

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 **info@camdencarers.org.uk** You will then be provided with the link you need to login.

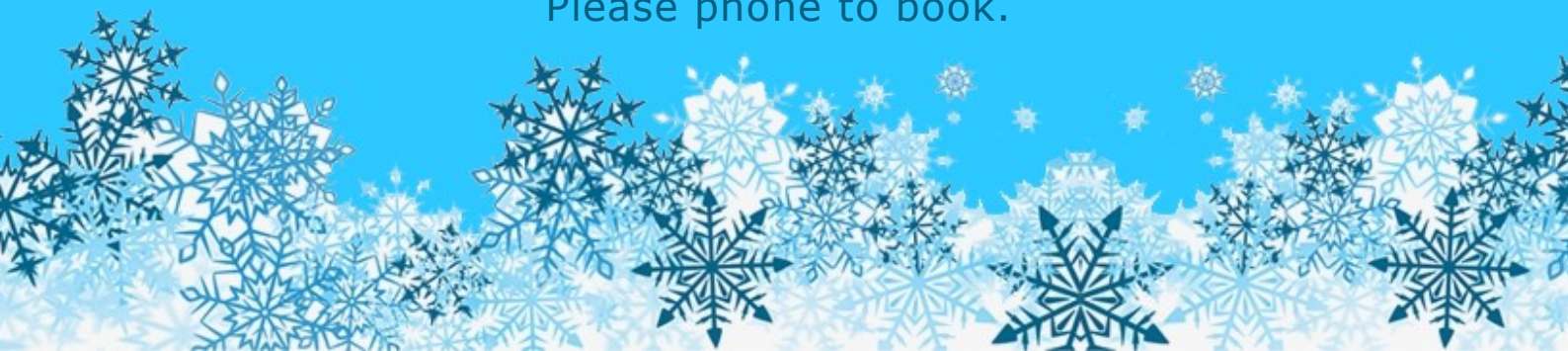
*If you have difficulty joining on the day, please phone us on **020 7428 8950***

Calendar Colour Key

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

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

Please phone to book.




January



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

February

Monday	Tuesday	Wednesday	Thursday	Friday
	1st 10:30-4:00 HLC	2nd 10:00-4:00 HLC	3rd 10:00-4:00 HLC	4th 10:00-11:00 Tai Chi
	11:00-1:00 Creative Writing	10:30-11:30 Emotional Wellbeing	11:00-12:30 Older Carers Group	
	11:30-1:00 Cook and Eat Together	Support via teleconference	2:00-4:00 TBC—Remembering Yesterday, Caring Today	
	2:00-3:30 Pro-Me: Employment Workshop with Sigal	11:00-1:00 Dementia Training for Carers		
7th 10:30-12:30 Art Group	8th 10:30-4:00 HLC	9th 10:00-4:00 HLC	10th 10:00-4:00 HLC	11th 10:00-11:00 Tai Chi
2:00-3:00 Yoga with Julie	11:00-1:00 Creative Writing	10:30-11:30 Emotional Wellbeing	10:30-12:00 Carers Walk	10:00-12:30 Emergency Planning with Mobilise
	11:00-12:30 Making Friends with Anxiety	Support via teleconference	11:00-12:30 Older Carers Group	
		11:00-1:00 Dementia Training for Carers	2:00-4:00 TBC—Remembering Yesterday, Caring Today	
		11:00-12:30 Camden Carers Voice		
		3:00-5:00 Re-NEW You: Workshop for YAC's		
14th 10:30-12:30 Art Group	15th 10:30-4:00 HLC	16th 10:00-4:00 HLC	17th 10:00-4:00 HLC	18th 10:00-11:00 Tai Chi
2:00-3:00 Yoga with Julie	11:00-1:00 Creative Writing	10:30-11:30 Guided Tour - Architecture of Government and Royalty	11:00-12:30 Older Carers Group	10:30-12:00 Mental Health Carers Group
	11:30-1:00 Cook and Eat Together	Emotional Wellbeing	2:00-4:00 TBC—Remembering Yesterday, Caring Today	
		Support via teleconference		
		3:00-5:00 Re-NEW You: Workshop for YAC's		
21st 10:30-12:30 Art Group	22nd 10:30-4:00 HLC	23rd 10:00-4:00 HLC	24th 10:00-4:00 HLC	25th 10:00-11:00 Tai Chi
2:00-3:00 Yoga with Julie	11:00-1:00 Creative Writing	10:30-11:30 Emotional Wellbeing	10:00-12:00 LD and Autism Support Group	10:30-12:00 Black Carers Collective
	11:00-12:30 Making Friends with Anxiety	Support via teleconference	10:30-12:00 Carers Walk	
		11:00-12:00 Dementia Carers Group	11:00-12:30 Older Carers Group	
		3:00-5:00 Re-NEW You: Workshop for YAC's	2:00-4:00 TBC—Remembering Yesterday, Caring Today	
28th 10:30-12:30 Art Group	Spring is on the way. Cheer up your walks outside by looking to see what spring flowers you can see.			
2:00-3:00 Yoga with Julie				

March



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

