Mental Health
		Reference Group		Carers Group
		10:30-11:30		
		Virtual Guided Tour		
		Celebrations in art 10:30-11:30		
		Emotional Wellbeing		
		Support via		
		teleconference		
24th	25th	26th	27th	28th
10:30-12:30	10:30-4:00	10:00-4:00	10:00-4:00	10:00-11:00
Art Group	HLC	HLC	HLC	Tai Chi
2:00-3:00	11:00-12:30	10:30-11:30	10:00-12:00	10:30-12:00
Yoga with Julie	Making Friends	Emotional Wellbeing	LD and Autism	Black Carers
. 5	with Anxiety	Support via	Carers Support	Collective
İ	11:00-1:00	teleconference	Group	
	Creative Writing	11:00-1:00	10:30-12:00	
İ	2:00-3:00	Dementia Training	Carers Walk	
	Money Safety	for carers	11:00-12:30	
	Workshop	6:00-7:00	Older Carers	
		Preventing Burnout	Science Museum	
		Session with	Ancient Greece	
		Don't Tone Alone	4:00-5:00	
			Introduction to	
			No-code with	
			Max Haining	
31st				

10:30-12:30 Art Group 2:00-3:00 Yoga with Julie

Winter is definitely here. Snow, Ice, rain and cold winds can be very unforgiving ... brrrr! Wrap up warm when you go out. Follow these tips from the NHS to help prepare for the months ahead.

Click here

February

	-		and any or any o	THE REPORT OF THE PARTY OF THE
Monday	Tuesday	Wednesday	Thursday	Friday
TOTAL PROPERTY.	1st	2nd	3rd	4th
	10:30-4:00	10:00-4:00	10:00-4:00	10:00-11:00
The YAY AND THE	HLC	HLC	HLC	Tai Chi
WALL PLANT	11:00-1:00	10:30-11:30	11:00-12:30	
	Creative Writing	Emotional Wellbeing	Older Carers Group	
	11:30—1:00	Support via	2:00-4:00	
AN CONTRACTOR	Cook and Eat Together	teleconference	TBC—Remembering	
	2:00-3:30	11:00-1:00	Yesterday, Caring	
	Pro-Me: Employment	Dementia Training	Today	
746	Workshop with Sigal	for Carers	1046	1116
7th 10:30-12:30	8th 10:30-4:00	9th 10:00-4:00	10th 10:00-4:00	11th 10:00-11:00
Art Group	10.30-4.00 HLC	10.00-4.00 HLC	HLC	Tai Chi
2:00-3:00	11:00-1:00	10:30-11:30	10:30-12:00	10:00-12:30
Yoga with Julie	Creative Writing	Emotional Wellbeing	Carers Walk	Emergency Planning
J	11:00-12:30	Support via	11:00-12:30	with Mobilise
	Making Friends	teleconference	Older Carers Group	
	with Anxiety	11:00-1:00	2:00-4:00	
	•	Dementia Training	TBC—Remembering	
		for Carers	Yesterday, Caring	
		11:00-12:30	Today	
		Camden Carers Voice		
		3:00-5:00		
		Re-NEW You:		
		Workshop for YAC's		
14th	15th	16th	17th	18th
10:30-12:30	10:30-4:00	10:00-4:00	10:00-4:00	10:00-11:00
Art Group 2:00-3:00	HLC 11:00-1:00	HLC 10:30-11:30	HLC 11:00-12:30	Tai Chi 10:30-12:00
Yoga with Julie	Creative Writing	Guided Tour -	Older Carers Group	Mental Health
roga with saile	11:30-1:00	Architecture of	2:00-4:00	Carers Group
	Cook and Eat	Government and Royalty	TBC—Remembering	Carers Group
	Together	10:30-11:30	Yesterday, Caring	
	rogether	Emotional Wellbeing	Today	
		Support via	Touay	
		teleconference		
		3:00-5:00		
		Re-NEW You:		
		Workshop for YAC's		
21st	22nd	23rd	24th	25th
10:30-12:30	10:30-4:00	10:00-4:00	10:00-4:00	10:00-11:00
Art Group	HLC	HLC	HLC	Tai Chi
2:00-3:00	11:00-1:00	10:30-11:30	10:00-12:00	10:30-12:00
Yoga with Julie	Creative Writing	Emotional Wellbeing	LD and Autism	Black Carers
	11:00-12:30	Support via	Support Group	Collective
	Making Friends	teleconference	10:30-12:00	
	with Anxiety	11:00-12:00 Dementia Carers Group	Carers Walk 11:00-12:30	
		3:00-5:00	Older Carers Group	
		Re-NEW You:	2:00-4:00	
		Workshop for YAC's	TBC—Remembering	
		,	Yesterday, Caring	3
			Today	3
28th	Carain i II	o way Chaor up yo		2

