



EVENTS CALENDAR: April-June 2021

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.


Look out for **SPECIAL** events and activities for **Carers Week – 7th-13th June**


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	Young Adult Carers	Older Carers	Black Carers Collective	Mental Health Carers	LD Carers	Health Events	Other Events
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April 2021

29th March	30th March	31st March	1st	2nd
10.30-12.30 Art Group 2.00-3.00 Yoga with Julie	11.00-12.30 Making Friends with Anxiety 1.00-3.30 Health & Lifestyle Consultations	11.00-12.00 Dementia Carers Group	10.00-2.00 Health & Lifestyle Consultations 11.00-12.30 Older Carers Group 2.00-3.30 British Red Cross First Aid Training	GOOD FRIDAY 

<p style="text-align: right;">5th</p> <p>EASTER MONDAY</p> 	<p style="text-align: right;">6th</p> <p>11.00-12.30 Making Friends with Anxiety</p> <p>1.00-3.30 Health & Lifestyle Consultations</p> <p>4.00-6.00 Emotional Skills for Young Adult Carers</p>	<p style="text-align: right;">7th</p> <p>10.00-11.00 Emotional Support Group by Teleconference</p> <p>10.00-3.00 Health & Lifestyle Consultation</p>	<p style="text-align: right;">8th</p> <p>10.00-2.00 Health & Lifestyle Consultations</p> <p>11.00-12.30 Older Carers Group</p>	<p style="text-align: right;">9th</p> <p>11.30-1.00 Cook & Eat Together</p>
<p style="text-align: right;">12th</p> <p>10.30-12.30 Art Group</p>	<p style="text-align: right;">13th</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;">14th</p> <p>10.00-11.00 Emotional Support Group by Teleconference</p> <p>10.00-3.00 Health & Lifestyle Consultations</p> <p>11.00-12.00 Dementia Carers Group</p>	<p style="text-align: right;">15th</p> <p>10.00-2.00 Health & Lifestyle Consultations</p> <p>11.00-12.30 Older Carers Group</p> <p>1.00-2.00 Financial Wellbeing Workshop with the Money Charity</p>	<p style="text-align: right;">16th</p> <p>10.30-12.00 MH Carers Group</p>
<p style="text-align: right;">19th</p> <p>10.30-12.30 Art Group</p> <p>2.00-3.00 Yoga with Julie</p>	<p style="text-align: right;">20th</p> <p>11.00-12.30 Making Friends with Anxiety</p> <p>1.00-3.30 Health & Lifestyle Consultations</p> <p>4.00-6.00 Emotional Skills for Young Adult Carers</p>	<p style="text-align: right;">21st</p> <p>10.00-11.00 Emotional Support Group by Teleconference</p> <p>10.00-3.00 Health & Lifestyle Consultations</p> <p>10.30-12.00 Virtual Guided Tour – Salisbury Cared-For Welcome</p>	<p style="text-align: right;">22nd</p> <p>10.00-2.00 Health & Lifestyle Consultations</p> <p>11.00-12.30 Older Carers Group</p>	<p style="text-align: right;">23rd</p> <p>10.00-11.00 Tai Chi</p> <p>11.30-1.00 Cook & Eat Together</p>
<p style="text-align: right;">26th</p> <p>10.30-12.30 Art Group</p>	<p style="text-align: right;">27th</p> <p>11.00-12.30 Camden Carers Voice – all carers welcome</p>	<p style="text-align: right;">28th</p> <p>10.00-11.00 Emotional Support Group by Teleconference</p>	<p style="text-align: right;">29th</p> <p>10.00-2.00 Health & Lifestyle Consultations</p>	<p style="text-align: right;">30th</p> <p>10.00-11.00 Tai Chi</p>

<p>2.00-3.00 Yoga with Julie</p>	<p>11.00-12.30 Making Friends with Anxiety</p> <p>1.00-3.30 Health & Lifestyle Consultations</p>	<p>10.00-3.00 Health & Lifestyle Consultations</p> <p>11.00-12.00 Dementia Carers Group</p>	<p>11.00-12.30 Older Carers Group</p>	
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May 2021


