

Community Connections Booklet



Welcome In, Kentish Town



Camden

Likewise



Mind in Camden

KentishTown
CONNECTS



Navigating Our Community



Your 'Community Connections Booklet' is designed to support you with learning more about amazing community offers available in Kentish Town. From spaces for adults, young people or 50+ to dance, coffee mornings, crafts, community walks and so much more! No matter who you are or what you're interested in, there will be something for you - so take a good look.

Every page provides you with information about the aim or mission of community space, organisation or service and details their diverse range of accessible offers available to Kentish Town residents. We hope that you feel inspired to check out a few spaces.

You can find address, website and contact information at the bottom of every page and notes pages to jot down anything that interests you.

Name:

Contact:





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Mind in Camden



Mind in Camden is a charity providing community group services and one-to-one support to people affected by mental health problems living in Camden.

Support and Connect Service is a service delivered in partnership by Mind in Camden and Likewise that provides a flexible and person-centred approach to individual mental health support

- **Healthy Minds:** Activities-based project aimed at supporting adults who may be struggling with their mental health, feeling isolated or disconnected with their community including things like coffee mornings, yoga, art, song-writing, culture trips, dance (booking required)
- **Social Prescribing:** Service for people within primary care whose struggles may not be supported by more conventional approaches like brief psychological or psychiatric support
- **London Hearing Voices Network:** Peer support groups for adults who hear voices or see visions

How to Find Us

Barnes House, 9-15 Camden Road, NW1 9LQ

www.mindincamden.org.uk

0207 911 0822

admin@mindincamden.org.uk



●●● Castlehaven Community Association ●●●

Association

Castlehaven is an award-winning Community Association in the heart of Camden Town, providing safe, inclusive spaces and engaging activities.

We inspire and empower people of all ages, cultures, backgrounds, and abilities to reach their full potential, both mentally and physically, while fostering a strong and caring community.

- Age/activity 60+: Exercise, craft and social activities for adults over 60.
- Health Haven: Exercise, wellbeing and cultural activities for Camden adults experiencing long-term health conditions.
- Active8: Fun afterschool and school holiday activities for children 8-13.
- Environmental: Gardening and horticultural activities for adults of all ages.
- Community Cinema: Free monthly showings of contemporary world cinema.

How to Find Us

23 Castlehaven Road, NW1 8RU

www.castlehaven.org.uk

0207 485 3386

info@castlehaven.org.uk



Kentish Town Community Centre

KTCC is a vibrant, award-winning charity at the heart of North Camden, dedicated to connecting and inspiring our local community. We are a welcoming space for people of all ages and backgrounds, offering a diverse range of services and activities.

There are host of offers available, a few include:

- Monday Messy Play: This relaxed and friendly group is a place for your child to get messy, build connections and have fun! Old clothes recommended
- Tuesday Community Lunches: Free and open to all
- Wednesday Mums Club: A no judgement space to meet with other mums to chat, relax and recharge (fortnightly)
- Thursday Men's Club: A free to attend peer to peer support group
- Friday Stay and Play under 5's: A variety of toys, soft play equipment and arts 'n crafts for the little ones to explore and be creative

How to Find Us

17 Busby Place, NW52SP

www.ktcc.org.uk

0207 482 3212

info@ktcc.org.uk or projects@ktcc.org.uk



Queens Crescent Community Association

QCCA is a community-led organisation supporting residents across Camden through youth services, older people's programmes, food support, and health and wellbeing initiatives. We are dedicated to creating inclusive spaces that bring people together and improve quality of life.

Our key offers include the following:

- Foodbank and emergency food support for the community
- Youth services and activities at The Dome Youth Club
- Healthy Families programme (fitness, wellbeing, and family-focused sessions)
- Older People's Service (social activities, meals, and support)
- Community events and venue hire

How to Find Us

45 Ashdown Crescent, NW5 4QE

www.qcca.org.uk

0207 267 6635

info@qcca.org.uk



London Irish Centre Community Services

Our services at the London Irish Centre are accessible to all communities as part of an inclusive, person-centred approach.

