

HEALTHY

MINDS COMMUNITY PROGRAMME

 **mind**
for better mental health
in Camden

OCTOBER - DECEMBER
2018

02072418996

HEALTHYMINDSCP@MINDINCAMDEN.ORG.UK

1 GET IN TOUCH

I'VE LOST TOUCH WITH MY INTERESTS.

I WANT TO DO THE THINGS I USED TO ENJOY BUT I FEEL SCARED.

IT'S NATURAL TO FEEL SCARED. IT'S YOUR JOURNEY AND I'M WITH YOU.

FIND OUT WHAT'S AVAILABLE IN CAMDEN

TRY OUT A TASTER SESSION

2 MEET A NAVIGATOR

LINK UP WITH A SPORTS BUDDY

4 STEP OUT AND GIVE IT A GO!

3 PLAN YOUR JOURNEY

HOW DID YOU GET ON?

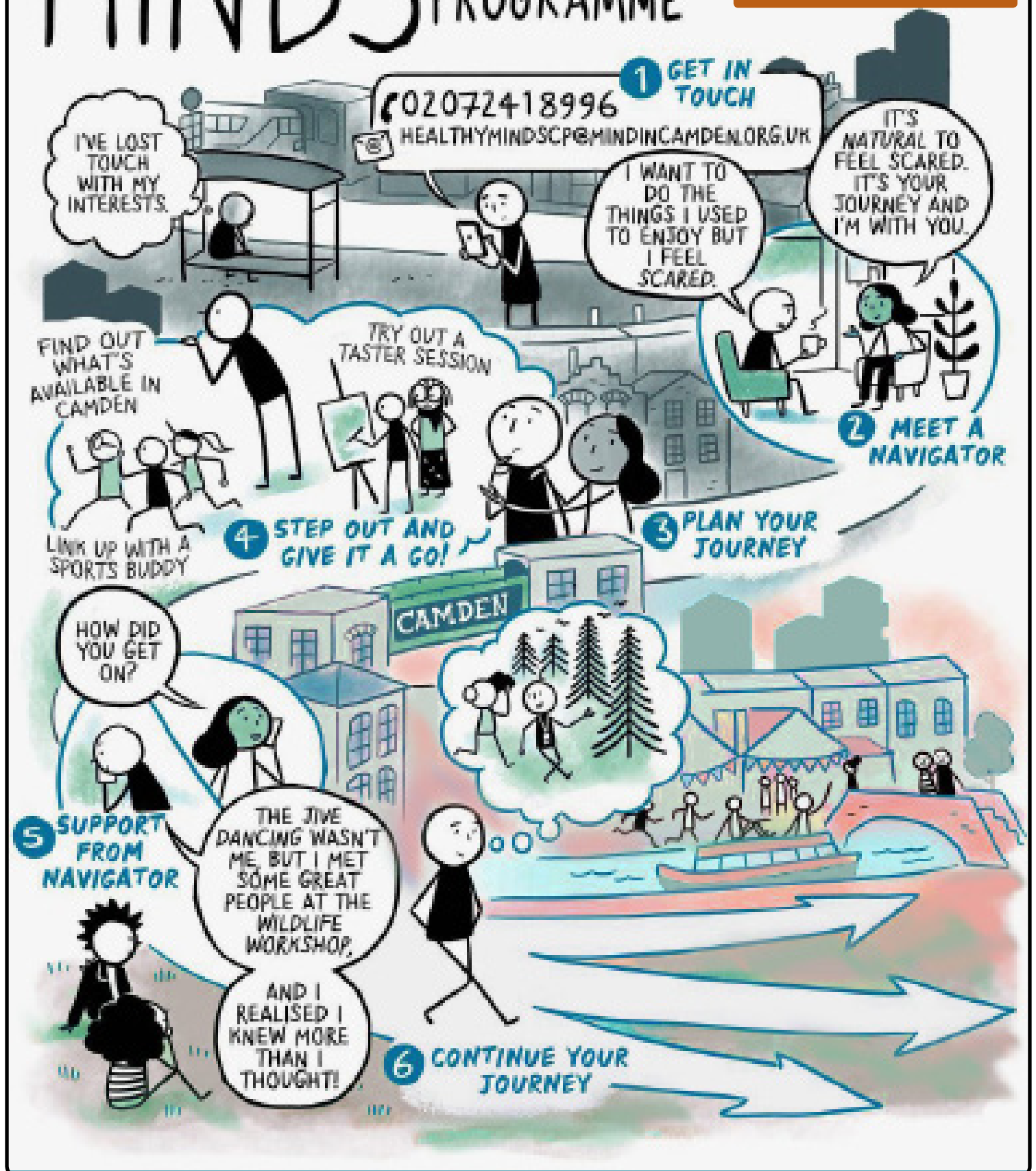
5 SUPPORT FROM NAVIGATOR

THE JIVE DANCING WASN'T ME, BUT I MET SOME GREAT PEOPLE AT THE WILDLIFE WORKSHOP.

