

Community Resources



Prevention & Wellbeing Service
June 2025

What we will cover

- Useful Resources
- Social Prescribing
- Activities
- Wellbeing
- Cost of Living Support



Useful Resources

Useful Resources – health & care



Camden Care Choices

<https://camdencarechoices.camden.gov.uk/>

- Website for adult care and support. Gives people both a range of care and support services and other services to enable people to make informed choices.
- Has information and advice on a range of topics, including safeguarding; support for carers; and living with a long-term condition. It also includes a person's rights under the Care Act 2014.
- Three searchable directories: Information and Advice; Services (this includes GPs, community centres etc) and Homecare Agencies. Each service entry has a description and contact details, and if applicable a CQC rating.
- There are also four British Sign Language videos ('[What Matters - Camden's approach to Adult Social Care](#); [Camden's approach to safeguarding](#); [How to contact Adult Social Care and what happens when you do](#); [Support available for unpaid carers](#)) and 27 easy read documents – more are planned.

Camden Learning Disability Service

<https://www.cldsinfo.net/>

This site has useful resources. It includes easy read, videos, and websites with free activities and information.

Mental Health

<https://www.northlondonmentalhealth.nhs.uk/>

<https://www.mentalhealthcamden.co.uk/> (checking this is being updated)

Reach Out Camden

<https://reachoutcamden.co.uk/>

- Wellbeing Alliance of charities offering a range of support and opportunities across Camden.
- Can self-refer, or they accept third party referrals
- Reach out navigator will contact to arrange a 'getting to know you' meeting to understand what support a person may need
- Things that could be offered include: one to one support; activities or groups; peer support groups.



Camden Crisis Sanctuary

<https://www.hestia.org/camden-crisis-sanctuary>

- It is a drop-in out of hours crisis service **open 5pm to 11pm** (last admission for walk-ins is 10.30pm), Monday to Sunday, **365 days a year**.
- Free service available to those aged 18 and over who live in Camden or have visited mental health services in the borough.
- Providing a safe place for people who are experiencing mental health crisis and distress. The Crisis Sanctuary can help you when you are unable to cope on your own by listening to you and supporting you to reduce and manage your immediate distress or anxiety.
- **50-52 Hampstead Road, London, NW1 2PY.**
- Crisis Sanctuary can be contacted by email on Camden.CrisisSanctuary@hestia.org or mobile phone **07825 165 464**.



Useful Resources – community

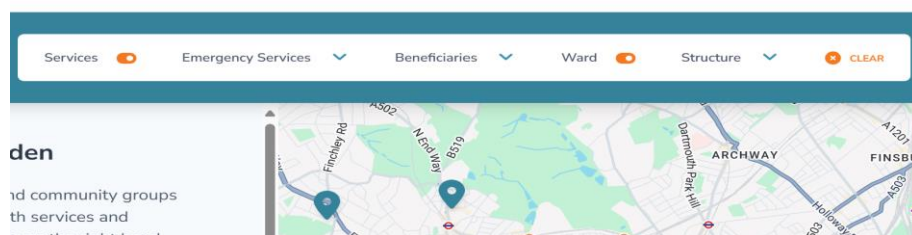
Voluntary Action Camden

VAC is a Council for Voluntary Service 'VCS' organisation. They support charities and community groups to thrive.

One Camden Directory

<https://directory.vac.org.uk/>

- Directory of community groups and charities in Camden.
- Search by service type and Wards amongst others. Showing results on a map.



Newsletter

<https://vac.org.uk/news-and-events/newsletter#subscribe>

- Weekly newsletter sent by email.
- Useful information about what is going on in the Camden Voluntary Community Sector, also have publicise things like activities, opportunities and other organisations' newsletters.

Community Connection

<https://www.camden.gov.uk/connect-with-your-community-in-camden>

- 33% of Camden residents have said they feel lonely some of the time compared to London (21%) and England (20%) averages (Joint Strategic Needs Assessment, 2021)
- 7% of Camden's adults said they feel lonely often or all of the time.
- People most likely to be lonely in the borough are young people aged 16 to 24.

For Loneliness Awareness Week this year, in partnership with Voluntary Action Camden, the Council launched the **Camden, together campaign** to reduce the stigma of loneliness and support residents to feel more connected to the people around them.

The Council and Voluntary and Community Sector partners worked together to compile ways to **meet new people and try new things** in Camden, from free and low-cost events and activities, to social groups and befriending.

