

"I didn't know Woodberry Wetlands was there, and it blew my mind – it was fascinating"

APRIL

Check out the back of this booklet for venue addresses



Sunday

Monday


Tuesday

Wednesday

Thursday

Friday

Saturday

 mind in Camden <small>for better mental health</small>	Portugal Prints 4 week course (1/4) 10am - 1pm @ Arlington House Active Strength Yoga 2pm - 3pm @ Swiss Cottage Womans Dance Exercise Group 11am - 12pm @ Surma Centre	Wild Wellbeing Taster Session 2pm - 4pm @ Woodberry Wetlands Badminton 2pm - 3pm @ Talacre Sports Centre	Healthy Minds Coffee Morning 11am - 12.30pm @ Mind in Camden (drop in) GoodGym Outdoor Exercise Group 12pm - 1.30pm @ Mind in Camden	Guided Tour, In the Mind 11.30am - 12.30pm @ the Free Space Project Mindful Yoga 3pm - 4pm @ St Pancras & Somers Town Living Centre Tai Chi 2pm-3pm @ SanKTus	Creative Stories 2pm - 4pm @ the Hub (drop in session)	6
Exhibition: Edvard Munch: love and angst @ British Museum 12pm entry, limited tickets	Portugal Prints 4 week course (2/4) 10am-1pm @ Arlington House Active Strength Yoga 2pm - 3pm @ Swiss Cottage Womans Exercise Dance Group 11am - 12pm @ Surma Centre	Kew Gardens Trip 11am - 4pm @ Kew Gardens Walky Talky 2pm - 3pm @ the Hub (drop in session)	Get Fit, Get Active, Get Gardening 10.30am - 2.30pm @ Castlehaven (drop in) GoodGym Outdoor Exercise Group 12pm - 1.30pm @ Mind in Camden	Tai Chi 2pm-3pm @ SanKTus Mindful Yoga 3pm - 4pm @ St Pancras & Somers Town Living Centre Creative Writing 10.30am - 12.30pm @ Charlie Ratchford Centre	Creative Stories 2pm - 4pm @ the Hub (drop in session)	13
	Portugal Prints 4 week course (3/4) 10am-1pm @ Arlington House Active Strength Yoga 2pm - 3pm @ Swiss Cottage Womans Exercise Dance Group 11am - 12pm @ Surma Centre	Walky Talky 2pm - 3pm @ the Hub (drop in session)	Get Fit, Get Active, Get Gardening 10.30am - 2.30pm @ Castlehaven (drop in) GoodGym Outdoor Exercise Group 12pm - 1.30pm @ Mind in Camden	Tai Chi 2pm-3pm @ SanKTus Mindful Yoga 3pm - 4pm @ St Pancras & Somers Town Living Centre	Creative Stories 2pm - 4pm @ the Hub (drop in session)	20
	EASTER MONDAY Community Crosswords 11.30am - 12.30pm @ the Hub (drop in session)	Badminton 2pm - 3pm @ Talacre Sports Centre	Get Fit, Get Active, Get Gardening 10.30am - 2.30pm @ Castlehaven (drop in) Dance Movement Therapy 1.45pm - 2.35pm @ the Hub (drop in session)	Mindful Yoga 3pm - 4pm @ St Pancras & Somers Town Living Centre	Creative Stories 2pm - 4pm @ the Hub (drop in session)	27
	Portugal Prints 4 week course (4/4) 10am-1pm @ Arlington House Active Strength Yoga 2pm - 3pm @ Swiss Cottage Womans Exercise Dance Group 11am - 12pm @ Surma Centre	Badminton 2pm - 3pm @ Talacre Sports Centre				
28						
29						
30						


Printable A3 Copies of the calendar are available on our website:
www.mindincamden.org.uk or email us for one in the post

Dont forget to book your space on our activities before turning up

MAY

"The yoga sessions are blinking amazing!"



