



Why a Community Newsletter?

Working for the **Private Renters Project** has shown me that the challenges renters face often go beyond repairs, rents and mouldy ceilings. Renting often means insecurity and alongside that, many renters experience social isolation, loneliness, poverty and mental health challenges, along with a feeling of not really belonging to their local community. I recognise this personally. I've rented for most of my adult life and in my younger days, social isolation and uncertainty took a heavy toll. Things have improved for me but I still sometimes have a sense of not fully being a part of my local neighbourhood.

But it isn't just private renters who feel this way. What is significant is the extent to which these themes come up in conversations with community organisations. Groups working on different issues report similar experiences among their service users: people feeling cut off, disconnected, and unsure where they fit in. From different angles, we keep meeting the same underlying problem.



This newsletter grows out of that shared recognition. It brings practical information, local voices and opportunities together in one place, extending a warm welcome for anyone who wants to get involved. Different groups may be contributing in different ways, but the aim is the same: to help people feel more connected to local life. If this newsletter helps even one person feel less alone or a little more at home where they live, then it's well worthwhile.

If you would like to become involved in '**Where We Live**' or find out more about the **Private Renters' Project**, please email baruch@cfpt.org.uk or ring **020 3826 4785**

FoodCycle – A Volunteer's Story

FoodCycle is all about tackling food poverty, loneliness and waste. Using good food being thrown away by retailers, cooking volunteers rustle up a three course feast which is brought to the table by our lovely hosting teams for anyone in need of company and a good meal. Guests don't need referrals from professionals to attend. Everyone is welcome, no questions asked. Coming together to eat has always been a *(Continued overleaf)*

FoodCycle: More Than Just Volunteering (*continued*)

fundamental part of life. At FoodCycle everyone is invited.

Someone asked me once what I liked most about it, and when I'd had a think (because there is so much to like), I said how wonderful it is that from stuff being thrown away, FoodCycle creates a beautiful community both for guests and volunteers. It's a simple idea with real impact: surplus food becomes shared food, turning waste into warmth and welcome. The fact that it involves a free, delicious, healthy meal is all to the good!



From a volunteering perspective, I think it's a bit like magic – you never know what food's going to turn up to cook with, how many volunteers will appear (and even, in some of the places I've cooked, whether the kitchen is actually working), and yet amazingly, by the time our guests arrive, there is always a delicious, welcoming meal waiting to be served.

FoodCycle Camden offers a free three-course meal every Tuesday at 5pm. We're based at **St Pancras Community Centre** in Camden Town - **67 Plender Street, NW1 0LB**. Everyone is welcome. To find out more, volunteer or get involved, visit foodcycle.org.uk or better still, if you fancy a meal, just turn up! (You will need to register first to volunteer.)

Third Age Project - A Place to Go; People to Be With

For many older people, life can become smaller over time. Health issues, disability, money worries or the loss of familiar routines can make it harder to get out, meet people or feel part of what's happening locally. Often it's not one big change, but a slow drift into spending more time alone than you'd like.

The Third Age Project (TAP) is a grass-roots social initiative based at Cumberland Market in Camden. We offer people aged 60 and over a place to go, something to do and others to do it with. We try to create a relaxed, friendly environment, built around shared activities rather than formal support.

That might mean gentle movement like Tai Chi, chair-based exercise or wellbeing walks, or sitting down together for art and craft sessions, a memory café or a game of bingo. There are also tea dances, parties and trips out to museums, exhibitions and theatres — chances to get out, enjoy yourself and spend time with others in good company. You can join in as much or as little as you like.

You don't need to be confident, energetic or especially sociable; turning up is enough. Many people come once "just to see" and end up finding something they didn't realise they'd been missing.

The Third Age Project is at **Cumberland Market, NW1 3RH**. If you'd like to know more, please call **0207 383 4922**, email info@thirdageproject.org.uk or visit our web site at thirdageproject.org.uk



Three Things to Do This Week For Free

One of the best kinds of therapy is trying something you don't normally do. It helps to remember there are things to do for free right on your doorstep — hiding in plain sight.

Enjoy a Local Viewpoint – On a cold, clear day, nothing beats a walk up Primrose Hill. A short uphill climb through 62 acres of parkland leads to the summit and a panoramic view of Central London. Greenery and wide skies can reset your sense of scale.