[Home](#) > [Your council](#) > [Your local community](#)

Connect with your community in Camden

Feeling connected to the people around us can help us to feel happier, and even reduces our risk of health problems. There are lots of ways to meet new people and get involved in your local area. Here are some free and low-cost ideas:

Community centres, local activities and events

- Camden's community centres offer a wide range of weekly activities. [Find your nearest community centre.](#)
- [Discover community events in Camden](#)
- [Take part in activities in libraries](#)
- [Find Adult Community Learning courses](#)
- Visit a 'warm welcome' space
- [Take part in physical activity or wellbeing activities](#)
- [Find activities in parks and green spaces](#)
- [Children's Centres and Family Hubs](#) offer activities including stay-and-play and baby bonding

Free sessions at Hawley Boxing Club

Hawley are offering lots of opportunities for Camden residents to take part in boxing training sessions:

- All classes free of charge for the entire month of June
- A Saturday mixed age session will be free of charge for an entire year
- A boxing session specifically for people with Parkinson's will continue to take place on Friday's and will also be free of charge.

For any enquiries please contact Rachel Bower at hawleyboxingclub@gmail.com.

Useful Resources – support organisations

Camden Disability Action

<https://camdendisabilityaction.org.uk/>

General enquiries: 0203 833 1111



Camden's Disabled-led organisation believe in a radically inclusive world where people with differences are never Disabled by the society in which they live. Their missions, and reason for existing, is to enable the Disabled community and those most marginalised within it, to lead the way in building a Camden that works for everyone. CDA are based at the **Greenwood Centre in Kentish Town** (37 Greenwood Place, London, NW5 1LB).



- **Information and powerful opportunities** for Disabled people to lead the way in building a Camden that works for everyone.
- Run a range of leadership, engagement, coproduction and active **citizen forums** which campaign and coproduce accessible services. This includes the innovative **Community Journalism project**, where Disabled residents are trained to report on their own insights into experience of Camden, including the health and care.
- **Social welfare law advice services**, including a dedicated D/deaf Advice service with a D/deaf BSL speaking advisor.
- **Deaf Access Group, Deaf Social, IT hub, Craftivism group and Sanctuary Music club.**

Camden Carers

<https://www.camdenscs.org.uk/>

Email: info@camdencarers.org.uk Phone: 020 7428 8950

It is well known that unpaid carers often neglect their own health and wellbeing needs focusing instead on the person/people they care for.

"It was really nice to speak to you last Wednesday. I don't speak to anyone generally about my life and health as I feel like I'm complaining about things. However, I do feel better after speaking to you and the team. I guess it's because there's a level of understanding there that doesn't really exist in other spaces."

Camden Carers helps unpaid carers aged 18 years or over. Services are open if you live or work in Camden or support someone who lives in Camden. They offer a wide range of carer support including:

- **Peer groups and activities**
- **Health and Lifestyle Checks**
- **Counselling**
- **Advice and Information**
- **Carers Conversations** (*statutory duty – where the person they care for lives in Camden. Carers where the cared for lives outside of Camden will need to connect with the Local Authority in that area*).

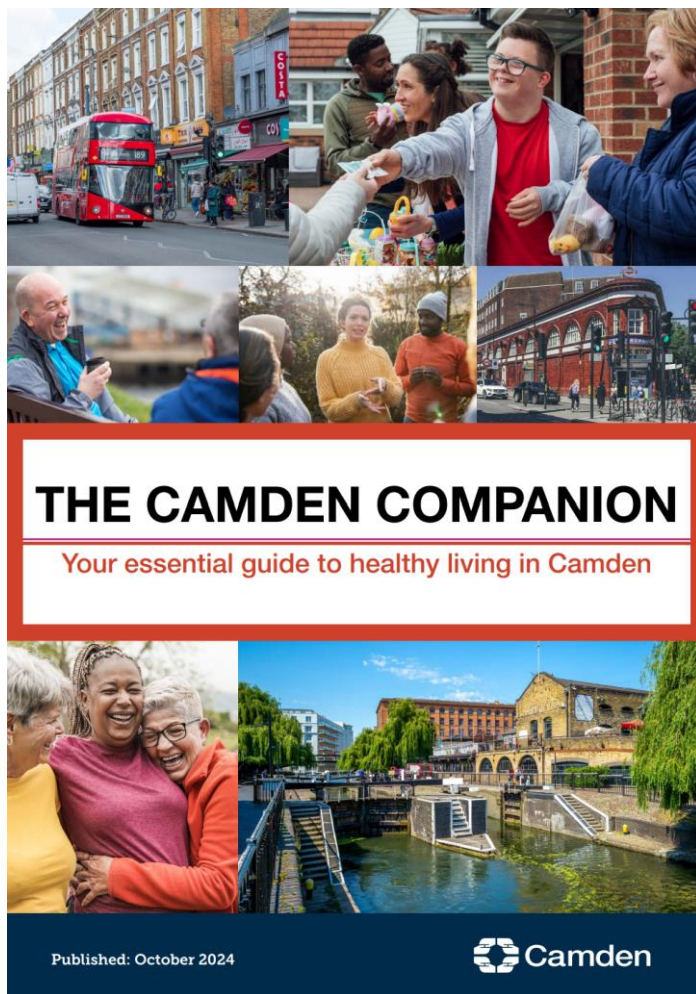


In July 2024, Camden launched the Carers Action Plan, which outlines strategies to better support unpaid carers. It emphasises 5 principles and 11 action areas, addressing early identification, information, guidance and advice, effective partnerships, and accessible services. Information can be found: <https://carersactionplan.camden.gov.uk/>

Useful Resources – Camden Companion

Essential guide to healthy living in Camden – last edition October 2024.