<p style="text-align: right;">3rd</p> <p>SPRING BANK HOLIDAY</p> 	<p style="text-align: right;">4th</p> <p>11.00-12.30 Making Friends with Anxiety</p> <p>1.00-3.30 Health & Lifestyle Consultations</p> <p>4.00-6.00 Emotional Skills for Young Adult Carers</p>	<p style="text-align: right;">5th</p> <p>10.00-11.00 Emotional Support Group by Teleconference</p> <p>10.00-3.00 Health & Lifestyle Consultations</p> <p>11.00-12.00 Dementia Carers Group</p>	<p style="text-align: right;">6th</p> <p>10.00-2.00 Health & Lifestyle Consultations</p> <p>11.00-12.30 Older Carers Group</p>	<p style="text-align: right;">7th</p> <p>10.00-11.00 Tai Chi</p> <p>11.30-1.00 Cook & Eat Together</p> <p>2.00-3.30 British Red Cross, First Aid Training</p>
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<p style="text-align: right;">10th</p> <p>10.30-12.30 Art Group</p> <p>2.00-3.00 Yoga with Julie</p>	<p style="text-align: right;">11th</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;">12th</p> <p>10.00-11.00 Emotional Support Group by Teleconference</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;">13th</p> <p>10.00-2.00 Health & Lifestyle Consultations</p> <p>11.00-12.30 Older Carers Group</p>	<p style="text-align: right;">14th</p> <p>10.00-11.00 Tai Chi</p>
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<p style="text-align: right;">17th</p> <p>10.30-12.30 Art Group</p> <p>2.00-3.00 Yoga with Julie</p>	<p style="text-align: right;">18th</p> <p>11.00-12.30 Making Friends with Anxiety</p> <p>1.00-3.30 Health & Lifestyle Consultations</p> <p>2.00-4.30 Self-Advocacy for Carers with Rethink</p> <p>4.00-6.00</p>	<p style="text-align: right;">19th</p> <p>10.00-11.00 Emotional Support Group by Teleconference</p> <p>10.30-12.00 Virtual Guided Tour – Greenwich Part 1 Cared-For Welcome</p>	<p style="text-align: right;">20th</p> <p>10.00-2.00 Health & Lifestyle Consultations</p> <p>11.00-12.30 Older Carers Group</p>	<p style="text-align: right;">21st</p> <p>10.00-11.00 Tai Chi</p> <p>10.30-12.00 MH Carers Group</p> <p>11.30-1.00 Cook & Eat Together</p>
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	Emotional Skills for Young Adult Carers			
24th 10.30-12.30 Art Group	25th 11.00-12.30 Making Friends with Anxiety	26th 10.00-11.00 Emotional Support Group by Teleconference	27th 10.00-2.00 Health & Lifestyle Consultations	28th 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	11.00-12.30 Older Carers Group	

June 2021

May 31st EARLY SUMMER BANK HOLIDAY 	1st 11.00-12.30 Making Friends with Anxiety	2nd 10.00-11.00 Emotional Support Group by Teleconference	3rd 10.00-2.00 Health & Lifestyle Consultations	4th 11.30-1.00 Cook & Eat Together
	1.00-3.30 Health & Lifestyle Consultations	11.00-12.00 Dementia Carers Group	11.00-12.30 Older Carers Group	
	4.00-6.00 Emotional Skills for Young Adult Carers		2.00-3.30 British Red Cross, First Aid Training	

7th to 13th June is Carers Week Look out for Special Events

7th 10.30-12.30 Art Group	8th 11.00-12.30 Making Friends with Anxiety	9th 10.00-11.00 Emotional Support Group by Teleconference	10th 10.00-2.00 Health & Lifestyle Consultations	11th 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	11.00-12.30 Older Carers Group	
		10.30-12.00 Virtual Guided Tour – Greenwich Part 2 Cared-For Welcome		

<p style="text-align: right;">14th</p> <p>10.30-12.30 Art Group</p> <p>2.00-3.00 Yoga with Julie</p>	<p style="text-align: right;">15th</p> <p>11.00-12.30 Making Friends with Anxiety</p> <p>1.00-3.30 Health & Lifestyle Consultations</p> <p>4.00-6.00 Emotional Skills for Young Adult Carers</p>	<p style="text-align: right;">16th</p> <p>10.00-11.00 Emotional Support Group by Teleconference</p> <p>11.00-12.00 Dementia Carers Group</p>	<p style="text-align: right;">17th</p> <p>10.00-2.00 Health & Lifestyle Consultations</p> <p>11.00-12.30 Older Carers Group</p>	<p style="text-align: right;">18th</p> <p>10.00-11.00 Tai Chi</p> <p>10.30-12.00 MH Carers Group</p> <p>11.30-1.00 Cook & Eat Together</p>
<p style="text-align: right;">21st</p> <p>10.30-12.30 Art Group</p> <p>2.00-3.00 Yoga with Julie</p>	<p style="text-align: right;">22nd</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;">23rd</p> <p>10.00-11.00 Emotional Support Group by Teleconference</p>	<p style="text-align: right;">24th</p> <p>10.00-2.00 Health & Lifestyle Consultations</p> <p>11.00-12.30 Older Carers Group</p>	<p style="text-align: right;">25th</p> <p>10.00-11.00 Tai Chi</p>
<p style="text-align: right;">28th</p> <p>10.30-12.30 Art Group</p> <p>2.00-3.00 Yoga with Julie</p>	<p style="text-align: right;">29th</p> <p>11.00-12.30 Making Friends with Anxiety</p> <p>1.00-3.30 Health & Lifestyle Consultations</p> <p>4.00-6.00 Emotional Skills for Young Adult Carers</p>	<p style="text-align: right;">30th</p> <p>10.00-11.00 Emotional Support Group by Teleconference</p> <p>11.00-12.00 Dementia Carers Group</p>		

BOOKING IS ESSENTIAL

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