10:30-12:30 Art Group 2:00-3:00 Yoga with Julie Spring is on the way. Cheer up your walks outside by looking to see what spring flowers you can see.

March

Monday	Tuesday	Wednesday	Thursday	Friday	
	1st	2nd	3rd	4th	
	10:30-4:00	10:00-4:00	10:00-4:00	10:00-11:00	
A	HLC	HLC	HLC	Tai Chi	
	11:00-1:00	10:30-11:30	11:00-12:30		
CARL CONTRACTOR	Creative Writing	Emotional Wellbeing	Older Carers Group		
	11:30—1:00 Cook and Eat	Support 11:00-12:00	2:00-4:00 TBC—Remembering		
	Together	Dementia Carers	Yesterday, Caring		
	rogether	3:00-5:00	Today		
		Re-NEW You:			
		Workshop for YAC's			
7th	8th	9th	10th	11th	
10:30-12:30	10:30-4:00	10:00-4:00	10:00-4:00	10:00-11:00	
Art Group	HLC	HLC	HLC	Tai Chi	
2:00-3:00	11:00-1:00	10:30-12:30	10:30-12:00		
Yoga with Julie	Creative Writing	FMRG	Carers Walk		
	11:00-12:30	10:30-11:30	11:00-12:30		
	Making Friends	Emotional Wellbeing	Older Carers Group		
	with Anxiety	Support	2:00-4:00		
	1:00-3:30	11:00-12:00	TBC—Remembering		
	Mindfulness	Dementia Carers	Yesterday, Caring		
		3:00-5:00 Re-NEW You:	Todav		
		Workshop for YAC's			
14th	15th	16th	17th	18th	
10:30-12:30	10:30-4:00	10:00-4:00	10:00-4:00	10:00-11:00	
Art Group	HLC	HLC	HLC	Tai Chi	
2:00-3:00	11:00-1:00	10:30-11:30	11:00-12:30	10:30-12:00	
Yoga with Julie	Creative Writing	Emotional Wellbeing	Older Carers Group	Mental Health	
	11:30-1:00	Support	11:00-1:00	Carers Group	
	Cook and Eat	10:30-12:30	Canal Trip		
	Together	Guided Tour -	2:00-4:00		
21st	22nd	Fitzrovia Chapel 23rd	TBC—RYCT 24th	25th	
10:30-12:30	10:30-4:00	10:00-4:00	10:00-4:00	10:00-11:00	
Art Group	10:30-4:00 HLC	HLC	10:00-4:00 HLC	Tai Chi	
2:00-3:00	11:00-1:00	10:30-11:30	10:30-12:00	10:30-12:00	
Yoga with Julie	Creative Writing	Emotional Wellbeing	Carers Walk	Black Carers	
y o gar xxxxx came	11:00-12:30	Support	11:00-12:30	Collective	
	Making Friends	11:00-12:00	Older Carers Group	30.1.33.1.7	
	with Anxiety	Dementia Carers	2:00-4:00		
	,		TBC—RYCT		
28th	29th	30th	31st		
10:30-12:30	10:30-4:00	10:00-4:00	10:00-4:00		
Art Group	HLC	HLC	HLC	没有以为	
2:00-3:00	11:00-1:00	10:30-11:30	10:00-12:00		
Yoga with Julie	Creative Writing	Emotional Wellbeing	LD and Autism		
	11:30-1:00	Support via	Support Group		
	Cook and Eat	teleconference	11:00-12:30		
	Together	11:00-12:00	Older Carers Group		
		Dementia Carers	2:00-4:00	STATE SORY	
			TBC—RYCT		