Visit an Art Exhibition – The Camden Arts Centre is on Arkwright Road, near Finchley Road and Frognal Station. Its light, spacious galleries host free exhibitions, including immersive film and sound works. One room, image, or idea can catch and hold you. There's also a small café and garden.

Rediscover Your Local Library – Some of my most inspirational moments have come from browsing bookshelves. Primrose Hill and Belsize Community Libraries are welcoming, volunteer-run spaces with free Wi-Fi, plus book clubs, talks, and children's sessions.

Often, when you're feeling socially isolated, the hardest thing is stepping outside your front door — yet that small step can make the day feel a little wider.

Camden Fixing Factory – Repairing, Reusing and Reconnecting Our Community

Since its launch in 2022, the **Camden Fixing Factory** in **Queen's Crescent** has become a vibrant hub of neighbourly spirit, helping local people save money and valued items by fixing all kinds of objects, from lamps to toasters. With the help of our 35 dedicated volunteers, we are strengthening local skills and reducing waste right on our doorstep.

Whatever your confidence or skill level, the Fixing Factory has something for you. Every week we have **free community repair sessions**. We also have **'Fixperience workshops'** for complete beginners, and skills and development training for those wanting to take it to the next level. So far, we've trained 70 people in repair techniques — empowering many to look after their own belongings. For some, it's a way to get out, meet people and do something they enjoy, but at least ten of our volunteers have gone on to secure paid work.



"I love what you're doing!" One local resident said. "With many people in this neighbourhood struggling with the cost of living and so many appliances going to landfill, this feels like such a beacon in our community. It's great that you're also teaching people how to repair things themselves so that this knowledge can spread further."

To get involved, check our web site **fixingfactory.org** for up to date details of our **weekly repair sessions** or to join a **Fixperience workshop** and learn repair skills from scratch.

Camden Private Renters' Week – A Camden Council Initiative

Big changes are coming to private renting, and they'll be felt in everyday ways. The new **Renters' Rights Act** brings stronger protections for people who rent, including **the end of "no-fault" evictions**, bringing in **Awaab's Law**, outlawing rental bidding and rules to combat discrimination against people who are on benefits, have children or own pets. For many renters, this means greater stability and fewer sudden shocks, while also marking a reset of a system that can often feel confusing or stacked against you.

In Camden, where more than a third of households rent privately, these changes matter. Private renters are more likely to move often, have less long-term security, and feel less visible than council tenants, housing association tenants or homeowners. That sense of being on the margins can make it harder to ask for help or raise concerns. Knowing where to go and whom to call - and that others face similar issues - can make a real difference.

To support renters through this uncertain if exciting time, Camden Council is hosting **Camden Private Renters' Week** from **16–21 March 2026**. During the week, a programme of free webinars will explore what the new tenancy rules mean in practice, how rent increases are meant to work, and what protections exist when things go wrong. Sessions will also cover students in private housing, repairs and safety standards, discrimination, rental bidding, and what the new rules around pets may mean.

The week will finish with an in-person **Private Renters' Fair** on **Saturday 21 March** at the **Crowndale Centre** near **Mornington Crescent**, bringing together council services and tenant-focused organisations. It's a chance to get advice, meet other private renters, share experiences and to feel less alone navigating a system that often keeps people apart.

*Scan here to
visit the Camden
Private Renters
website*



*Scan here to learn
about the Private
Renters' Week and
book our webinars*

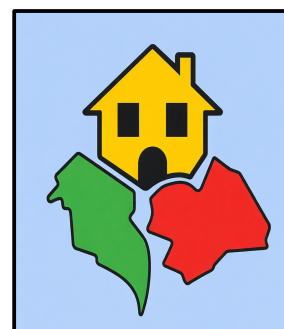


**Camden
Federation Of
Private Tenants**
cfpt.org.uk

'Where We Live' is created and distributed by the Private Renters' Project for Haverstock and Primrose Hill, with support from local community organisations and editorial support from FoodCycle volunteer Amelia Thorne. If you are involved in a local group and would like to be featured in a future issue of 'Where We Live', please get in touch.

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**Private Renters'
Project for
Haverstock and
Primrose Hill**