A printed booklet showing a range of support and services that may help people to stay well, active and connect with their local community.



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Getting out and about



Travelling around our local area can help us connect with others and build support networks in our community.

You may be nervous about travelling independently or worried about the cost, but don't worry. There are lots of low-cost travel options and ways to build your confidence.

Free and low cost travel

Here are some of the free or low cost travel options that may be available to you in London and across England.

London travel passes

- The Older Person's Freedom Pass and Disabled Person's Freedom Pass offer free travel across London and free bus journeys across England, to anyone who is Disabled or of retirement age at: londoncouncils.gov.uk/services/freedom-pass
- The 60+ London Oyster photocard offers people over 60 free travel on London buses, Underground and some National Rail services. Search '60 plus' at tfl.gov.uk or call **Transport for London (TfL)** on 0343 222 1234.

Social Prescribing

Social Prescribing

What is Social Prescribing?

An approach that connects people to activities, groups, and services in their community to meet the practical, social and emotional needs that affect their health and wellbeing.

It involves a social prescriber (they are also called other names too like link worker, care navigator) who takes a person-centred approach to find out what matters to a person and they create a personalised plan together. There are many different organisations that deliver social prescribing in Camden, providing time limited interventions and each have their own eligibility criteria. These are the main ones.

Care Navigation and Social Prescribing

care.navigation@nhs.net

Freephone: 0800 193 6067

Care Navigation: Delivered by Age UK Camden. Open to people aged 18 years plus; need to be a Camden resident; have a Camden GP and have one or more long term conditions.

Provides support for residents with long term conditions and complex needs. Will help with things like referrals for home adaptations; welfare and benefit checks; transport (blue badge and freedom pass applications); counselling; health services.

Social Prescribing: Delivered by Age UK Camden. Open to people aged 18 years plus; needs to have a Camden GP but doesn't necessarily need to reside in Camden. Can help with things like social isolation; wellbeing; lifestyle and behaviour change (such as stop smoking services).



Community Links

communitylinks@vac.org.uk

Freephone: 0800 193 6067

Delivered by Voluntary Action Camden. Open to anyone 18 years plus who is a Camden resident. Makes direct community-based referrals and signposts to community support, social activity and opportunities.

WISH Plus

<https://www.camden.gov.uk/wish-plus>

to make a referral - either self or third party

wishplus@camden.gov.uk

020 7974 6454 or 020 7974 3012

WISH Plus is delivered by the Council. WISH Plus works with people aged 18 and over across every housing tenure.

WISH Plus is a way for residents to get access to a range of **warmth, income, safety and health services**. This includes things like the [handyperson services](#) for minor repairs or well and warm home energy efficiency improvements and benefit checks.

WISH Plus puts people in touch with the services they need after discussing these with them first, they are not emergency call out services and some services do have eligibility criteria so they are not available to all.

Activities

Activities – community centres (page 1)

Getting to know Camden's Community Centres: providing social connection; activities and support. This is not an exhaustive list but gives you an idea. You can search for Community Centres on the Voluntary Action Camden 'One Camden' directory:

<https://directory.vac.org.uk/> or on the Council website: <https://maps.camden.gov.uk/Nearest.aspx?find=Community%20Centre>

Abbey Community Centre 020 7624 8378 reception@abbeycc-kilburn.org.uk abbeycc-kilburn.org.uk 172 Belsize Road, Kilburn, NW64BJ	Bengali Workers Association 0207388 7313 info@bwa-surma.org bwa-surma.org Surma Community Centre, 1 Robert Street, NW1 3JU	Calthorpe Community Garden 0207 837 8019 info@calthorpecommunitygarden.org.uk calthorpecommunitygarden.org.uk 258-274 Grays Inn Rd, WC1X 8LH	Camden Chinese Community Centre 02073888883 info@camdenccc.co.uk camdenccc.co.uk 9 Tavistock Place WC1H 9SN
Camden Somali Cultural Centre 020 8154 3051 info@somaliculturalcentre.org www.somaliculturalcentre.org 2C Falkland Road, NW5 2PT	Castlehaven Community Association 0207 485 3386 info@castlehaven.org.uk castlehaven.org.uk 23 Castlehaven Road, NW1 8RU	Centre 404 Supporting People with Learning Disabilities 020 7607 8762 general@centre404.org.uk centre404.org.uk 404 Camden Road, N7 0SJ	Chadswell Healthy Living Centre (Kings Cross and Brunswick Neighbourhood Association) 020 7713 5545 sofina.razzaque@kcbna.org.uk https://www.kcbna.org.uk/ Lower Ground Floor Chadswell Harrison Street, WC1H 8JE
Community Association for West Hampstead 0207 794 3729 manager@cawh.org.uk cawh.org.uk 17 Dornfell Street, NW6 1QN	Covent Garden Dragon Hall Trust 0207 404 7274 info@dragonhall.org.uk dragonhall.org.uk 17 Stukeley Street, WC2B 5LT	Fitzrovia Community Centre 020 7580 8680 info@fitzroviacommunitycentre.org fitzroviacommunitycentre.org 2 Foley Street, W1W 6DL	Fitzrovia Youth In Action 02073887399 info@fya.org.uk fya.org.uk Basement 66-68 Warren St, W1T 5NZ
Hampstead Community Centre hampsteadcommunitycentre.co.uk 78 Hampstead High Street, NW3 1RE	Highgate Newtown Community Partners 07918 633821 andrew.s@hncp.org.uk highgatenevntown.org.uk 25 Bertam Street, N19 5DQ	Holborn Community Association 0207 405 2370 holborncommunity.co.uk Holborn House, 35 Emerald Street , WC1N 3QW	Holly Lodge Community Centre 0208 342 9524 hollylodge.manager@gmail.com hollylodgecc.co.uk 30 Makepeace Avenue, Highgate, N6 6HL

