

HOW TO BOOK AND WHO TO CONTACT

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BREAKS • ACTIVITIES
TRAINING • OUTINGS
EVENTS • GROUPS

October - December
2018

www.camdencs.org.uk

September/October 2018

Monday	Tuesday	Wednesday	Thursday	Friday
September 24th 10.30-12.00 Art Group 2.00-4.00 Creative Memory Project	25th 10.00-3.00 Trip to Kew Gardens for Newly Registered Carers	26th 10.30-12.00 Tai Chi 5.45-6.45 Boxercise	27th 10.30-12.30 Amblers Walk 1.30-3.30 Beauty Therapy 2.00-4.00 Active Ageing Exercise Class	28th 10.00-12.30 Jewellery Making 1.30-2.30 Yoga 2.00-5.00 Pottery
October 1st 10.30-12.00 Art Group 2.00-4.00 Creative Memory Project 5.00-6.30 Workshop Knees, Joints & Bones – A User's Guide	2nd	3rd 10.30-12.00 Tai Chi 11.00-1.00 Dementia Carers Group 5.45-6.45 Boxercise	4th 10.30-12.30 Ramblers Walk 10.30-1.00 Making Friends with Anxiety 1.30-3.30 Beauty Therapy 2.00-4.00 Active Ageing Exercise Class	5th 10.00-12.30 Jewellery Making 11.00-1.00 Mindfulness 2.00-5.00 Pottery
8th 10.30-12.00 Art Group 2.00-4.00 Creative Memory Project	9th	10th 10.30-12.00 Tai Chi 2.00-4.00 Cognitive Stimulation Therapy 1/10	11th 1.30-3.30 Beauty Therapy 2.00-4.00 Active Ageing Exercise Class	12th 10.00-12.30 Jewellery Making 2.00-5.00 Pottery
15th 10.30-12.00 Art Group 2.00-4.00 Creative Memory Project	16th 10.30-12.00 Workshop The Mediterranean Diet What's All the Fuss About? 11.00-2.00 Dementia Carers Training 1/3 Light lunch provided	17th 10.30-12.00 Tai Chi 11.00-2.00 (time tbc) Musculoskeletal Awareness Day 2.00-4.00 Cognitive Stimulation Therapy 2/10 5.45-6.45 Boxercise	18th 10.30-1.00 Making Friends with Anxiety 1.30-3.30 Beauty Therapy 2.00-4.00 Active Ageing Exercise Class	19th 10.00-12.30 Jewellery Making 10.30-12.00 Mental Health Carers Group 11.00-1.00 Mindfulness 2.00-5.00 Pottery
22nd 10.30-12.00 Art Group 2.00-4.00 Creative Memory Project	23rd 11.00-2.00 Dementia Carers Training 2/3 Light lunch provided	24th 2.00-4.00 Cognitive Stimulation Therapy 3/10 5.45-6.45 Boxercise	25th 10.30-12.30 Amblers Walk 2.00-4.00 Active Ageing Exercise Class	26th 10.00-12.30 Jewellery Making

