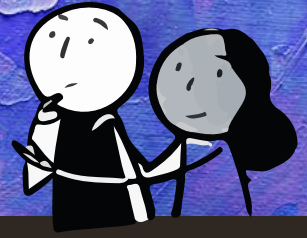


THE RESILIENCE NETWORK

LONDON BOROUGH OF CAMDEN



DIGITAL / COLLECTIVE // 12TH OCTOBER 2020

ABOUT D/C

Born out of a global pandemic, the digital collective is your weekly one-stop-shop, listing the very best FREE-to-access events, groups, classes and activities from the Camden Community. Just click on the [link](#) to access the FREE activity of your choice.

Scroll down for: Healthy Minds offers, community news and activities you can enjoy from home.



VoiceAbility



Likewise



MONDAY

6.30am, 12 noon & 8pm [Online Yoga](#)

> Swiss Cottage

8am until 08.30am [Qigong practice](#)

> College of Medicine

10.30am until 11am [Monday Support Group](#)

> Swiss Cottage

11am until 11.30am [Virtual 'Cuppa' for Carers](#)

> Mobilise

6.30pm until 7.30pm [Zoom-ba](#)

> Abbey Community Centre

6.30pm until 8pm [Regent's Park Singers](#) > West Euston Partnership

TUESDAY

6.30am, 12pm & 8pm [Online Yoga](#)

> Swiss Cottage

8am until 08.30am [Qigong practice](#)

> College of Medicine

12pm until 1pm [Online Gardening Workshop](#)

> Castlehaven

1pm until 2pm [Facial massage for women](#)

> Women+Health

1.30pm until 2.30pm [Chair Yoga](#) > North London Cares

2.30pm until 3.30pm [Who's been your most influential person](#) > North London Cares

3.30pm until 4.30pm [Colouring Calm](#)

> Abbey Community Centre

4pm until 4.30pm [Virtual 'Cuppa' for Carers](#)

> Mobilise

6.30pm until 7.30pm [Zoom-ba](#)

> Abbey Community Centre

6:30pm until 7:30pm [Mindfulness practice](#)

> College of Medicine

WEDNESDAY

6.30am, 12pm & 8pm [Online Yoga](#)

> Swiss Cottage

8am until 08.30am [Qigong practice](#)

> College of Medicine

10am until 1pm [Tame Your Anxiety](#) > West Euston Partnership

2pm until 3:30pm [Freedom to Make](#) (virtual knitting & textiles workshops) please email to book

> Free Space Project

3.30pm until 4.30pm [Men's over 60's cooking club](#) > Abbey Community Centre

4pm until 4.30pm [Virtual 'Cuppa' for Carers](#)

> Mobilise

6.30pm until 7.30pm [Zoom-ba](#)