Activities – community centres (page 2)

Hopscotch Women's Centre 0207388 8198 info@hopscotchuk.org https://hopscotchuk.org/ 50-52 Hampstead Road, NW1 2PY	JW3 JW3 is the first and only Jewish Community Centre and arts venue 020 7433 8988 info@jw3.org.uk www.jw3.org.uk 341-351 Finchley Road, NW3 6ET	Kentish Town Community Centre info@ktcc.org.uk www.ktcc.org.uk 17 Busby Place, NW5 2SP	Maiden Lane Community Centre 020 7267 9586 officemlcc@yahoo.co.uk maidenlanecommunitycentre.org 156 St Paul's Crescent, NW1 9XZ
Primrose Hill Community Association 0207586 8327 info@phca.cc phca.cc 29 Hopkinson's Place Fitzroy Road, NW1 8TN	Queens Crescent Community Association 020 7267 6635 info@qcca.org.uk qcca.org.uk 45 Ashdown Crescent, London NW5 4EA	Sidings Community Centre 02076256260 Mobile 07483378339 office@sidings.org.uk sidings.org.uk 150 Brassey Road, NW6 2BA	Somali Community Centre 02072678897 abdul@somalicentre.org somalicentre.org 1-2 Lismore Circus, NW5 4QF
Somers Town Community Centre 020 7388 6088 jodie@somerstown.org.uk somerstown.org.uk 150 Ossulston St, NW1 1EE	South Hampstead and Kilburn Community Partnership (SHAK) 020 7372 7021 info@shakonline.co.uk shakonline.co.uk Linnell House, Boundary Rd, NW8 0HS	St Pancras Community Association 020 7380 1501 info@spca.org.uk spca.org.uk 67 Plender Street, NW1 0LB	Swiss Cottage Community Association 020 7586 5272 info@yourswiss.org yourswiss.org 19 Winchester Rd, NW3 3NG
The London Irish Centre info@londonirishcentre.org londonirishcentre.org 50-52 Camden Square, NW1 9XB	The St Pancras and Somers Town Living Centre 020 7380 0453 info@thelivingcentre.org thelivingcentre.org 2 Ossulston Street, NW1 1DF	The Winch 020 7586 8731 info@thewinch.org thewinch.org Old Winchester Arms, 21 Winchester Rd, NW3 3NR	West Hampstead Women's Centre 020 7328 7389 info@whwc.org.uk whwc.org.uk/ 26-30 Cotleigh Road, NW6 2NP

Example of activities from Holborn Community Association



Qi Gong (18+)
Every Wednesday, 14:15-15:30



Sunday Socials
Sun, 29 Jun, Sun, 27 Jul and 5 more, 12:00-14:00



Crafting Change Exhibition and Art Trail
Sat, 12 Jul, Mon, 14 Jul and 4 more, 10:00-18:00



Women's Yoga (18+)
Tue, 8 Jul, 13:45-14:45

Activities – libraries

Libraries are also community hubs.....

Swiss Cottage

Holborn

Camden Town

Kentish Town

Pancras Square

Highgate

West
Hampstead

Kilburn

Queens
Crescent

Community run
libraries: Belsize
and Keats

The Home Library Service is free for Camden residents who are not able to visit their local library, for example their health limits this. The library team can get books people would like and visit every four weeks to collect books that have been finished and give new ones.