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<p>Healthy Minds Coffee Morning 11am - 12.30pm @ Mind in Camden (drop in)</p> <p>GoodGym Outdoor Exercise Group 12pm - 1.30pm @ Mind in Camden</p>	<p>Tai Chi 2pm - 3pm @ SankTus</p> <p>Mindful Yoga 3pm - 4pm @ St Pancras & Somers Town Living Centre</p> <p>Creative Writing 10.30am - 12.30pm @ Charlie Ratchford Centre</p>	<p>Creative Stories 2pm - 4pm @ the Hub (drop in session)</p>	
	<p>BANK HOLIDAY MONDAY</p> <p>Community Crosswords 11.30am - 12.30pm @ the Hub (drop in)</p>	<p>Badminton 2pm - 3pm @ Talacre Sports Centre</p> <p>Nutrition Talks (Fats) 11am - 12.30pm @ Charlie Ratchford Centre</p>	<p>Get Fit, Get Active, Get Gardening 10.30am - 2.30pm @ Castlehaven (drop in)</p> <p>GoodGym Outdoor Exercise Group 12pm - 1.30pm @ Mind in Camden</p>	<p>Tai Chi 2pm-3pm @ SankTus</p> <p>Mindful Yoga 3pm - 4pm @ St Pancras & Somers Town Living Centre</p>	<p>Creative Stories 2pm - 4pm @ the Hub (drop in session)</p>	
	<p>Active Strength Yoga 2pm - 3pm @ Swiss Cottage</p> <p>Womans Exercise Dance Group 11am - 12pm @ Surma Centre</p>	<p>Wild Wellbeing Nature Walk 2pm - 3pm @ Camley Street</p> <p>Badminton 2pm - 3pm @ Talacre Sports Centre</p> <p>Nutrition Talks (Healthy Lifestyle) 11am - 12.30pm @ Charlie Ratchford Centre</p>	<p>Get Fit, Get Active, Get Gardening 10.30am - 2.30pm @ Castlehaven (drop in)</p> <p>GoodGym Outdoor Exercise Group 12pm - 1.30pm @ Mind in Camden</p>	<p>Tai Chi 2pm-3pm @ SankTus</p> <p>Mindful Yoga 3pm - 4pm @ St Pancras & Somers Town Living Centre</p> <p>Creative Writing 10.30am - 12.30pm @ Charlie Ratchford Centre</p>	<p>Creative Stories 2pm - 4pm @ the Hub (drop in session)</p>	
<p>Manga Exhibition @ British Museum</p>	<p>Active Strength Yoga 2pm - 3pm @ Swiss Cottage</p> <p>Womans Exercise Dance Group 11am - 12pm @ Surma Centre</p>	<p>Badminton 2pm - 3pm @ Talacre Sports Centre</p> <p>Nutrition Talks (Superfoods) 11am - 12.30pm @ Charlie Ratchford Centre</p>	<p>Get Fit, Get Active, Get Gardening 10.30am - 2.30pm @ Castlehaven (drop in)</p> <p>Dance Movement Therapy 1.45pm - 2.35pm @ the Hub</p>	<p>Mindful Yoga 3pm - 4pm @ St Pancras & Somers Town Living Centre</p>	<p>Creative Stories 2pm - 4pm @ the Hub (drop in session)</p>	
	<p>BANK HOLIDAY MONDAY</p> <p>Community Crosswords 11.30am - 12.30pm @ the Hub (drop in)</p>	<p>Walky Talky 2pm - 3pm @ the Hub (drop in)</p>	<p>Get Fit, Get Active, Get Gardening 10.30am - 2.30pm @ Castlehaven (drop in)</p> <p>Dance Movement Therapy 1.45pm - 2.35pm @ the Hub</p> <p>Creative Writing 10.30am - 12.30pm @ Charlie Ratchford Centre</p>	<p>Mindful Yoga 3pm - 4pm @ St Pancras & Somers Town Living Centre</p>	<p>Creative Stories 2pm - 4pm @ the Hub (drop in session)</p>	

Join up to our newsletter for regular updates
just call or email us!

