



Camden Carers



October 2025
Newsletter

Welcome to the October Newsletter!

October is Black History Month!

This year's theme, **"Standing Firm in Power and Pride,"** celebrates the strength, resilience, and contributions of Black communities.

We'll be marking the month with a range of activities for all carers to reflect, connect, and celebrate.

To see the full list of events, [click here](#).

Introduction to Camden Carers for newly registered carers, Zoom Monday 6th October, 3pm-4pm

If you're newly registered, join this session to get to know your rights and hear more about our services.

Young Adult Carer Hike, Chorelywood Monday 13th October, 9:30am-3pm

A relaxed hike for 18-30s to connect, explore, and enjoy the outdoors.

Kilburn Migrants Arts Festival, Kiln Theatre Wednesday 15th October, 3pm-5pm

A vibrant celebration of creativity, identity and resilience. Explore a series of performances and workshops championing local migrant artists. Limited tickets available!

Wills, Probate and Intestacy session, Zoom Thursday 16th October, 1pm-2pm

Gain the knowledge you need to plan ahead with confidence.

Need a laptop for applications, appointments, or staying connected?

Camden Carers, in partnership with Good Things, will soon have a limited number of laptops available for carers!



Interested? Call or email to register your interest and we'll send you a quick form to complete - don't miss out!

Free 6 month SIM cards are also still available - contact us to request one.

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



Spotlight on: Black History Month Resources

Whether you're looking to educate, celebrate, or reflect, here's a selection of resources to help you engage meaningfully with Black History Month:

**October
Calendar**
[Click Here](#)

1. Explore **books** that celebrate Black heritage and culture in the UK using the Black History Month Reading List, [here](#).

2. Discover **talks** that offer fresh, thoughtful perspectives on Black identity with this [TED Playlist](#).

3. Watch a range of **video & film** highlighting Black experiences, history and achievements, [here](#).

Carers Corner

This month, we celebrate five years of the Black Carers Collective - a culturally safe and welcoming space for Black carers to meet, discuss and celebrate.

The Collective offers regular meetings, community outings, culturally specific health talks and was created to address additional barriers that Black carers may face - including access to services, feeling seen, or finding culturally relevant support.



We are proud of how the Black Carers Collective has grown, and grateful to every member who has helped shape it.

Here's to continuing the journey, together.

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

What's going on in Camden

Camden Council is welcoming feedback on making the **Antrim Road** and **Leighton Road** parklets permanent. Two public consultations have been launched and will remain open until **28th October**. You can read the two consultation letters: [here](#) and [here](#).

If you're 55 or over and looking for **tech support** or to **boost your digital skills**, Age UK Camden can help! Find out how to book a one-to-one support session at Kentish Town Library: [here](#).

The next **Planning Together meeting** to discuss and shape services for adults with learning disabilities will be on Wednesday 8th October, 10am to 1pm at The Greenwood Centre. Find out more: [here](#).

The Recovery College offers **free courses** for everyone who lives or works in Camden or Islington. Find something to suit you in the Autumn 2025 Course Guide: [here](#).

If you are a carer for a person with a learning disability, come along to the **'Eat well, live well, stay healthy' training session**. Find the full details: [here](#).

Carers Trust and 'Get Safe Online' are offering a **free internet safety webinar** on 9th October at 6.30pm. Join the webinar: [here](#).

If you live in Camden, are aged 16 or over, and want to be a part of the online **conversation about adult social care**, get involved now and enter the prize draw to win £1,000. Find out more: [here](#).

We would like to hear your feedback on our newsletter. Please note the edition by naming the month and email us on **info@camdencarers.org.uk**



Click the underlined text for more details