We have a range of services which include:

- Advise and Support: Accredited advice and support for welfare benefits, housing, homelessness, hardship grants & Irish passport support (appointment only)
- Integrated Survivors Service: Trauma-informed support and advocacy to former residents and survivors of Irish institutions. This includes a freephone service providing up-to-date information to former residents of Mother and Baby Institutions (on the now-open Payment Scheme.)
- Community Programmes & Social Groups: From Community Café, to knit and natter, chair yoga, mindfulness and community walks.
- Health Navigation Service: Holistic, tailored health support and advocacy, particularly to those struggling with physical and mental health challenges
- Befriending Service: Telephone and in-person (including home visits) service for 55+ who are experiencing loneliness and/or isolation and live in London.

How to Find Us

50-52 Camden Road, NW1 9XB

www.londonirishcentre.org

020 7916 2222 (Option 1 twice)

community@londonirishcentre.org





Creative Health Camden



Creative Health Camden is the arts and health charity based in Kentish Town Health Centre. We work to improve health and wellbeing through creative and social activities.

Activities include visual and performing arts, movement, activities in nature alongside personalised support which aim to benefit everyone in Camden.

- Drawn Together: Arts community for adults in Camden
- Dance for Parkinson's: Movement group for those with Parkinson's
- Social Shapla: A creative community for Bengali women
- Breathing for Wellbeing: Accessible movement for all adults in Camden
- Wellbeing Gardening: Gardening sessions for all adults in Camden
- Freedom to Make: Textiles workshop for adults in Camden
- Engage Here: Sensory art workshops for adults living with neurodiversity or dementia

How to Find Us

Kentish Town Health Centre, 4 Bartholomew
Road, NW5 2BX

www.creativehealthcamden.com

info@creativehealthcamden.com



Two Local Libraries

Kentish Town Library and Queens Crescent Libraries offer welcoming community hubs, offering free access to books, information, learning, and cultural activities for all ages. Run by Camden Council, the library supports lifelong learning, digital inclusion, and community connection in a friendly, accessible space.

Camden community-led approach to library services, offers a wide range of core services to deliver a programme of inclusive activities that support health and wellbeing, empower young people, and promote equality of access for everyone in the community. Between the two libraries, you can find:

- Health & Wellbeing activities, reading groups, sign-posting and drop-ins
- Item Borrowing: Useful household, DIY, gardening, cleaning, and event items
- Digital skills support, online form support (especially for older residents, jobseekers and those w/o tech)
- Storytimes, homework support, study spaces, holiday activities & workshops help build confidence, literacy, creativity, and digital skills.
- Public computers with free internet access & wifi for visitors, Plus pPrinting, scanning, and photocopying facilities.

How to Find Us

165 Queen's Crescent, NW5 4HH
www.camden.gov.uk/queens-c-libraries@camden.gov.uk

262- 266 Kentish Town Road, NW5 2AA
www.camden.gov.uk/kentish-town-library



The Brandon Centre



A specialist mental health and wellbeing charity for young people and their families in Camden and Islington. For 56+ years, we have delivered leading-edge, holistic mental health services, helping young people to become independent and live happier and healthier lives.

Our services are delivered at our welcoming and discreet townhouse in the heart of Kentish Town, as well as online or in the community:

For young people:

- Counselling and Psychotherapy: 12-16 weeks of free therapy for 16-25 year olds
- Social Prescribing: connecting young people into activities for 16-25 year olds
- Arsenal Girls Kicks: girls football for 11-18 year olds
- C-Card: free condoms for 13-24 years old

For families:

- ADHD Parenting Programme: 6-week parenting programme for children aged 5-12 years with a confirmed diagnosis of ADHD or waiting assessment
- Love & Limits: 6-week parenting programme for teenagers with challenging behaviours aged 12-16 years old
- Families, Food & Feelings: Parenting programme for 5-17 year olds to support healthy weight and lifestyles such as healthy eating, "fussy" eaters, emotional eating and healthy relationships with food

26 Prince of Wales Road, Kentish Town,
NW5 3LG

020 7267 4792

reception@brandoncentre.org.uk

How to Find Us



Better



We are a charitable social enterprise owned by our staff and founded on our purpose and values to provide a different fairer and better way of doing business. Our purpose is to improve the physical, mental and social wellbeing of local communities.