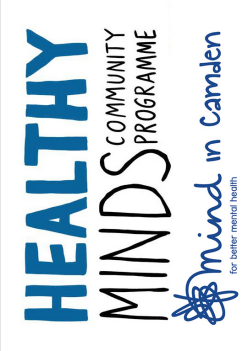
JUNE

02072418996

HEALTHYMINDSCP@MINDINCAMDEN.ORG.UK

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>HEALTHY MINDS COMMUNITY PROGRAMME for better mental health</p>	<p>Portugal Prints 8 week course (1/8) 10am-1pm @ Arlington House Community Crosswords 11.30am - 12.30pm @ the Hub (drop in) Active Strength Yoga 2pm - 3pm @ Swiss Cottage</p>	<p>Wild Wellbeing Taster Session 2pm - 4pm @ Woodberry Wetlands Badminton 2pm - 3pm @ Talacre Sports Centre</p>	<p>Healthy Minds Coffee Morning 11am - 12.30pm @ Mind in Camden (drop in) GoodGym Outdoor Exercise Group 12pm - 1.30pm @ Mind in Camden</p>	<p>Mindful Yoga 3pm - 4pm @ St Pancras & Somers Town Living Centre</p>	<p>Creative Stories 2pm - 4pm @ the Hub (drop in)</p>	
9	<p>Portugal Prints 8 week course (2/8) 10am-1pm @ Arlington House Community Crosswords 11.30am - 12.30pm @ the Hub (drop in) Active Strength Yoga 2pm - 3pm @ Swiss Cottage</p>	<p>Wild Wellbeing Nature Walk 2pm - 4pm @ Camley Street Badminton 2pm - 3pm @ Talacre Sports Centre</p>	<p>Get Fit, Get Active, Get Gardening 10.30am - 2.30pm @ Castlehaven (drop in) GoodGym Outdoor Exercise Group 12pm - 1.30pm @ Mind in Camden</p>	<p>Mindful Yoga 3pm - 4pm @ St Pancras & Somers Town Living Centre Creative Writing 10.30am - 12.30pm @ Charlie Ratchford Centre</p>	<p>Creative Stories 2pm - 4pm @ the Hub (drop in)</p>	15
16	<p>Portugal Prints 8 week course (3/8) 10am-1pm @ Arlington House Community Crosswords 11.30am - 12.30pm @ the Hub (drop in) Active Strength Yoga 2pm - 3pm @ Swiss Cottage</p>	<p>Badminton 2pm - 3pm @ Talacre Sports Centre Walky Talky 2pm - 3pm @ the Hub (drop in)</p>	<p>Henna Workshop 1pm - 3pm @ Saint Pancras Community Association GoodGym Outdoor Exercise Group 12pm - 1.30pm @ Mind in Camden</p>	<p>Mindful Yoga 3pm - 4pm @ St Pancras & Somers Town Living Centre</p>	<p>Creative Stories 2pm - 4pm @ the Hub (drop in)</p>	22
23	<p>Portugal Prints 8 week course (4/8) 10am-1pm @ Arlington House Community Crosswords 11.30am - 12.30pm @ the Hub (drop in) Active Strength Yoga 2pm - 3pm @ Swiss Cottage</p>	<p>Badminton 2pm - 3pm @ Talacre Sports Centre Walky Talky 2pm - 3pm @ the Hub (drop in)</p>	<p>Get Fit, Get Active, Get Gardening 10.30am - 2.30pm @ Castlehaven (drop in) Dance Movement Therapy 1.45pm - 2.35pm @ the Hub (drop in)</p>	<p>Mindful Yoga 3pm - 4pm @ St Pancras & Somers Town Living Centre Creative Writing 10.30am - 12.30pm @ Charlie Ratchford Centre</p>	<p>Creative Stories 2pm - 4pm @ the Hub (drop in)</p>	29

Portugal Prints 8 week course continues every Monday through to 22nd July.

Please book onto Healthy Minds sessions to ensure you receive the information in advance. If you do not book you may not receive important information related to your session. You can book over the phone or email.

Please note that activities delivered by the Hub and Castlehaven Community Association are drop in sessions open to the general public.

VENUES

If you have any questions about our venues, accessibility or directions, please do get in touch with us.

Call: 020 7241 8996

Email: healthyminds@mindincamden.org.uk

Address: Mind in Camden, Barnes House, 9-15 Camden Road, London NW1 9LQ

HEALTHY MINDS COMMUNITY PROGRAMME

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

SANKTUS

Our Lady of Christians Church, 4 Lady
Margaret Road, London NW5

SURMA CENTRE

1 Robert Street, Kings Cross NW1 3JU

CAMLEY STREET

Camley Street Natural Street, 12
Camley, Kings Cross N1C 4PW

ST PANCRAS AND SOMERS TOWN LIVING CENTRE

2 Ossulston Street London,
NW1 1DF

PORTUGAL PRINTS

220 Arlington Rd, London, NW1 7HE

THE BRITISH MUSEUM

Great Russell St, Bloomsbury
London, WC1B 3DG

CASTLEHAVEN COMMUNITY ASSOCIATION

The Haven, 23 Castlehaven Road,
London, NW1 8RU

FREE SPACE PROJECT

Kentish Town Health Centre
2 Bartholomew Road NW5 2BX

SAINT PANCRAS COMMUNITY ASSOCIATION (SPCA)

67 Plender Street NW1 0LB

CENTRAL SAINT MARTINS

Granary Building, 1 Granary Square, Kings
Cross, London N1C 4AA

MARY WARD CENTRE

42 Queen Square, London WC1N 3AQ

THE CHARLIE RATCHFORD CENTRE

Belmont St, NW1 8HF

TALACRE SPORTS CENTRE

Dalby Street, London NW5 3AF

THE HUB

8 Fairhazel Gardens, NW6 3SG

"I THOUGHT THE HEALTHY MINDS PROGRAMME WOULD HELP ME TO BE LESS ISOLATED, BUT I WHAT I REALLY DIDN'T EXPECT IS TO MAKE NEW FRIENDS. THERE IS NOTHING NICER THAN TURNING UP TO ACTIVITIES AND SEEING FAMILIAR FACES. IT HAS BEEN WONDERFUL". - HELEN, HM PARTICIPANT