To use the service contact:

homelibraryservice@camden.gov.uk



Activities – other ideas

Henna Asian Women's Group

020 7372 9860

info@hennaorg.co.uk

<https://www.henna.org.uk/>

Abbey Community Centre 172 Belsize Road Belsize Park, NW6 4BJ

The group run a Monday Club which gives our members a safe place to socialise and reduce feelings of loneliness and isolation. They also offer befriending, exercise classes; carers club; arts and crafts; educational programmes; advice and listening service; their mental health service provides information, practical support, advice, and a 1-2-1 counselling in a range of south Asian languages.

forum+

0207 388 5720

info@forumplus.org.uk

<https://forumplus.org.uk/>

54 Chalton St, NW1 1HS

forum+ is an independent charity working to promote equality and improve the lives of LGBT+ people in Camden & Islington. They host social groups and events which promote wellbeing, celebrate local LGBT+ life and help to reduce social isolation and loneliness. Their services are available to ages 18 and over. Services include supporting victims of homophobic, biphobic and transphobic hate crime and discrimination. They also run a variety of social groups and cultural and commemorative events amongst other things.

Performing Arts

Old Diorama Arts Centre

0207 383 0727

office@olddiorama.com

<https://olddiorama.com/>

201 Drummond Stret, Regent's Place, NW1 3FE

Camden People's Theatre

020 7419 4841

foh@cptheatre.co.uk

<https://cptheatre.co.uk/>

58-60 Hampstead Road, NW1 2PY

WAC Arts (for young people)

020 7692 5800

info@wacarts.co.uk

<https://www.wacarts.co.uk/>

213 Haverstock Hill, NW3 4QP

Practical Tasks

Camden Town Shed

07757 024 749

<https://www.camdentownshed.org/>

Workspace and equipment for projects or artistic work with wood or clay.

Kentish Town library of things

<https://www.libraryofthings.co.uk/kentishtown>

Located in a kiosk inside Kentish Town Library, 262-266 Kentish Town Road, London NW5 2AA

It's a place where you can borrow useful things for your home, projects and adventures. How it works: 1) Join & start learning
2) Reserve & rent and 3) Return (and if you want share a picture).



Steam Cleaner
£12 per day



Carpet Cleaner
£29 per day



Drill (cordless)
£7 per day



Projector
£15 per day

Activities – other ideas 2

The **Love Camden** website <https://www.lovecamden.org/>
This is run by Camden Council's Culture Service. The Culture Service work with organisations, communities and neighbourhoods to support arts and culture across Camden. This website draws suggested activities and opportunities together.

Physical Activity ideas

Community Centres (shown in previous slides) have lots of free or low cost.

Camden has lots of green spaces, many host free or low-cost activities. You can search for these using **Voluntary Action Camden's Green Social Prescribing directory**:
<https://directory.vac.org.uk/gsp>

This includes amongst others bird watching; food growing; walking and outdoor activities.

For example, **Camden's Green Gyms run by TCV** can be found on this directory. These are fun, free outdoor volunteering sessions transforming local green spaces. They are free and usually only need a low or moderate fitness level. Volunteers work together towards identified tasks, such as environmental conservation tasks, gardening, habitat management, food growing, small carpentry work (e.g. building raised bed boxes), orchard management, hedge laying, workshops, nature surveying/recording, community gardening. All equipment and training is given on the day.

Details of physical activities for Camden residents can be found on the Council website: <https://www.camden.gov.uk/sport-physical-activity>.



Sport and physical activity

Activities for disabled people >

Sports activities for children and young people >

Activities for older people >

Keep active and healthy >

Club and Community Support >

Remodelling of Talacre Community Sports Centre >

Activities are also displayed by location on this interactive map:
<https://www.arcgis.com/apps/dashboards/948af2db73e94721948cbe25dc5064b2p>.

Wellbeing Walks in Camden

<https://www.camden.gov.uk/wellbeing-walks-in-camden#gtlu>
walking@camden.gov.uk

Organised walks are relaxed, friendly and a great chance to meet new people. At each walks, there are toilets and benches along the route. Many of the walks also finish at cafes for social opportunities. Each group meets 10 minutes before the walk starts and leaves promptly. Walks typically last 30-90 minutes. No specialist equipment needed, just wear clothes and shoes comfortable for walking.



Wellbeing

Wellbeing - befriending

Name of service	Target Audience	Type	Postcode specific
<u>The Silver Line</u>	Older people	Telephone	No
<u>Henna Asian Women's Group</u>	Asian women who are isolated of housebound	In person	NW6
<u>Re-engage</u>	Over 75's	Telephone	No
<u>Third Age Project</u>	Over 50's	Telephone	No
<u>Age UK Telephone Friendship Service</u>	Over 60's	Telephone	No
<u>Age UK Camden - Dementia Befriending Service</u>	Over 55's	In person	Yes
<u>Age UK Camden Good Neighbours Scheme</u>	Over 65's	In person	NW3
<u>Age UK Camden Telefriends</u>	Over 55's	Telephone	No
<u>Abbey Community Centre – Kilburn Good Neighbours</u>	Over 65's	In person	NW6
<u>London Irish Community Centre</u>	Over 65's and younger residents	In person	No
<u>Holborn Community Association</u>	Over 50's	In person	WC1N

- This is a summary of the research on Camden befriending that was completed in 2024.
- The number of services offering befriending has reduced over recent years.
- The research does not include Faith groups or other organisations or services that run informal befriending services.
- You can also make referrals to befriending services through social prescribing.