November 2018				
<div>29th</div> <div>10.30-12.00 Art Group</div> <div>2.00-4.00 Creative Memory Project</div>	<div>30th</div> <div>11.00-2.00 Dementia Carers Training 3/3 Light lunch provided</div>	<div>31st</div> <div>10.30-12.00 Tai Chi</div> <div>2.00-4.00 Cognitive Stimulation Therapy 4/10</div>	<div>1st</div> <div>10.30-12.30 Ramblers Walk</div> <div>10.30-1.00 Making Friends with Anxiety</div> <div>1.30-3.30 Beauty Therapy</div> <div>2.00-4.00 Active Ageing Exercise Class</div>	<div>2nd</div> <div>11.00-1.00 Mindfulness</div> <div>2.00-5.00 Pottery</div> <div>2.00-4.00 Death Cafe</div>
<div>5th</div> <div>10.30-12.00 Art Group</div> <div>2.00-4.00 Creative Memory Project</div>	<div>6th</div> <div>10.30-12.00 Workshop Nutrition & Inflammation</div>	<div>7th</div> <div>10.30-12.00 Tai Chi</div> <div>11.00-1.00 Dementia Carers Group</div> <div>2.00-4.00 Cognitive Stimulation Therapy 5/10</div>	<div>8th</div> <div>1.30-3.30 Beauty Therapy</div> <div>2.00-4.00 Active Ageing Exercise Class</div>	<div>9th</div> <div>2.00-5.00 Pottery</div>
<div>12th</div> <div>10.30-12.00 Art Group</div> <div>2.00-4.00 Creative Memory Project</div>	<div>13th</div>	<div>14th</div> <div>10.30-12.00 Tai Chi</div> <div>10.30-12.30 LD Family Carers Reference Group</div> <div>1.30-4.00 Festive Crafts Workshop</div> <div>2.00-4.00 Cognitive Stimulation Therapy 6/10</div>	<div>15th</div> <div>10.30-1.00 Making Friends with Anxiety</div> <div>1.30-3.30 Beauty Therapy</div> <div>2.00-4.00 Active Ageing Exercise Class</div>	<div>16th</div> <div>10.30-12.00 Mental Health Carers Group</div> <div>11.00-1.00 Mindfulness</div> <div>2.00-5.00 Pottery</div>
<div>19th</div> <div>10.30-12.00 Art Group</div> <div>2.00-4.00 Creative Memory Project</div>	<div>20th</div>	<div>21st</div> <div>10.30-12.00 Tai Chi</div> <div>2.00-4.00 Cognitive Stimulation Therapy 7/10</div>	<div>22nd</div> <div>10.30-12.30 Amblers Walk</div> <div>1.30-3.30 Beauty Therapy</div> <div>2.00-4.00 Active Ageing Exercise Class</div>	<div>23rd</div> <div>10.00-1.00 Carers Rights & the Care Act Workshop</div> <div>2.00-5.00 Pottery</div>
<div>26th</div> <div>10.30-12.00 Art Group</div> <div>2.00-4.00 Creative Memory Project</div>	<div>27th</div> <div>11.00-1.00 Workshop Body & Mind Combined – The Key to wellness</div>	<div>28th</div> <div>10.30-12.00 Tai Chi</div> <div>1.30-4.00 Festive Crafts Workshop</div> <div>2.00-4.00 Cognitive Stimulation Therapy 8/10</div>	<div>29th</div> <div>10.30-1.00 Making Friends with Anxiety</div> <div>2.00-4.00 Active Ageing Exercise Class</div> <div>5.00-7.00 – time tbc Camden Carers Voice at the Mayor’s Parlour: booking essential</div>	<div>30th</div> <div>11.00-1.00 Mindfulness</div> <div>2.00-5.00 Pottery</div>
December 2018				
<div>3rd</div> <div>10.30-12.00 Art Group</div> <div>2.00-4.00 Creative Memory Project</div>	<div>4th</div> <div>11.00-1.00 Workshop Body & Mind Combined – The Key to wellness</div>	<div>5th</div> <div>11.00-1.00 Dementia Carers Group</div> <div>2.00-4.00 Cognitive Stimulation Therapy 9/10</div>	<div>6th</div> <div>2.00-4.00 Active Ageing Exercise Class</div>	<div>7th</div>
<div>10th</div> <div>10.30-12.00 Art Group</div> <div>2.00-4.00 Creative Memory Project</div>	<div>11th</div> <div>11.00-2.00 Workshop Body & Mind Combined – The Key to wellness</div>	<div>12th</div> <div>2.00-4.00 Cognitive Stimulation Therapy 10/10</div>	<div>13th</div> <div>10.30-1.00 Making Friends with Anxiety</div> <div>2.00-4.00 Active Ageing Exercise Class</div>	<div>14th</div> <div>11.00-1.00 Mindfulness</div> <div>10.30-12.00 Mental Health Carers Group</div>
<div>17th</div> <div>10.30-12.00 Art Group</div> <div>2.00-4.00 Creative Memory Project</div>	<div>18th</div>	<div>19th</div> <div>2.00-4.00 End of Year Carers Party</div> <div>5.45-6.45 Boxercise</div>	<div>20th</div>	<div>21st</div>
<div>24th</div>	<div>25th</div> <div>CHRISTMAS DAY</div>	<div>26th</div> <div>BOXING DAY</div>	<div>27th</div>	<div>28th</div>

Colour Key:

Open to all carers

People with Dementia & Carers

Emotional Well-being

Learning Disabilities

Mental Health Carers

Health Events

Camden Carers Voice

BOOKING IS ESSENTIAL

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

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