



Happy New Year!

EVENTS CALENDAR: January-March 2021

All groups 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.

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

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

Health & Lifestyle Consultations available by appointment during the times indicated, phone to book.

Open to All Carers	Dementia Carers & People with Dementia	Older Carers	Black Carers Collective	Mental Health Carers	LD Carers	Health Events	Other Events
January 2021							
4th	5th	6th	7th	8th			
10.30-12.30 Art Group	11.00-12.30 Making Friends with Anxiety 1.00-3.30 Health & Lifestyle Consultations	10.00-3.00 Health & Lifestyle Consultations NEW 10.00-11.00 Emotional Support Group by Teleconference 11.00-12.00	10.00-2.00 Health & Lifestyle Consultations 11.00-12.30 Older Carers Group	11.30-1.00 Cook & Eat Together			

		Dementia Carers Group NEW 1.30-3.30 Not a Care in the World – Relaxing into 2021		
11th 10.30-12.30 Art Group 2.00-3.00 Yoga with Julie	12th 11.00-12.30 Making Friends with Anxiety 1.00-3.30 Health & Lifestyle Consultations NEW 2.00-3.30 Dementia Carers Training 1/3 Understanding Dementia	13th NEW 10.00-11.00 Emotional Support Group by Teleconference 10.00-3.00 Health & Lifestyle Consultations 11.00-12.00 Dementia Carers Group 2.00-3.30 Older Carers Planning Together 4/6	14th 10.00-2.00 Health & Lifestyle Consultations 11.00-12.30 Older Carers Group NEW 2.00-3.30 British Red Cross First Aid Training	15th 10.00-11.00 Tai Chi 10.30-12.00 MH Carers Group
18th 10.30-12.30 Art Group 2.00-3.00 Yoga with Julie	19th 11.00-12.30 Making Friends with Anxiety 1.00-3.30 Health & Lifestyle Consultations NEW 2.00-3.30 Dementia Carers Training 2/3 Communication & Behaviour	20th NEW 10.00-11.00 Emotional Support Group by Teleconference 10.30-12.00 Family Members Reference Group 10.30-12.00 Virtual Guided Tour: Cats of Camden Cared-for welcome 10.00-3.00 Health & Lifestyle Consultation	21st 10.00-2.00 Health & Lifestyle Consultations 10.30-12.30 Carers Walk 11.00-12.30 Older Carers Group NEW 2.30-4.00 British Red Cross – Kindness in your community	22nd 10.00-11.00 Tai Chi 10.30-12.00 Black Carers Collective 11.30-1.00 Cook & Eat Together

25th	26th	27th NEW	28th	29th
10.30-12.30 Art Group	11.00-12.30 Making Friends with Anxiety	10.00-11.00 Emotional Support Group by Teleconference	10.00-2.00 Health & Lifestyle Consultations	10.00-11.00 Tai Chi
2.00-3.00 Yoga with Julie	1.00-3.30 Health & Lifestyle Consultations	10.00-3.00 Health & Lifestyle Consultations	10.30-12.30 Carers Walk	
	NEW 2.00-3.30 Dementia Carers Training 3/3 Making the most of it	11.00-12.00 Dementia Carers Group	11.00-12.30 Older Carers Group	

February 2021

1st	2nd	3rd	4th	5th
10.30-12.30 Art Group	11.00-12.30 Making Friends with Anxiety	NEW 10.00-11.00 Emotional Support Group by Teleconference	10.00-2.00 Health & Lifestyle Consultations	10.00-11.00 Tai Chi
2.00-3.00 Yoga with Julie	1.00-3.30 Health & Lifestyle Consultations	10.00-3.00 Health & Lifestyle Consultations	11.00-12.30 Older Carers Group	11.30-1.00 Cook & Eat Together
		11.00-12.00 Dementia Carers Group	NEW 1.30-3.30 Not a Care in the World – I Don't Care Today!	
8th	9th	10th	11th	12th
10.30-12.30 Art Group	11.00-12.30 Making Friends with Anxiety	NEW 10.00-11.00 Emotional Support Group by Teleconference	10.00-2.00 Health & Lifestyle Consultations	10.00-11.00 Tai Chi
2.00-3.00 Yoga with Julie	1.00-3.30 Health & Lifestyle Consultations	11.00-12.00 Dementia Carers Group	10.30-12.30 Carers Walk	
		NEW 2.00-3.30 British Red Cross – Tackling Loneliness	11.00-12.00 Camden Carers Voice Meeting & Election	
			11.00-12.30 Older Carers Group	