Wellbeing – learning

Learning

Camden Adult Community Learning

020 7974 2148

adultlearning@camden.gov.uk

<https://www.camden.gov.uk/adult-community-learning>

They provide free courses on a range of topics including computer skills, learning English as a second language, creative writing and yoga.





The University of the Third Age

020 7692 5440

<https://u3alondon.org.uk/>

Offer a variety of courses; learning activities and events for older people. These are some of the learning activities that are currently on their website:

Photography, Art and Writing Competition

			
Paint or Draw	u3a Eye	Found in Nature	Essay Competition 2025
Monthly themed galleries – Submit your artwork!	Themed photography project – Submit entries for "Fresh"	Photo gallery of nature's weird and wonderful—submit yours!	Submit your case for a person, policy, invention or idea having a positive impact on society.

Recovery College

020 3317 6904

Nlft.recoverycollege@nhs.net

<https://www.northlondonmentalhealth.nhs.uk/recoverycollege>

The educational wellbeing courses are free to everyone aged 18 and over, who lives/works/volunteers/draws on services or is a carer in Camden and Islington. No referrals are needed.

They deliver in person and online courses in recovery and maintaining wellbeing. Courses run in three terms of the year in accessible community venues across Camden and Islington – January to March; April to July; September to December. A person can book up to 3 courses per term.

All courses are coproduced learning experiences. Courses available include: building healthy relationships; how to cope with traumatic events; food to improve your mental health; understanding anxiety; writing for self expression; coping with anxiety toolbox.

Other opportunities may be advertised in **libraries** or delivered through **community centres**. For example, Age UK Camden support people aged 55 and over with using digital devices.

There are other training places like City Lit (based in Camden) who run in person and online courses. City Academy for creative arts courses (based in Islington). Or places like Birkbeck University of London (based in Camden) who do short courses too. But these all come with a cost.

Wellbeing – volunteering

Volunteering Opportunities

Volunteer Centre Camden

020 7424 9990

<https://volunteercentrecamden.org.uk/>

They hold regular events where you can get a feel for what's involved and find out how volunteering works, or you can search for an opportunity on their website.

Many **voluntary, community sector organisations** also seek volunteers, for example in their befriending services and Community Links (as part of social prescribing) relies on volunteers. Opportunities are usually advertised on their website.

An example of an organisation that a person can both volunteer with and refer to is **Goodgym**

<https://www.goodgym.org/v3/areas/camden>

They are a group of runners, walkers and cyclists who combine regular exercise with helping the community. They do:

- Community missions: Run, walk or cycle to help community projects with practical tasks.
- Group runs: run in groups to do physical tasks for community organisations.
- Missions: run, walk, or cycle to help older people with one-off tasks they can no longer do alone, such as clearing gardens.
- Social visits: run, walk or cycle to make social visits to isolated older people.

You can get involved – volunteer. Or request a task - a community organisation, including the Council, could request a task.



Roles Available	
Role	Short Description
Primary Maths and English Tutor for a Young Person with Serious Illness Bright Futures UK	Online tutor required to deliver primary Maths and..... Read More
Volunteer for Cancer Research UK at Shine Night Walk London 2025 Cancer Research UK	Cancer Research UK runs Shine Night Walk all over Read More
Volunteer Tutor to Young People with Serious Illness Bright Futures UK	Bright Futures UK are looking for warm, experience..... Read More
Volunteer Playworker Caris Families	We are looking for volunteer playworkers (18yrs+) Read More
Companion Volunteer - Marie Curie Marie Curie	This role is available in multi locations. Offer your time and a listening ear. Be there when..... Read More



Saturday

CAMDEN

Clearing the Vines + Weeds at Rathmore House Care Home!

Community mission

Saturday 11:00am

Rathmore House NW3 3EL

We'll be outside and making a difference at the wonderful Rathmore House!

3 GoodGymers are going

Wellbeing – advocacy

Advocacy

This is having someone by your side, and on your side, when you want to be involved in decisions about your care, treatment and living arrangements. An advocate can help you feel more in control and speak up for you if you are not able to. They can also support you if you would like to complain about a service.

Rethink Advocacy

0300 7900 559

Advocacyreferralhub@rethink.org

<https://www.rethinkadvocacy.org.uk/>

In Camden and Islington the Integrated Advocacy Service is delivered by Rethink.



Cultural Advocacy Project

0207 241 8988

<https://www.mindincamden.org.uk/services/cultural-advocacy-project>

Mind in Camden, Barnes House, 9-15 Camden Road, London, NW1 9LQ Tel.



