

# THE HEALTHY MINDS COMMUNITY PROGRAMME

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.



## WHATS ON OFFER?

### FREE ACTIVITIES

You will have full access to activities in our programme for free, for up to a year.

### COFFEE MORNINGS

Our coffee mornings run on the first Wednesday of every month providing participants the opportunity to check in with the team, find out what's coming up and meet other participants.

### 1:1 AND GROUP SUPPORT

We offer 1:1 and group support from our navigators and sports buddies to support your transition back into the community.

### EDUCATION AND SKILLS BURSARY

Through our partnership with the Mary Ward Centre we can offer financial support towards your personal development.

## HOW TO JOIN THE PROGRAMME

**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 will 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 understand how we can best support you whilst you're with us. This is when we will discuss support options to see what kind of support would be most suitable for you.

**Step 4:** You are now a Healthy Minds participant and from this point forward will have free access to our programme of events for up to 1 year.

**'My Navigator has sent me loads of things I can get involved in around music which is really lovely. I'm looking forward to meeting and signing up for more.'**



**"[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."**

## CONTACT US

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