



Welcome to the May Issue of 'Where We Live'

Since our first newsletter went out, I've had some really encouraging feedback. People were genuinely enthusiastic about it. They said it filled a need, that it was a strong idea, and that the design and format really worked. That response has been reassuring, and it's confirmed for me that this is something worth continuing over the coming months.



Through my work with the **Private Renters' Project** and in everyday conversations, I'm regularly reminded that many people are dealing with loneliness, isolation, poor health, and feeling on the margins. People experience this in different ways, but the underlying issues are often shared.

This newsletter is one small way of responding to that. It brings together local projects, activities and

support in one place, shaped by our common aims of fostering social inclusion, better mental and physical health and a feeling of connectedness with our local community.

That's also our thinking behind a special Health and Wellbeing event we're organising on 27th May for private renters and housing association tenants. The **Camden Mobile Health Bus** will also be there, offering free health checks and advice for anyone who wants to drop by. Please see the back page for more details.

If you would like to know more about '**Where We Live**' or need support from the **Private Renters' Project**, please email baruch@cfpt.org.uk or ring **020 3826 4785**.

Age UK Camden – Advice, Support and So Much More

Some people think of Age UK as somewhere to call when you have a problem, when you need advice on money, housing, or finding a carer for a loved one. Of course they're great at all that, but they're also there for the fun things in life, like getting out, human connection and the chance to take part in enjoyable and meaningful activities.

On the first Wednesday of every month, there's a **coffee morning at Swiss Cottage Library 10am to 12pm**. The coffee mornings include guest speakers and this June, there will be speakers from London Zoo and Camden Accessible Travel Solutions.

Age UK Camden (*continued*)

On the last Wednesday of the month there's a **book club at the British Library** (11am to 12.30pm). This month they're reading *The Marmalade Diaries* by Ben Aitken. If you prefer a screen to a printed page, there are **digital support sessions every Wednesday** 2pm to 4pm at different locations across the borough. You can bring a phone, tablet or laptop and get help using it. To find the locations, ring **020 7837 3777 or 020 7239 0400**.

And if that's not enough, there's a weekly **meet and greet** every Friday from 12pm to 1pm at the **Assembly House pub, 292 to 294 Kentish Town Road, NW5 2TG**.



For people who find it harder to get out, Age UK also offers a befriending service involving regular phone calls or visits from a volunteer. It's a simple way to feel a bit less alone.

For advice and support, you can drop in to **Henderson Court, 102 Fitzjohn's Avenue, NW3**, Monday to Friday, 10am to 1pm and 2pm to 4pm. They also run advice sessions at locations across Camden each month (booking required).

For more information, to book an advice session near you or if you would like to **volunteer with Age UK**, call **020 7837 3777 or 020 7239 0400**, or visit **ageuk.org.uk/camden**.

Three Things to Do in Camden This Week for Free

One of the best things for our mental health is stepping outside our comfort zone and trying something new. And you don't have to go far to find interesting, slightly unusual options.

A Walk Along the Regent's Canal – The canal between Kings Cross and Regents Park is a unique experience. You will pass vibrant cityscapes with hip shops and cafes. Once past Camden Town however, you'll encounter quiet leafy stretches leading up to Regents Park. If you're lucky you might spot a few monkeys as you pass London Zoo. And If you want to carry on you can continue all the way to the picturesque Little Venice.

See an Original Magna Carta Document – You can walk into the British Library and see one of the original 1215 Magna Carta documents for free, along with handwritten Beatles lyrics and other historic material. You don't need a ticket or membership, and you can stay for as long or as little time as you like.

Go to an Open Mic Comedy Night – One of London's best-kept secrets is how much stand-up comedy you can watch for free. Download the **Giggag app** and you'll find regular gigs across London including in Camden. They're informal, friendly, and the comedians are very approachable. You may even be inspired to have a go yourself.



