

Summer



Activities Calendar

1st July - 30th Sept 2022

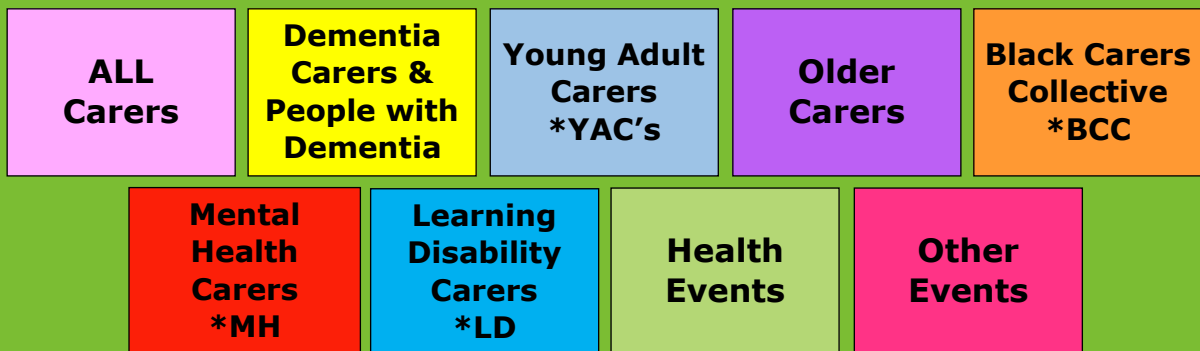
BOOKING IS ESSENTIAL FOR ALL ACTIVITIES

Most of our groups are currently taking place online. However, we are also delivering some face-to-face activities. 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



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

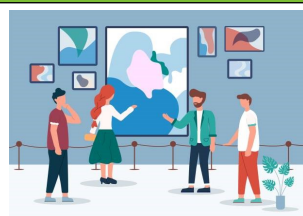
Please phone to book.



Camden Carers is funded by London Borough of Camden and NHS Camden.
Camden Carers is a registered charitable incorporated organisation **1042757**.
The Greenwood Centre, 37 Greenwood Place, London NW5 1LB

July

Monday	Tuesday	Wednesday	Thursday	Friday
				1st 10:00-11:00 Tai Chi
4th 9:00-3:00 HLC 10:30-12:30 Art Group 2:00-3:00 Yoga with Julie	5th 10:30-4:00 HLC 11:00-1:00 Camden Carers Voice at Greenwood	6th 11:00-12:00 Cyber Security Workshop with Age UK	7th	8th 10:00-11:00 Tai Chi 11:00-4:00 MH Carers trip to London Zoo
11th 9:00-3:00 HLC 10:30-12:30 Art Group 2:00-3:00 Yoga with Julie	12th 10:30-4:00 HLC	13th 10:30-12:00 Family Members Reference Group 11:00-12:30 Dementia Carers Group	14th 10:30-12:00 Carers Walk 2:00-4:00 Older Carers Group	15th 10:30-12:00 Mental Health Carers Group
18th 10:30-12:30 Art Group 2:00-3:00 Yoga with Julie	19th 10:00-12:00 LD and Autism Carers Support Group 12:30-2:00 Carers Rights & services at Camden Carers (for newly registered Carers)	20th 10:30-1:30 Canal Boat Trip	21st 10:00-11:00 Virtual Financial Wellbeing Workshop	22nd 10:30-12:00 Black Carers Collective
25th 10:30-12:30 Art Group 2:00-3:00 Yoga with Julie	26th	27th 11:00-12:30 Dementia Carers Group	28th 10:30-12:00 Carers Walk 2:00-4:00 Older Carers Group	29th



There's still time to visit our Creative Carer's Collective Art Exhibition, 'Connections' at The James Wigg Practice, 2 Bartholomew Road, Kentish Town Health Centre, London, NW5 2BX. There are a range of beautiful pieces to view, from paintings to collages. Anyone is welcome to visit between Monday—Friday, 10am—4pm. The exhibition will come to an end in September so pop by when you have the chance!

August

Monday	Tuesday	Wednesday	Thursday	Friday
1st	2nd	3rd	4th	5th
9:00-3:00 HLC	10:30-4:00 HLC	10:00-4:00 HLC		10:30-3:00 HLC
10:30-12:30 Art Group				
2:00-3:00 Yoga with Julie				
8th	9th	10th	11th	12th
9:00-3:00 HLC	10:30-4:00 HLC	10:00-4:00 HLC	10:30-12:00 Carers Walk	10:30-3:00 HLC
10:30-12:30 Art Group		12:00-3:00 Summer Event at Greenwood	2:00-4:00 Older Carers Group	11:00-4:00 MH Carers trip to Kew Gardens
2:00-3:00 Yoga with Julie				
15th	16th	17th	18th	19th
9:00-3:00 HLC	10:30-4:00 HLC	10:00-4:00 HLC		10:30-12:00 Mental Health Carers Group
10:00-11:30 Crafty Collage Session at Greenwood		11:00-12:30 Dementia Carers Group		10:30-3:00 HLC
10:30-12:30 Art Group				
2:00-3:00 Yoga with Julie				
22nd	23rd	24th	25th	26th
9:00-3:00 HLC	10:30-4:00 HLC	10:00-4:00 HLC	10:30-12:00 Carers Walk	10:30-12:00 Black Carers Collective
10:30-12:30 Art Group		10:30-12:30 Guided Tour— Walk along the river	2:00-4:00 Older Carers Group	10:30-3:00 HLC
2:00-3:00 Yoga with Julie				
29th	30th	31st		
Bank Holiday	10:30-4:00 HLC	10:00-4:00 HLC		
		10:00-11:00 First Aid Training		
		11:00-12:30 Dementia Carers Group		

September

Monday	Tuesday	Wednesday	Thursday	Friday
			1st	2nd
				10:30-3:00 HLC
5th	6th	7th	8th	9th
9:00-3:00 HLC	10:30-4:00 HLC	10:00-4:00 HLC	10:30-12:00 Carers Walk	10:30-3:00 HLC
10:30-12:30 Art Group		10:30-12:30 Family Members Reference Group		
2:00-3:00 Yoga with Julie				
12th	13th	14th	15th	16th
9:00-3:00 HLC	10:30-4:00 HLC	10:00-4:00 HLC	2:00-4:00 Older Carers Group	10:00-11:00 Tai Chi
10:30-12:30 Art Group	11:00-1:00 Creative Writing	11:00-1:00 Camden Carers Voice		10:30-12:00 Mental Health Carers Group
2:00-3:00 Yoga with Julie		11:00-12:30 Dementia Carers Group		
19th	20th	21st	22nd	23rd
9:00-3:00 HLC	10:30-4:00 HLC	Office Closed	10:30-12:00 Carers Walk	10:00-11:00 Tai Chi
10:30-12:30 Art Group	11:00-1:00 Creative Writing			10:30-12:00 Black Carers Collective
2:00-3:00 Yoga with Julie				
26th	27th	28th	29th	30th
9:00-3:00 HLC	10:30-4:00 HLC	10:00-4:00 HLC	10:00-12:00 LD and Autism Carers Support Group	10:00-11:00 Tai Chi
10:30-12:30 Art Group	11:00-1:00 Creative Writing	11:00-12:30 Dementia Carers Group	2:00-4:00 Older Carers Group	
2:00-3:00 Yoga with Julie				