AND I REALISED I KNEW MORE THAN I THOUGHT!

6 CONTINUE YOUR JOURNEY

CAMDEN



ABOUT THE HEALTHY MINDS COMMUNITY PROGRAMME

People can lose contact with their interests and communities for lots of reasons. We may become withdrawn because of discrimination, trauma, mental health issues or social exclusion. We may have been taught that we do not belong in our society or have survived a difficult time and are now ready to connect with life again.

The Healthy Minds Community Programme works to support local residents to reconnect with their interests and goals by engaging in meaningful activities. With the support of our team you can begin to reclaim ownership of your life by connecting with likeminded people and finding out what your local community has to offer you.

IS THIS PROGRAMME FOR ME?

We've been collaborating with local people and organisations in Camden to create an inclusive programme for everyone. If you live in Camden, are 18+ and are looking for a supportive environment to get involved in community activities or courses that are right for you, then yes, this programme is for you! Even if you're not sure what you want to do, need help with building your confidence or have felt quite isolated for a long time, we can support you to build positive connections with your local community.

WHAT'S ON OFFER?

This Programme is a growing collaboration of partners and participants brought together by Mind in Camden to create and shape exciting offers for their local community.

We offer: Access to activities and courses, supported group sessions and 1:1 support.

FREE ACTIVITIES

Once signed up to the programme you will have full access to all activities in our programme free for up to a year. The programme is designed to be flexible which means you can mix and match activities and tailor your experience to your own interests.

All activities are space limited so you will need to book your space with the team in advance.

COFFEE MORNINGS

Our coffee mornings runs once a month to provide participants an opportunity to check in with the team regarding goals, hear about upcoming activities and offers, meet other Healthy Minds participants and share learning and tools. Our group happens on the 1st Wednesday of every month, come along!

1:1 SUPPORT

For some people starting new activities and getting back out into their community can be a big and scary step in their recovery. That's why we offer 1:1 support from our trained Volunteer Navigators for those participants who would benefit from a bit of extra help building their confidence and identifying their interests and goals. This support is limited and can be accessed following your initial meeting if eligible.

Navigators can:

- » Offer up to 4 support sessions – flexible to suit your needs and around any commitments
- » Support you to identify interests and create goal plans
- » Support you to access voluntary and paid employment
- » Register you for Healthy Minds activities and send you text reminders
- » Help you to find more activities within the community
- » Support you to engage with additional services if required
- » Attend activities with you

SPORTS BUDDY SUPPORT

If you're someone who would like to do more fitness activity but don't know how to start, feel self-conscious in groups or perhaps haven't found a way to keep fit that is affordable or enjoyable, a sports buddy may be a great way to start. Our sports buddies offer a mixture of 1:1 and group fitness sessions, tailored around your interests.

EDUCATION AND SKILLS BURSARY

We have partnered with Mary Ward Centre to offer some opportunities for financial support to people who would like to access a course at Mary Ward Centre as part of their development. Mary Ward Centre offers a wide range of courses which could help you to progress into further education, volunteering, work or simply to expand your horizons.

HOW TO JOIN THE PROGRAMME

This programme is free for anyone over 18 living in Camden. You can refer yourself or be referred via an organisation. Joining the programme is a simple 4 step process:

Step 1: Get in touch with us. We're a small friendly team and happy to answer any questions you might have before signing up. You can either give us a call on **0207 241 8996**, email us at **healthymindscp@mindincamden.org.uk** or pop in to one of our coffee mornings!

Step 2: We'll then arrange a time for you to come in and meet with a member of our team - these are called Initial Meetings. We will complete your referral form and explain further how the programme works and what support you can access.

Step 3: Come along to your meeting and help us get to know you a bit more. We'd really like to get to know how we can best support you whilst you're with us. This is when we'll discuss support options to see which option would be most suitable for you.

Step 4: You're now a Healthy Minds participant and from this point forward you'll have free access to our programme for a whole 12 months.

WHAT OUR PARTICIPANTS SAY!