Kentish Town Sports Centre:

The centre hosts swimming lessons, gym and studio-based classes, low intensity exercise and a social environment for members to enjoy.

- Fully equipped gym
- 3 swimming pools
- Fitness studio

Talcare Community Sports Centre:

The boasts brand new facilities as of its full reopening in early 2026 with provision the facility is a hub for children and adults alike. Why not give our brand new Cafe a visit too!

- Full sports hall
- Outdoor pitch
- Soft play
- Studio and gymnastics

How to Find Us

Grafton Rd, NW5 3DU

www.better.org.uk/leisure-centre/london/camden/kentish-town-sports-centre

Dalby St, NW5 3LN

www.better.org.uk/leisure-centre/london/camden/talacre-community-sports-centre

••• Home-Start Camden and Islington •••

We offer free, confidential support and practical help to parents of children under five in the London Boroughs of Camden and Islington who are struggling.

Being a parent, whatever your situation, can be very difficult, especially when children are young. Many parents feel exhausted and overwhelmed by the stresses of parenting, particularly if they are isolated. That's when parents need support. That's when Home-Start Camden & Islington can help. Trained volunteers are able to:

- Provide a listening service
- Friendship and emotional support
- Help and play with your children
- Give encouragement and motivation
- Provide practical help



How to Find Us

7 Dowdney Close, NW5 2BP

www.homestartcamdenandislington.org.uk

020 7099 6041

info@homestartcamden.org

Kentish Town City Farm

The oldest city farm in the UK, we are a free-to-enter charity with animals, gardens and many different programmes and workshops for all to enjoy.

his four acre project has a focus for education and community work providing support within the local community including:

- Toddler Groups, holiday playschemes & school group tours
- Animal handling Sessions with feeding & petting sessions plus riding lessons.
- Evening classes, wildlife workshops & gardening volunteer opportunities
- 3 large events per year
- Room rental for birthday parties

How to Find Us

262- 266 Kentish Town Road, NW5 2AA

www.ktcityfarm.org.uk

020 7916 5421

info@kcityfarm.org.uk





NW5 Project



NW5 Community Play Project are a small independent community run Play project for children and their families in Kentish Town. We aim to provide facilities and services for young people of all ages 0-25 and their families. In addition, we now run the Community Champions program in Kentish Town.

The Youth Club offer includes holiday play schemes, after school activities, youth employment, and Youth football. The Community Champions connect residents with local services, activities and support through events, partnership working and everyday support. Working across 5 estates including Peckwater & Torriano, offering weekly spaces for residents including:

- Wednesday Warm Space: A welcoming space for residents to take part in different activities , socialise and meet others and to feel part of a community.
- Carpet Bowls: Introduced to the community by our own community champions, this takes place on the Peckwater Pitch.
- Upcoming activities: 'Jamming session'

How to Find Us

The PlayHut, Islip Street, NW5 2TU
www.nw5project.com
Paula - 07864882425
Maimouna – 07864583244
nw5communityplayproject@hotmail.com



Apex Project

The Apex Project is a dynamic initiative dedicated to empowering young people from disadvantaged backgrounds by providing free access to professional music and broadcasting facilities. Through

Through its tailored mentorship and industry-led training, the project bridges the gap between raw talent and sustainable careers in the creative arts including:

- Transition & Placement Programme: 13 – 24 yr old Camden residents (support with identifying work placement, employment and education opportunities)
- Skills Development Training: Customer service, Retail, Hospitality + Catering, Teaching Assistant, Site Health and Safety Level 1 Awards with CSCS cards for both adults and young people.
- Music Production & Radio Broadcasting Programmes: Build skills in supportive environments and access our growing network within both industries to further career opportunities

How to Find Us

181 Mansfield Road, NW3 2HP

www.theapexproject.co.uk

02036330368

info@theapexproject.co.uk



HvH ARTS

HvH ARTS provides a gateway to the arts for young people aged 5 - 18 years old and equipping them with inspiration, tools, and most importantly, safe spaces to nurture their passions.