<p style="text-align: right; color: red;">15th</p> <p>10.30-12.30 Art Group</p> <p>2.00-3.00 Yoga with Julie</p>	<p style="text-align: right; color: red;">16th</p> <p>11.00-12.30 Making Friends with Anxiety</p> <p>1.00-3.30 Health & Lifestyle Consultations</p>	<p style="text-align: right; color: red;">17th</p> <p>11.00-12.00 Dementia Carers Group</p> <p>2.00-3.30 Older Carers Planning Together 5/6</p>	<p style="text-align: right; color: red;">18th</p> <p>10.00-2.00 Health & Lifestyle Consultations</p> <p>11.00-12.30 Older Carers Group</p> <p>NEW 2.00-3.30 British Red Cross First Aid Training</p>	<p style="text-align: right; color: red;">19th</p> <p>10.30-12.00 MH Carers Group</p> <p>11.30-1.00 Cook & Eat Together</p>
<p style="text-align: right; color: red;">22nd</p> <p>10.30-12.30 Art Group</p> <p>2.00-3.00 Yoga with Julie</p>	<p style="text-align: right; color: red;">23rd</p> <p>11.00-12.30 Making Friends with Anxiety</p> <p>1.00-3.30 Health & Lifestyle Consultations</p> <p>NEW 1.30-3.30 Know your Rights & Know Camden Carers</p>	<p style="text-align: right; color: red;">24th</p> <p>10.30-12.00 Virtual Guided Tour: Oxford – City of Spire Cared-for welcome</p>	<p style="text-align: right; color: red;">25th</p> <p>10.00-2.00 Health & Lifestyle Consultations</p> <p>10.30-12.30 Carers Walk</p> <p>11.00-12.30 Older Carers Group</p>	<p style="text-align: right; color: red;">26th</p> <p>10.30-12.00 Black Carers Collective</p>

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<p style="text-align: right; color: red;">1st</p> <p>10.30-12.30 Art Group</p> <p>2.00-3.00 Yoga with Julie</p>	<p style="text-align: right; color: red;">2nd</p> <p>11.00-12.30 Making Friends with Anxiety</p> <p>1.00-3.30 Health & Lifestyle Consultations</p>	<p style="text-align: right; color: red;">3rd</p> <p>11.00-12.00 Dementia Carers Group</p>	<p style="text-align: right; color: red;">4th</p> <p>10.00-2.00 Health & Lifestyle Consultations</p> <p>11.00-12.30 Older Carers Group</p>	<p style="text-align: right; color: red;">5th</p> <p>11.30-1.00 Cook & Eat Together</p>
<p style="text-align: right; color: red;">8th</p> <p>10.30-12.30 Art Group</p> <p>2.00-3.00 Yoga with Julie</p>	<p style="text-align: right; color: red;">9th</p> <p>11.00-12.30 Making Friends with Anxiety</p> <p>1.00-3.30 Health & Lifestyle Consultations</p>	<p style="text-align: right; color: red;">10th</p> <p>10.30-12.00 Family Members Reference Group</p> <p>11.00-12.00 Dementia Carers Group</p>	<p style="text-align: right; color: red;">11th</p> <p>10.00-2.00 Health & Lifestyle Consultations</p> <p>10.30-12.30 Carers Walk</p>	<p style="text-align: right; color: red;">12th</p>

			11.00-12.30 Older Carers Group	
15 th 10.30-12.30 Art Group 2.00-3.00 Yoga with Julie	16 th 11.00-12.30 Making Friends with Anxiety 1.00-3.30 Health & Lifestyle Consultations	17 th 11.00-12.00 Dementia Carers Group 2.00-3.30 Older Carers Planning Together 6/6	18 th 10.00-2.00 Health & Lifestyle Consultations 11.00-12.30 Older Carers Group	19 th 10.30-12.00 MH Carers Group 11.30-1.00 Cook & Eat Together
22 nd 10.30-12.30 Art Group 2.00-3.00 Yoga with Julie	23 rd 11.00-12.30 Making Friends with Anxiety 1.00-3.30 Health & Lifestyle Consultations	24 th 10.30-12.00 Virtual Guided Tour: Animals in Art Cared-for welcome	25 th 10.00-2.00 Health & Lifestyle Consultations 10.30-12.30 Carers Walk 11.00-12.30 Older Carers Group	26 th 10.30-12.00 Black Carers Collective
29 th 10.30-12.30 Art Group 2.00-3.00 Yoga with Julie	30 th 11.00-12.30 Making Friends with Anxiety 1.00-3.30 Health & Lifestyle Consultations	31 st 11.00-12.00 Dementia Carers Group		

BOOKING IS ESSENTIAL

Please call CAMDEN CARERS on 020 7428 8950

OR email info@camdencarers.org.uk to enquire and book a place