

ONLINE EVENTS CALENDAR: September-November 2020



All groups take place **ONLINE** unless otherwise stated

To book onto and join in any of the events, groups, or activities, please contact info@camdencarers.org.uk for the link you need to login.

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

Look out for some **NEW** events and activities!

Health & Lifestyle Consultations available by appointment during the times indicated. Phone to make an appointment.

Open to All Carers	Dementia Carers & People with Dementia	Older Carers	Black Carers	Mental Health Carers	LD Carers	Health Events	Other Events
September							
Monday	Tuesday	Wednesday	Thursday	Friday			
14th	15th	16th	17th	18th			
9.30-3.00 Health & Lifestyle Consultations	11.00-12.30 Making Friends with Anxiety	10.00-3.00 Health & Lifestyle Consultations	10.00-2.00 Health & Lifestyle Consultations	10.30-12.00 MH Carers Group			
10.30-12.30 Art Group	1.00-3.30 Health & Lifestyle Consultations	11.00-12.00 Dementia Carers Group	11.00-12.30 Older Carers Group				
	2.00-3.00 Creative Memory Project for people with dementia and carers						
21st	22nd	23rd	24th	25th			
9.30-3.00 Health & Lifestyle Consultations	11.00-12.30 Making Friends with Anxiety	10.00-3.00 Health & Lifestyle Consultations	10.00-2.00 Health & Lifestyle Consultations	10.00-11.00 Tai Chi			
10.30-12.30 Art Group	1.00-3.30 Health & Lifestyle Consultations	10.30-12.00 St Paul's Cathedral Virtual Guided Tour for all Carers and their cared-for together – booking for both is essential	10.30-12.30 Carers Walk (places limited to 6)	10.30-12.00 NEW!!! Black Carers Collective Focus Group 1			
	2.00-3.00 Creative Memory Project for people with dementia and carers		11.00-12.30 Older Carers Group	1.30-3.00 Black Carers Collective Focus Group 2			
28th	29th	30th	1st	2nd			
9.30-3.00 Health & Lifestyle Consultations	11.00-12.30 Making Friends with Anxiety	10.00-3.00 Health & Lifestyle Consultations	10.00-2.00 Health & Lifestyle Consultations	10.00-11.00 Tai Chi			
10.30-12.30 Art Group	1.00-3.30 Health & Lifestyle Consultations	11.00-12.00 Dementia Carers Group	11.00-12.30 Older Carers Group				
	2.00-3.00 Creative Memory Project for people with dementia and carers		11.00-12.30 Older Carers Group				
October							
5th	6th	7th	8th	9th			
9.30-3.00 Health & Lifestyle Consultations	11.00-12.30 Making Friends with Anxiety	10.00-3.00 Health & Lifestyle Consultations	10.00-1.00 Camden Carers Voice	10.00-11.00 Tai Chi			
10.30-12.30 Art Group	1.00-3.30 Health & Lifestyle Consultations	11.00-12.00 Dementia Carers Group	10.00-2.00 Health & Lifestyle Consultations				
	2.00-3.00 Creative Memory Project for people with dementia and carers	2.00-3.30 NEW!!! Older Carers Planning Together 1/6	10.30-12.30 Carers Walk (places limited to 6)				
			11.00-12.30 Older Carers Group				
12th	13th	14th	15th	16th			
9.30-3.00 Health & Lifestyle Consultations	11.00-12.30 Making Friends with Anxiety	10.00-3.00 Health & Lifestyle Consultations	10.00-2.00 Health & Lifestyle Consultations	10.00-11.00 Tai Chi			
10.30-12.30 Art Group	1.00-3.30 Health & Lifestyle Consultations	11.00-12.00 Dementia Carers Group	11.00-12.30 Older Carers Group	10.30-12.00 MH Carers Group			
	2.00-3.00 Creative Memory Project for people with dementia and carers			2.00-3.30 NEW!!! Not a Care in the World Drama Workshop			