Our reason for existing is predicated on the link between child poverty and access to the arts and culture. They offer free access to empower children and young people by providing free access to highly skilled workshops

- Arts & Crafts: Painting, drawing, graffiti, sculpture, mosaic workshops
- Media: Music, film & photography workshops
- Drama & Movement: Dance and drama workshops
- Wellness: Art therapy and wellness sessions

How to Find Us

HvH Art Gallery
44 Ashdown Crescent, NW5 4QE
www.hvharts.org
info@hvharts.org





Umoja Health Forum



UHF is a community led partnership involving 13 different organisations, working with African and Caribbean communities.

Community outreach and trust is integral to UHF's work as it enables the organisation to provide one-to-one support, establish need and co-produce personalised action plans that are supported by UHF staff and community volunteers. Many members face isolation, financial physical and mental health challenges with the associated stigma. UHF have a range of activities for African and Caribbean communities of all ages including:

- Dancing
- Walking groups
- Health checks, workshops
- Social events and referrals,

How to Find Us

37 Greenwood Place, NW5 1LB

www.umojahealthforum.com

07888 857 887

07970 418 893

umojahealthforum54@gmail.com



umoja Health Forum





Camden Cyclists



We are the local branch of the London Cycling Campaign. As well as campaigning for better facilities and quieter roads for cycling, we run rides (long and short) and a monthly workshop.

We offer a range of opportunities for anyone interested in cycling including:

- Meetings: Mostly meetings for anyone interested in cycling. Usually online but sometimes in person. See website for dates.
- Short rides: Monthly rides for people wanting a short social ride on quiet and motor-free streets.
www.camdencyclists.org.uk/kentish-town-pedals
- Workshops: Monthly workshops at the Kentish Town Health Centre for people wanting to learn more about maintaining their bikes. www.camdencyclists.org.uk/camden/kentish-town-bike-workshop

How to Find Us

www.camdencyclists.org.uk

ktpedals@camdencyclists.org.uk - Rides

john@camdencyclists.org.uk - Workshops





Kentish TownSpot



TownSpot helps people feel more connected to where they live through hyperlocal event calendars & local newsletters. It aims to ensure residents never go without hearing about local events and activities on offer

Hyperlocal event calendars for residents who want to discover what is happening nearby:

- Event submission tools for residents
- Local venues and organisers who want to reach nearby local people
- Local guides and engagement tools for councils
- Publishers and property partners who want stronger resident connection.

www.townspot.co/uk/kentish-town



Find Food Camden



Find Food has been developed by Camden Council and Plinth to help the residents of Camden find food and support. The food banks providing this support are separate charities and community organisations.

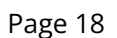
Enter your postcode and get directions to find local, flexible and welcoming spaces to get:

- Ready-to-go meals
- Halal meats
- Frozen food
- Delivery
- Fresh Produce
- Cupboard Food

www.findfood.camden.gov.uk



This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.



How To

●●● Top Tips For Kentish Town ●●●

Plan Effectively

Try to plan your route or journey to the community space beforehand. A seamless journey can make the experience of the community that much better. Don't hesitate to get in touch if you are lost or need support with navigation.

Try Together

Bringing a friend, carer, family member or professional along with you can be helpful if you're trying out a new space for the first time. Or find a friendly face in the space to support you with settling in comfortably.

Take Your Time

Finding community, connection and belonging takes time. Give yourself time to feel out a space or activity, and reflect on your experiences. Don't be afraid to try things out more than once or ask for help if you need it.





Community Passport



Take a tour across Kentish Town and give these spaces and activities a try. Get your booklet signed along the way and become a Community Connector!



Feedback?



Share Your Thoughts



If you want to share any of your feedback on this resource,
or notice somethings missing:

Send an email to toni.wilkey@likewise.org.uk OR
Send a letter to Likewise at 8 Fairhazel Gardens, London
NW6 3SG