“[The programme] made me realise how much I actually isolate myself and also that I'm not the only person going through things, there's other people that I can relate to. It's helped me to socialise with other people that I don't know through art and through their passion too and made me not feel so alone.”

“I've learnt that I can focus on the task in hand and my mind is not wandering on daily issues. I wanted to meet local people and the programme has enabled this relationships have started to form. I have seen other participants become more confident in themselves.”

“The course, the tutors and the other attendees are giving me the confidence to believe in my own creativity. Less worry, more fun!”



OCTOBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Portugal Prints 4 week course (1/4) 10am-1pm @ Arlington House	GoodGym Fitness Group 11am-12.30pm Meet at Mind in Camden Nutrition Talks (Carbs & Sugar) 11am-12.30pm @ The Charlie Ratchford Centre	Healthy Minds Coffee Morning 11am – 12.30pm @ Mind in Camden Portugal Prints Taster Session 1.30pm-3.30pm Arlington House (Drop in Session)	Tai Chi (1/6) 2pm-3pm @ SanKTus, Our Lady of Christians Church		
	Portugal Prints 4 week course (2/4) 10am-1pm @ Arlington House Over 60s Social Group 3pm – 5pm @ Castlehaven Community Association	GoodGym Fitness Group 11am-12.30pm Meet at Mind in Camden Wild Wellbeing Taster Session 2pm-4pm @ Woodberry Wetlands		Tai Chi (2/6) 2pm-3pm @ SanKTus, Our Lady of Christians Church Mindful Yoga 3pm-4pm @ St Pancras & Somers Town Living Centre		
7	Portugal Prints 4 week course (3/4) 10am-1pm @ Arlington House Active Strength Yoga 2pm - 3.15pm @ Swiss Cottage Community Centre	HealthyMinds Celebration Event 10.30am-2pm @ BWA GoodGym Fitness Group 11am-12.30pm Meet at Mind in Camden Wild Wellbeing Bird Boxes 2pm-4pm @ Woodberry Wetlands	Get Fit, Get Active, Get Gardening 10.30pm – 2.30pm @ Castlehaven Community Association	Tai Chi (3/6) 2pm-3pm @ SanKTus, Our Lady of Christians Church Mindful Yoga 3pm-4pm @ St Pancras & Somers Town Living Centre		
14	Islamic World Gallery Exhibition @ the British Museum	Portugal Prints 4 week course (4/4) 10am-1pm @ Arlington House Active Strength Yoga 2pm - 3.15pm @ Swiss Cottage Community Centre		Creative Writing 10.30am-12.30pm @ The Charlie Ratchford Centre Tai Chi (4/6) 2pm-3pm @ SanKTus, Our Lady of Christians Church Mindful Yoga 3pm-4pm @ St Pancras & Somers Town Living Centre		
21	Portugal Prints 4 week course (1/4) 10am-1pm @ Arlington House Active Strength Yoga 2pm - 3.15pm @ Swiss Cottage Community Centre	Walky Talky Walking Group 3pm - 4pm @ Camden Hub				
28						

NOVEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<p>Boxing Taster 12.30pm -2pm @ Saint Pancras Community Association Tai Chi (5/6) 2pm-3pm @ SankTus, Our Lady of Christians Church Mindful Yoga 3pm-4pm@ St Pancras & Somers Town Living Centre</p>	<p>Learn the Basics Computer Course (1/5) 10.30-12.30 Training Link, NW1 1ES</p>	3
<p>Ashurbanipal , King of Assyria Exhibition @ the British Museum</p>	<p>Portugal Prints 4 week course (1/4) 10am-1pm @ Arlington House Active Strength Yoga 2pm - 3.15pm @ Swiss Cottage Community Centre</p>	<p>Walky Talky Walking Group 3pm - 4pm @ Camden Hub</p>	<p>Healthy Minds Coffee Morning 11am - 12.30pm @ Mind in Camden Portugal Prints Taster Session 1.30pm-3.30pm Arlington House (Drop in Session)</p>	<p>Creative Writing 10.30am-12.30pm @ The Charlie Ratchford Centre Tai Chi (6/6) 2pm-3pm @ SankTus, Our Lady of Christians Church Mindful Yoga 3pm -4pm @ St Pancras & Somers Town Living Centre</p>	<p>Learn the Basics Computer Course (1/5) 10.30-12.30 Training Link, NW1 1ES</p>	10
11	<p>Portugal Prints 4 week course (2/4) 10am-1pm @ Arlington House Active Strength Yoga 2pm - 3.15pm @ Swiss Cottage Community Centre</p>	<p>Wild Wellbeing Bird Boxes 2pm-4pm @ Woodberry Wetlands</p>	<p>Get Fit, Get Active, Get Gardening 10.30pm - 2.30pm @ Castlehaven Community Association</p>	<p>Mindful Yoga 3pm-4pm @ St Pancras & Somers Town Living Centre</p>	<p>Learn the Basics Computer Course (1/5) 10.30-12.30 Training Link, NW1 1ES</p>	17
18	<p>Portugal Prints 4 week course (3/4) 10am-1pm @ Arlington House Active Strength Yoga 2pm - 3.15pm @ Swiss Cottage Community Centre</p>	<p>Wild Wellbeing Bird Boxes 2pm-4pm @ Woodberry Wetlands</p>	<p>Get Fit, Get Active, Get Gardening 10.30am - 2.30pm @ Castlehaven Community Association</p>	<p>Creative Writing 10.30am-12.30pm @ The Charlie Ratchford Centre Mindful Yoga 3pm - 4pm @ St Pancras & Somers Town Living Centre</p>	<p>Learn the Basics Computer Course (1/5) 10.30-12.30 Training Link, NW1 1ES</p>	24
25	<p>Portugal Prints 4 week course (4/4) 10am-1pm @ Arlington House Active Strength Yoga 2pm - 3.15pm @ Swiss Cottage Community Centre</p>	<p>Walky Talky Walking Group 3pm - 4pm @ Camden Hub</p>	<p>Get Fit, Get Active, Get Gardening 10.30pm - 2.30pm @ Castlehaven Community Association</p>	<p>Mindful Yoga 3pm-4pm @ St Pancras & Somers Town Living Centre</p>	<p>Learn the Basics Computer Course (1/5) 10.30-12.30 Training Link, NW1 1ES</p>	30
			28	29		
			27	20		
			26	19		
			21	14		
			13	7		
			6	1		

DECEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						Community Evening Exhibition @ the British Museum Wellbeing Day 11am-4pm @ Camden Hub 1
2	Active Strength Yoga 2pm - 3.15pm @ Swiss Cottage Community Centre 3	Wild Wellbeing Taster Session 2pm-4pm @ Woodberry Wetlands 4	Healthy Minds Coffee Morning 11am - 12.30pm @ Mind in Camden Portugal Prints Taster Session 1.30pm-3.30pm Arlington House (Drop in Session) 5	Creative Writing 10.30am-12.30pm @ The Charlie Ratchford Centre Mindful Yoga 3pm - 4pm @ St Pancras & Somers Town Living Centre 6		
9	Active Strength Yoga 2pm - 3.15pm @ Swiss Cottage Community Centre Over 60s Social Group 3pm - 5pm @ Castlehaven Community Association 10	Wild Wellbeing Bird Boxes 2pm-4pm @ Woodberry Wetlands 11		Mindful Yoga 3pm - 4pm @ St Pancras & Somers Town Living Centre 13	Introduction to Studio (1/2) Recording 12pm-4pm @ Roundhouse Studios (18-25 yrs only) 14	Introduction to Studio (2/2) Recording 12pm-4pm @ Roundhouse Studios (18-25 yrs only) 15
16	Active Strength Yoga 2pm - 3.15pm @ Swiss Cottage Community Centre 17	Walky Talky Walking Group 3pm - 4pm @ Camden Hub 18	Get Fit, Get Active, Get Gardening 10.30pm - 2.30pm @ Castlehaven Community Association 19			
23	24					
30	31	25	26	27	28	29

ACTIVITY DESCRIPTIONS

PORTUGAL PRINTS ART COURSE

This creative arts course provides a welcoming and relaxing space to develop your creativity and help personal development through your art. Sessions will be run in a flexible way introducing different guided art techniques or allowing you to work on your own pieces of art.

CREATIVE WRITING

Would you say you're a creative person? Or would you like to find a new way of expressing yourself? We have new creative writing sessions to help develop your skills and build confidence through a series of writing exercises. Work through some of the basic techniques and learn how to help others through constructive critiquing and editing.

WILD WELLEBEING SESSIONS

Come along to Woodberry Wetlands and Camley Street for an introduction to our nature and wildlife reserves. Explore the natural surroundings and see what wildlife you can spot through walks, workshops and trips to Kew Gardens.

WALKY TALKY WALKING GROUP

Grab your comfy shoes and join this small friendly walking group for a touch of light outdoor exercise and a chat.