This is a link to their flier: <https://www.mindincamden.org.uk/wp-content/uploads/2020/09/CAP-Flier.pdf>

The Cultural Advocacy Project supports and develops mental health projects with ethnically minoritised community groups and organisations to promote good mental health and wellbeing across communities.

Working with different organisations, they deliver culturally specific training in mental health to create mental health champions and workers to promote and deliver wellbeing projects. These include weekly peer support groups, individual support, workshops and wellbeing events to support people's individual mental wellbeing journeys, find mentors and receive practical help and support. Groups focus on connectedness, aiming to reduce isolation and build skills, resources and resilience across individuals, families and communities. The peer support groups are held in various community centres, GP practices and schools.

A lot of **voluntary and community sector organisations** also provide informal advocacy – such as Camden Carers and the organisations listed in the Camden Advice Network.

Cost of Living Support

Cost of Living Support

Camden Advice Network

<https://www.camden.gov.uk/camden-advice-network>

This is made up of 12 organisations, funded by the Council to offer free and independent advice to Camden residents.

The 12 organisations in the network can be contacted directly:

1. **Citizens Advice Camden** provides free and confidential advice including work, housing, money and debt. Also support people in the community with financial literacy.
2. **Age UK Camden** offers advice and support to residents over 55.
3. **The Living Centre** offers health and wellbeing services.
4. **Mary Ward Legal Centre** offers free legal advice including employment, housing and small claims issues.
5. **North West London Law Centres** offers free legal advice including employment, housing, benefits, asylum and immigration law.
6. **Hopscotch Women's Centre** provides domestic violence advocacy, benefits advice, jobs and skills training.
7. **West Hampstead Women's Centre** offers advocacy and advice on health and wellbeing, benefits and debt.
8. **Camden People First** supports self-advocacy for adults with learning difficulties.
9. **Camden Disability Action** offers services to adults with a disability including benefits advice, IT training and a deaf advice service.
10. **New Horizon Youth Centre** offers advice to young people aged 16-24 including housing, health and life skills.
11. **London Irish Centre** offers advice on benefits, housing, Irish birth certificates and passports.
12. **Kosmos Centre** offers free legal advice to ethnic women and their families including debt, employment, housing, benefits and immigration.

For information, the organisations in the Advice Network work alongside the 3 internal Welfare Rights Teams, who are able to give benefit advice (not debt advice). Each have specific referral criteria:

- **Adult Social Care** – works with residents over 18 who cannot access services in the community because of disability or long term health conditions. Referrals should come through an Adult Social Care practitioner. Manager is Gill Catherall.
- **Housing** – only work with Council tenants. Referrals mainly come from Housing Officers (sometimes Social Care practitioners or Camden Safety Net). Manager is Rita Akinosi.
- **Children and Families** – work with parents who live in Camden and are pregnant or have a child/children under 18, or under 25 with SEND. Referrals come from any professionals working with parents or parents can self-refer by contacting their local Children's Centre or Family Hub. The manager is Hena Mannan Islam.

Grants and Funds

Cost of Living Fund

<https://www.camden.gov.uk/cost-of-living-crisis-fund>

All of the organisations in the Camden Advice Network; the internal Welfare Rights Team; Social Prescribing organisations noted in slide 9 (along with others) can support with cost of living grants. Residents can also apply for these themselves.

Each Crisis Fund payment is worth up to £500. The amount depends on your circumstances and the size of your household. A person can apply for two payments in a 12-month period, but you must wait at least two months to make the second application.

Cost of Living Support – continued

Household Support Fund

<https://www.camden.gov.uk/hsf>

If there is an emergency financial situation and a person doesn't have the money to pay for essentials, they may be eligible for a payment of up to £500. The Household Support Fund is government funded. The same eligibility criteria applies as the cost of living award. Deadline to apply is 31 March 2026. For a person to apply they need to register with the Money Advice Camden Service:

<https://www.camden.gov.uk/refer-yourself-for-money-advice-and-support>

A person can apply for a cost of living and household support fund grant but can only submit one application at a time.

Supermarket vouchers

The Household Support Fund will also be used to fund supermarket vouchers until 31 March 2026 for families living in Camden who receive Housing Benefit or Council Tax Support with children up to the age of 18. Any child attending a Camden school and receiving free school meals will also receive vouchers. If the person receives certain benefits – including Universal Credit – their child is eligible for this support but they must be registered for free school meals. To sign up <https://www.camden.gov.uk/free-school-meals>.

