

AUTUMN

Activities Calendar

1st Oct - 31st Dec 2021



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.

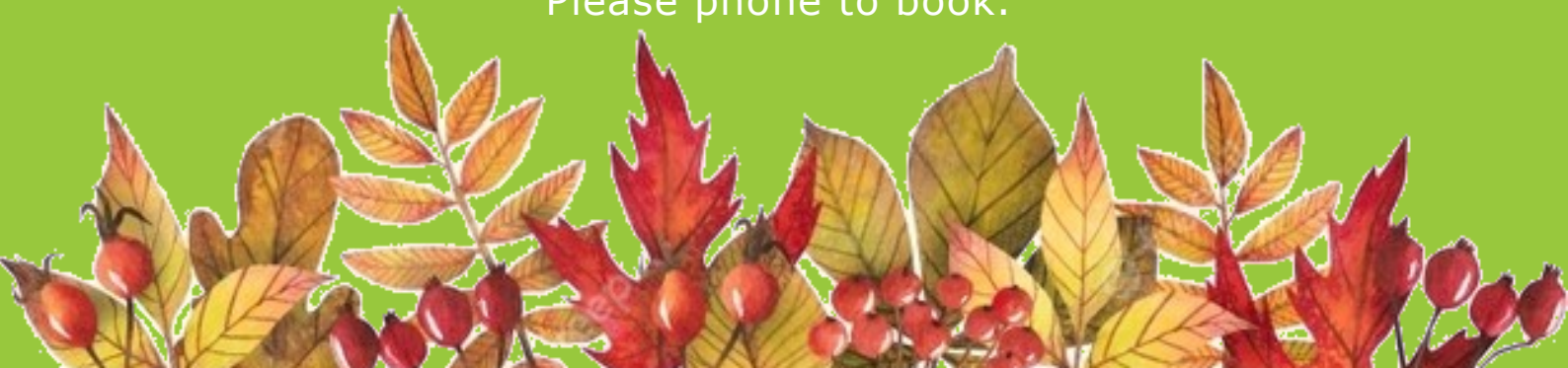
*If you have difficulty joining on the day,
please phone us on **020 7428 8950***

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.



October



Monday

Tuesday

Wednesday

Thursday

Friday

The weather is changing. The lovely colours of autumn bring with them colder, wetter days and less sunshine.

Follow these tips from the NHS to help prepare for and enjoy the months ahead.

[Click here](#)

