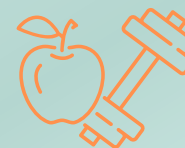




Health Events 2025



This Autumn, join us for a season of wellness!
We're running a variety of health-focused events for carers.

All Carers:

MAINTAINING HEALTHY LUNGS - 24 SEPT / 11AM-12PM

The team from Breathe and NCL Lung Screening will deliver a webinar on how to stop or cut down on smoking, and how to have an NHS lung screening.

Held online, via Zoom

HEALTH AND WELLBEING FAIR - 30 SEPT / 11AM-2PM

London Irish Centre are holding a wellbeing fair, to give you the chance to speak to different services about support for health and wellbeing.

London Irish Centre, 50-52 Camden Square, London NW1 9XB

MENTAL HEALTH DAY WALK - 10 OCT / 10:30AM-12PM

Join us for a walk on Hampstead Heath to celebrate World Mental Health Day. The walk will be followed by a hot drink and cake at the café.

Parliament Hill Bandstand, Hampstead Heath, London, NW5 1QR

KEEPING A HEALTHY BLOOD PRESSURE - 21 OCT / 11AM-12:30PM

A local GP will be joining us to talk about healthy blood pressure. You will be able to have your blood pressure checked and get some helpful advice.

The Greenwood Centre, 37 Greenwood Place, London, NW5 1LB

BONE AND JOINT HEALTH - 20 NOV / 2PM-3:30PM

Join us in-person for a session on bone and joint health, delivered with the Musculo-skeletal (MSK) service. Enjoy some gentle exercises and refreshments.

Castlehaven Community Association, 23 Castlehaven Rd, London, NW1 8RU

Young Adult Carers (18-30):

ARSENAL TOUR AND WALKING FOOTBALL - 10 SEPT / 2PM-3:45PM

Join us for a tour of Arsenal's Emirates Stadium, followed by a fun and accessible session of walking football.

Emirates Stadium, Hornsey Rd, London, N7 7AJ

Booking is essential, call: 020 7428 8950 or email: info@camdencarers.org.uk



Camden Carers is funded by London Borough of Camden and NHS Camden.
Camden Carers is a registered charitable incorporated organisation 1042757.
The Greenwood Centre, 37 Greenwood Place, London NW5 1LB