NUTRITION TALKS

The 1st in our series of talks will be about 'Carbs and Sugar Intake'. Come along to find out more about what these food types are, how to use them as part of a balanced diet and how this can affect your health and support weight loss. The 2nd in our series of talks will be about 'Proteins'. Come along to find out more about what these food types are, how to use them as part of a balanced diet and how this can affect your health and support weight loss.

TAI CHI

Part of a 6 week block and an introduction into the practice of Tai Chi. You will learn some basic movements and how the practice can help your overall wellbeing.

GOODGYM FITNESS GROUP

Meet us at Mind in Camden for a brisk walk to The Hub at Castlehaven (about one mile from our start point). Here we will work together on a light helpful task such as garden or community work, followed by an optional fitness session and a brisk walk back to Mind in Camden, where we will end our session with a light stretch.

MINDFUL YOGA

Gentle yoga class of mindful movement and stretching. Including calming breathing techniques and relaxation for mental wellbeing. All levels welcome, including beginners and those with limited mobility.

ACTIVE STRENGTH YOGA

Energising class to build strength and stability in a fun and supportive environment. Learn how yoga can help strengthen your body and improve mental wellbeing. All levels welcome, including beginners.

BOXING TASTER

In this session you will learn different boxing techniques and try out a fun and interesting way to be more physically active for your wellbeing. The session will end with time to reflect on your own personal development.

INTRO TO STUDIO RECORDING (18-25 YEARS OLD ONLY)

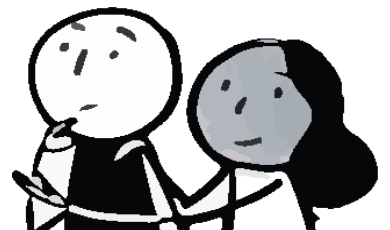
Ever thought about a career in sound and audio? Come and learn about sound engineering from professionals in the Roundhouse's professional recording studio. No previous experience needed.

LEARN THE BASICS COMPUTER COURSE

Are you new to using a computer? Or want to build your confidence on emails? Come along to our computer course to learn the basics to help you feel more confident with technology.

HEALTHY MINDS COFFEE MORNING

Pop in to our new group held on the 1st Wednesday of every month, we'll provide the tea, coffees and biscuits! You'll have the opportunity to meet other Healthy Minds participants, find out about what's happening around Camden and talk through some of your goals with the team.



VENUES

We are grateful to the following organisations for working with us to bring together a range of opportunities to help you experience some of what Camden has to offer.

MIND IN CAMDEN

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

SWISS COTTAGE COMMUNITY CENTRE 19 Winchester Rd, NW3 3NR

WOODBERRY WETLANDS

New River Path Lordship Road London, N16 5HQ

PORTUGAL PRINTS

220 Arlington Rd, London, NW1 7HE

SANKTUS Our Lady of Christians Church, 4 Lady Margaret Road, London NW5 2XT

ST PANCRAS AND SOMERS TOWN LIVING CENTRE

2 Ossulston Street London, NW1 1DF

THE BRITISH MUSEUM

Great Russell St, Bloomsbury London, WC1B 3DG

CASTLEHAVEN COMMUNITY ASSOCIATION The Haven, 23 Castlehaven Road, London, NW1 8RU

CAMDEN HUB

8 Fairhazel Gardens NW6 3SG

ROUNDHOUSE STUDIOS

Chalk Farm Rd Camden London, NW1 8EH

TRAINING LINK 54-56 Phoenix Road, London NW1 1ES

MARY WARD CENTRE

42 Queen Square, London WC1N 3AQ

THE CHARLIE RATCHFORD CENTRE Belmont St, NW1 8HF

BWA - BENGALI WORKERS

ASSOCIATION 1 Robert St, Kings Cross NW1 3JU

SAINT PANCRAS COMMUNITY ASSOCIATION (SPCA) 67 Plender St NW1 0LB

'THE COURSE HAS HELPED ME START TO RELAX A BIT AND BEGIN TO FREE MY MIND FROM SOME OF MY SELF-IMPOSED CONSTRAINTS. I AM TRYING NEW THINGS (HURRAH!) AND WHILE I STILL HATE BEING BAD (!) I'M HAVING FUN AND ENJOYING MY MISTAKES (HONESTLY!). WHILE I AM ON THE COURSE I FEEL LESS ANXIOUS, AND I HAVEN'T HAS AS MANY PANIC ATTACKS.'



CONTACT HEALTHY MINDS

020 7241 8996 | healthymindscp@mindincamden.org.uk | www.mindincamden.org.uk