Families will receive:

- £45 per eligible child in February 2025 for Spring term
- £60 per eligible child in May 2025 for Summer term
- £45 per eligible child in September 2025 for Autumn term

Other grants and benefits

Other from charities are available, for example:

- Camden Carers may give small grants for unpaid carers registered with their organisation (paused temporarily at the time of writing this).
- The Hampstead Wells and Camden Trust provide small grants to individuals and families in severe hardship. Grants must be made on behalf of the person by a local organisation: <https://hwct.org.uk/grants-for-individuals/>
- Turn 2 us gives a list of grants a person may be eligible for, although noting you will need to answer a few questions: <https://www.turn2us.org.uk/>
- *Camden Giving (grants for community projects)* <https://www.camdengiving.org.uk/our-grants>

It's also worth looking at things like whether the person is eligible for the **Council tax reduction scheme**. This can be looked at as part of any wider benefit check. More information can be found on the Council website: <https://www.camden.gov.uk/council-tax-discounts-exemptions>

Cost of living support

Refer yourself for money advice and support >	Apply for grants, funds and loans >	Help to pay your bills >
Help to access food >	Claim benefits you're entitled to >	Mental health services >
Save energy and keep warm >	Worried about housing costs or losing your home >	Employment support >
Help to get out of debt >	Advice bus and free and low-cost events in Camden >	Ways to donate, volunteer and help others >

This all the categories of cost of living information available on the Council website.

Cost of Living Support – continued 2

As well as looking at things like help with utility bills through programmes such as:

- Water Help <https://www.thameswater.co.uk/help/account-and-billing/financial-support/waterhelp>;
- Water Sure <https://www.thameswater.co.uk/help/account-and-billing/financial-support/watersure>.

Also, contact energy providers, internet and phone providers for the support they may offer.

Camden Well and Warm Service

020 7974 6207

EnergyEfficiencyHomeAdvice@camden.gov.uk.

This provides free home energy advice over the phone and through home visits to council tenants. They may help with managing energy use; lowering bills; reducing existing fuel debt; reducing the stress of keeping your home warm. This includes expert advice, talking with energy suppliers, and the provision of free energy saving measures like draught-proofing, and low energy bulbs.

Referrals can also be made through WISH Plus.

Food

Find Food

<https://findfood.camden.gov.uk/>

This is a website that connects people in Camden to food, and the networks made up of food banks, community organisations and charities. If you are an older person or having difficulties leaving your home, they may also be able to organise a food parcel to be delivered to you.

The **Trussel Trust** offer help to those who may need an emergency food parcel. A referral is needed for this for example from a social care practitioner; GP; advice network partner. Other Council services such as WISH Plus can also make these referrals as can some other Council departments. There are 3 foodbanks in Camden located in Camden; Euston and Chalk Farm.

Housing

Handyperson service

CamdenHIS@mtvh.co.uk

0203 884 0468

Camden's handyperson service delivered by Metropolitan Thames Valley Housing is available to all residents who are aged over 65; have a long-term health condition or Disability; or provide unpaid care.



The service helps with a range of minor repairs and maintenance and some home improvements. This includes things like home security assessments; child safety assessments; putting up curtains; repairs to door handles; replacing taps; putting up shelves or pictures.

Some of these services are free but some may be chargeable. The chargeable services cost £12.50 per hour plus any materials that are needed. This will always be agreed in advance.

Referrals can also be made through WISH Plus.



Cost of Living Support – continued 3

Homelessness Prevention Advice

The **Council website** offers a lots of advice, including making a housing assistance referral:

<https://www.camden.gov.uk/homelessness-in-camden>

North West London Law Centres

(formerly known as the Camden Community Law Centre) is part of the Camden Advice Network.

<https://nwllc.org.uk/>

020 728 6510

12 Greenland Road, London NW1 0AY

Offers free legal advice including employment, housing, benefits, asylum and immigration law.

Mary Ward Law Centre

Part of the Camden Advice Network

www.marywardlegal.org.uk

020 7831 7079

10 Great Turnstile, London WC1V 7JU

offers free legal advice including employment, housing and small claims issues.

New Horizons Youth Centre

Part of the Camden Advice Network

<https://nhyouthcentre.org.uk/>

020 7388 5560

68 Chalton St, London NW1 1JR

supports young people aged 16 to 24 with housing, health and life skills

- 
- Evicted and at risk of being homeless
 - Relationship broken down and at risk of being homeless
 - Hostels for homeless single people with support needs
 - Support for people rough sleeping
 - Experiencing domestic abuse and at risk of being homeless
 - Pregnant or with dependent children and at risk of being homeless
 - Duty to refer
 - Young person at risk of being homeless
 - Housing policies and strategies
 - Older person at risk of being homeless
 - Arriving from abroad and at risk of being homeless
 - Leaving prison and at risk of being homeless
 - Leaving hospital and at risk of being homeless
 - Resources for homelessness support professionals

The following organisations may also be able to offer independent advice:

- [Shelter](#) has an emergency helpline and advice on housing options and next steps
- [Depaul](#) offers housing advice and counselling
- [Stonewall Housing](#) offers advice to LGBTQ+ people of all ages
- [Albert Kennedy Trust](#) offers advice to LGBTQ+ young people aged 16 to 25



Questions