19th	20th	21st	22nd	23rd
9.30-3.00 Health & Lifestyle Consultations	11.00-12.30 Making Friends with Anxiety	10.00-3.00 Health & Lifestyle Consultations	10.00-2.00 Health & Lifestyle Consultations	10.00-11.00 Tai Chi
10.30-12.30 Art Group	1.00-3.30 Health & Lifestyle Consultations	11.00-12.00 Dementia Carers Group	10.30-12.30 Carers Walk (places limited to 6)	10.30-12.00 NEW!!! Black Carers Collective
	2.00-3.00 Creative Memory Project for people with dementia and carers		11.00-12.30 Older Carers Group	
Half Term 26th-30th October				
26th	27th	28th	29th	30th
9.30-3.00 Health & Lifestyle Consultations	11.00-12.30 Making Friends with Anxiety	10.00-3.00 Health & Lifestyle Consultations	10.00-2.00 Health & Lifestyle Consultations	10.00-11.00 Tai Chi
10.30-12.30 Art Group	1.00-3.30 Health & Lifestyle Consultations	11.00-12.00 Dementia Carers Group	11.00-12.30 Older Carers Group	
	2.00-3.00 Creative Memory Project for people with dementia and carers			
November				
2nd	3rd	4th	5th	6th
9.30-3.00 Health & Lifestyle Consultations	1.00-3.30 Health & Lifestyle Consultations	10.00-3.00 Health & Lifestyle Consultations	10.00-2.00 Health & Lifestyle Consultations	10.00-11.00 Tai Chi
10.30-12.30 Art Group	2.00-3.00 Creative Memory Project for people with dementia and carers	11.00-12.00 Dementia Carers Group	10.30-12.30 Carers Walk (places limited to 6)	
2.00-3.30 NEW!!! Not a Care in the World Speak Clearly Carers Communication Workshop		2.00-3.30 Older Carers Planning Together 2/6	11.00-12.30 Older Carers Group	
9th	10th	11th	12th	13th
9.30-3.00 Health & Lifestyle Consultations	11.00-12.30 Making Friends with Anxiety	10.00-3.00 Health & Lifestyle Consultations	10.00-2.00 Health & Lifestyle Consultations	10.00-11.00 Tai Chi
10.30-12.30 Art Group	1.00-3.30 Health & Lifestyle Consultations	10.30-12.00 Family Members Reference Group	11.00-12.30 Older Carers Group	
		11.00-12.00 Dementia Carers Group		
16th	17th	18th	19th	20th
9.30-3.00 Health & Lifestyle Consultations	11.00-12.30 Making Friends with Anxiety	10.00-3.00 Health & Lifestyle Consultations	10.00-2.00 Health & Lifestyle Consultations	10.00-11.00 Tai Chi
10.30-12.30 Art Group	1.00-3.30 Health & Lifestyle Consultations	11.00-12.00 Dementia Carers Group	10.30-12.30 Carers Walk (places limited to 6)	10.30-12.00 MH Carers Group
			11.00-12.30 Older Carers Group	
23rd	24th	25th	26th	27th
9.30-3.00 Health & Lifestyle Consultations	11.00-12.30 Making Friends with Anxiety	10.00-3.00 Health & Lifestyle Consultations	10.00-2.00 Health & Lifestyle Consultations	10.00-11.00 Tai Chi
10.30-12.30 Art Group	1.00-3.30 Health & Lifestyle Consultations	11.00-12.00 Dementia Carers Group	11.00-12.30 Older Carers Group	10.30-12.00 NEW!!! Black Carers Collective
30th				
9.30-3.00 Health & Lifestyle Consultations				
10.30-12.30 Art Group				

BOOKING IS ESSENTIAL

Please call **CAMDEN CARERS** on **020 7428 8950**
OR email info@camdencarers.org.uk to enquire and book a place