Camden Crisis Sanctuary - A Place to Go If Life Becomes Too Much

If you're in mental distress or life feels overwhelming, there's a place in Camden where you can talk to a fellow human being who will listen to you and take you seriously.

The Camden Crisis Sanctuary provides a genuinely welcoming space in a non-clinical setting. You'll be offered a cup of something hot to drink and an empathetic human being with the time to listen and try to understand your distress. All of their staff are recovery workers and peer support workers with lived experience. This is a walk-in service, so you don't need to phone in advance and you don't need a referral. If you prefer, you can spend some time on your own in a quiet and safe space until you feel ready to speak.

Once you have had an opportunity to talk through your issues, your recovery/peer support worker will assist you in creating a personalised support and safety plan to help you address your challenges and get back on your feet. Whilst they are primarily for short-term mental health and emotional support, they can refer you to local networks in the community for ongoing support.



Their phone line – **07825 165464** – is open **5.30 - 10.30pm** every evening. However you should arrive **between 5.30 and 10.00pm** for their walk-in service. **Address - Hopscotch Women's Centre, 50–52 Hampstead Road, London, NW1 2PY.** The entrance is round the back, so **keep their phone number handy** in case you need directions.

Camden Town Shed - Where Making Things Brings People Together

Camden Town Shed is a friendly, practical space where people over 40 come together to make things, learn skills and spend time with others. For some, it comes at a stage of life when social contacts can shrink. Whilst many attendees are men, women are more than welcome. The Shed is a simple way to reconnect through shared activity and conversation.

The space includes a fully equipped woodworking workshop and a clay room with a kiln. Members work on their own projects at their own pace, learning from each other in a supportive, informal setting. No experience is needed, and there is always someone around to help.

Currently, the Shed is at capacity, with a waiting list for new members. However, **you are welcome to drop by and visit**, preferably around midday on Tuesdays, to look around and meet the group. Alternatively, you can visit their web site **www.camdentownshed.org** or email **info@camdentownshed.org** to register your Interest or for further information. Camden Town Shed can also signpost you to similar projects, such as Wood That Works, UpCycle and the Fixing Factory.



They are located at **Maiden Lane Community Centre, 156 St Paul's Crescent, NW1 9XZ.**

A Special Health and Wellbeing Event – 27th May 2026

This is a rare opportunity to get advice and support on a range of issues in one place.

Whether it's a free health check, a repair that's going nowhere, advice on energy bills, benefits and cost of living support, or accessing care for a loved one with dementia, **it's all happening on Wednesday 27th May.**

The event is organised by **Camden Federation of Private Tenants (CFPT)** and will take place at our premises on Malden Road. **Camden's Mobile Health Bus** will be outside from **11.30am to 2.30pm** offering **free walk-in checks, including blood pressure, BMI and diabetes risk, with no appointment needed.** Everyone is welcome.

Also from 11.30am to 2.30pm, there will be short talks and people you can speak to about a range of issues that come up regularly, including **disrepair, cost of living support, and how to access help from Camden Council's Adult Social Care team.** These sessions are aimed at both private renters and housing association residents.

We're hoping that the talks will include a presentation on **dementia awareness**, particularly useful for those supporting someone with dementia or in the early stages themselves. We're also hoping to have a speaker from **DIY Retrofit** to talk about small repairs you can do yourself without having to gain landlord approval.

The event will be taking place at **13 Malden Road, London NW5 3HS.**

For more information,
email admin@cfpt.org.uk
or call 020 7383 0151.

Don't worry if you are unable to attend in person. You can still participate in our talks live on Zoom. Simply scan the QR code opposite.

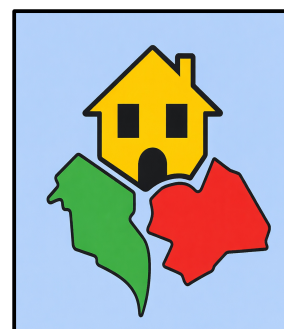


**Camden
Federation Of
Private Tenants**
cfpt.org.uk

'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**