1st

10:00-11:00
Tai Chi

1:30-3:00
First Aid Training -
British Red Cross

4th

10:30-12:30
Art Group

2:00-4:00
Yoga with Julie

5th

10:30-3:30
HLC

11:00-12:30
Making Friends
with Anxiety

9:30-5:00
Southend Trip
Older & Dementia Carers

6th

10:00-4:00
HLC

11:00-12:00
Dementia Carers
Group

10:00-12:00
Clay and Cuppa

7th

10:00-4:00
HLC

11:00-12:30
Older Carers Group

8th

10:00-11:00
Tai Chi

11th

10:30-12:30
Art Group

2:00-3:00
Yoga with Julie

12th

10:30-3:30
HLC

11:30-1:00
Cook and Eat
Together

13th

10:00-4:00
HLC

11:00-12:00
Dementia Carers
Group

10:00-12:00
Clay and Cuppa

14th

10:00-4:00
HLC

10:30-12:00
Carers Walk

11:00-12:30
Older Carers Group

6pm-7:30pm
Comedy Shutdown
Black History Month

15th

10:00-11:00
Tai Chi

10:30-12:00
Mental Health
Carers Group

18th

10:30-12:30
Art Group

2:00-3:00
Yoga with Julie

19th

10:30-3:30
HLC

11:00-12:30
Making Friends
with Anxiety

1:30-2:30
Mindfulness

20th

10:00-4:00
HLC

11:00-12:00
Dementia Carers
Group

21st

10:00-4:00
HLC

11:00-12:30
Older Carers Group

2:00-3:00
Mary Ward Centre-
Housing and
Disrepair Workshop

22nd

10:00-11:00
Tai Chi

10:30-12:00
Black Carers
Collective

25th

10:30-12:30
Art Group

2:00-3:00
Yoga with Julie

26th

10:30-3:30
HLC

11:00-1:00
Camden Carers
Voice

11:30-1:00
Cook and Eat
Together

27th

10:00-4:00
HLC

10:30-12:00
Guided Tour -
British Museum

11:00-12:00
Dementia Carers
Group

28th

10:00-4:00
HLC

10:30-12:00
Carers Walk

11:00-12:30
Older Carers Group

29th



DON'T FORGET clocks go back an hour on the 31st October at 2am

November



Monday	Tuesday	Wednesday	Thursday	Friday
1st	2nd	3rd	4th	5th
10:30-12:30 Art Group	10:30-3:30 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	10:30-12:00 Clay & Cuppa 11:00-12:00 Dementia Carers - Mental Health Act 3	2:00-4:00 Older Carers - Visit to Burgh House	
8th	9th	10th	11th	12th
10:30-12:30 Art Group	10:30-3:30 HLC	10:00-4:00 HLC	10:00-4:00 HLC	10:00-11:00 Tai Chi
2:00-3:00 Yoga with Julie	11:30—1:00 Cook and Eat Together	10:30-12:00 Clay & Cuppa 10:30-12:00 Family Members Reference Group 11:00-12:00 Dementia Carers - NHS Improvement London	10:30-12:00 Carers Walk 11:00-12:30 LPAs and Courts of Protection with M2M	
15th	16th	17th	18th	19th
10:30-12:30 Art Group	10:30-3:30 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 2:00-4:00 Self-Advocacy Training	10:30-12:00 Clay & Cuppa 11:00-12:00 Kings Cross Walk - All Carers and people with dementia 6:00-7:00 Self-Compassion Workshop	2:00-4:00 Older Carers—Visit to Soane Museum 2:00 - 3:00 Mary Ward Centre - Housing Register And Allocations	10:30-12:00 Mental Health Carers Group
22nd	23rd	24th	25th	26th
10:30-12:30 Art Group	10:30-3:30 HLC	10:00-4:00 HLC	10:00-4:00 HLC	10:00-11:00 Tai Chi
2:00-3:00 Yoga with Julie	11:30—1:00 Cook and Eat Together	10:30-12:00 Clay & Cuppa 10:30-12:30 Guided Tour - Walk around Hampstead	10:00-12:00 LD and Autism Support Group 10:30-12:00 Carers Walk 11:00-12:00 Welfare Benefits Talk 1:30-3:00 Carers Rights Day Training	10:30-12:00 Black Carers Collective
29th	30th			
10:30-12:30 Art Group	10:30-3:30 HLC			
2:00-3:00 Yoga with Julie	11:30-1:00 Making Friends with Anxiety			

Have you had your FLU vaccine ?

If not, book in with your GP.

Don't forget to tell them you are a



December



Monday	Tuesday	Wednesday	Thursday	Friday
		1st 10:00-4:00 HLC	2nd 10:00-4:00 HLC	3rd 10:00-11:00 Tai Chi
		10:30-12:00 Clay & Cuppa	11:00-12:30 Older Carers Group- Online Safety	
		11:00-12:00 TBC— Visit to the Jewish Museum For dementia carers & people with dementia		
6th 10:30-12:30 Art Group	7th 10:30-3:30 HLC	8th 10:00-4:00 HLC	9th 10:00-4:00 HLC	10th 10:00-11:00 Tai Chi
2:00-3:00 Yoga with Julie	11:00-12:30 Making Friends with Anxiety	10:30-12:00 Clay & Cuppa	10:30-12:00 Carers Walk	
		11:00-12:00 Dementia Carers Visit to the Camden Arts Centre	11:00-12:30 Older Carers - Visit to V&A Museum	
13th 10:30-12:30 Art Group	14th 10:30-3:30 HLC	15th 10:00-4:00 HLC	16th 10:00-4:00 HLC	17th 10:30-12:00 Mental Health Carers Group
2:00-3:00 Yoga with Julie		10:30-12:30 Virtual Guided Tour Christmas	11:00-12:30 Older Carers Festive Lunch	
		11:00-12:00 Dementia Carers Festive Lunch		
20th 10:30-12:30 Art Group	21st 10:30-3:30 HLC	22nd 10:00-4:00 HLC	23rd 10:00-4:00 HLC	24th
2:00-3:00 Yoga with Julie	11:00-12:30 Making Friends with Anxiety		10:30-12:00 Carers Walk	
27th	28th	29th 10:00-4:00 HLC	30th 10:00-4:00 HLC	31st
We are closed today (Substitute bank holiday for Christmas day)	We are closed today (Substitute bank holiday for Christmas day)			



Camden Carers is funded by London Borough of Camden and NHS Camden.

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