> Abbey Community Centre

6.30pm until 7.30pm [A Taste of Sir Lanka](#) > North London Cares

8pm until 9pm **Qigong meditation**

> College of Medicine

8pm until 9.30pm **Publess pub quiz** > Women + Health

THURSDAY

6.30am, 12pm & 8pm **Online Yoga**

> Swiss Cottage

8am until 08.30am **Qigong practice**

> College of Medicine

11am until 11:45am **The Tree of Life** > Recovery College

12pm until 1pm **Online Gardening Workshop**

> Castlehaven

1.45pm until 2.45pm **Online Tai Chi** > West Euston Partnership

2.30pm until 3.30pm **What's your favourite dish?**

> North London Cares

3:30pm until 4.30pm **Re-cycle-art class**

> Abbey Community Centre

4pm until 4.30pm **Virtual 'Cuppa' for Carers**

> Mobilise

5pm until 6pm **Black History: Awareness**

Workshop > North London Cares

6.30pm until 7.30pm **Zoom-ba**

> Abbey Community Centre

FRIDAY

6.30am, 12pm + 8pm **Online Yoga**

> Swiss Cottage

8am until 08.30am **Qigong practice**

> College of Medicine

10am until 11am **Full Qigong practice**

> College of Medicine

10.30am until 12.30pm **Creative Writing**

> Abbey Community Centre

12pm until 1pm **Making the Most of Now**

> West Euston Partnership

12.30pm until 1pm **Virtual 'Cuppa' for Carers**

> Mobilise

4pm until 4.30pm **Virtual 'Cuppa' for Carers** >

Mobilise

6.30pm until 7.30pm **Zoom-ba**

> Abbey Community Centre

SATURDAY

10am until 10:30am **Lu Jong**

> College of Medicine

10am until 11am **Zoom-ba**

> Abbey Community Centre

SUNDAY

6.30pm until 7.30pm **Zoom-ba**

> Abbey Community Centre

TRY IT OUT



Join us in celebrating Black History Month

Free yoga throughout October for those struggling with their mental health. When you go to book enter the code: FREEOCTOBER

Easy crafts for adults

Classic Tea Cake Recipe

The Kindness Cup

On a Scale from 1 to 10 virtual exhibition

Self Care September





[Online library](#)

[Creating a mindful garden](#)

[Musician video interviews and biographies](#)

[Mindfulness and meditation guides](#)

[Tate Britain's queer walk through British art](#)

[Healthy Minds, Healthy Bods - weekly Mental Health Packs](#)

[Thriving with Nature](#)



ACCESS
ANYTIME



[Check out what Camden is doing to Celebrate Black History Month](#)

[Free employability courses](#)

[NHS Test and Trace Camden](#)

[How to budget your money during the Covid-19 outbreak](#)

[Get employment support in Camden](#)

[Mayor to continue in post until May 2021](#)

[Share your ideas for the future of Camden High Streets](#)

[Camden Cycle Skills are back up and running](#)



EXTRA SUPPORT

Camden & Islington Crisis Line: 020 3317 6777

Samaritans: free confidential support 24/7: 116 123

Saneline: out-of-hours mental health helpline:
4.30pm to 10.30pm. Call on 0300 304 7000.

The Help Hub connects you with professional counsellors who are there to listen and support

Camden Council has a [useful website](#) that can help you find support

Silver Cloud have free programmes to help manage stress, sleep better, build resilience and cope during Covid-19. Use the pin CAMDEN

Camden Mutual Aid groups: Voluntary support for those who are vulnerable or self-isolating

[Hampstead and Kilburn Covid-19 Community Relief](#) (Facebook)

[Ravenshaw, Broomsleigh, Dornfell, Glastonbury Streets NW6](#) (WhatsApp)

[NW5](#) (Facebook)

[West Hampstead NW6 Community Help COVID 19](#) (WhatsApp)



0207 241 8996



healthymindscp@mindincamden.org.uk

HEALTHY MINDS COMMUNITY PROGRAMME

 mind in camden
for better mental health

In ordinary times, the Healthy Minds Community programme is a growing collaboration of partners and participants brought together by Mind in Camden to create exciting members-only offers from the Camden community.

Members must be aged over 18 and a Borough of Camden resident or registered with a Camden GP.



As Lockdown restrictions have eased, we are delivering a range of both in-person and virtual activities.

HOW CAN I BECOME A HEALTHY MINDS DIGITAL MEMBER?

1 Please **email us** at healthymindscp@mindincamden.org.uk and we will arrange a referral meeting with you.

2 A team member will aim to call you within **1 week** to complete the referral form and talk you through what we offer.

Once our usual programme has resumed, you will become a fully-fledged Healthy Minds Member and have access to all of our offers for 1 year!

Monday:

10am until 12.30pm Portugal Prints (4/8): An eight-week therapeutic art course delivered in-person. Morning group

1.30pm until 4pm Portugal Prints (4/8): Afternoon Group

1pm until 2pm Film Club: Come along and pick a film with the group, discuss your thoughts and share your opinions.

Tuesday:

12pm until 1pm Virtual Hearing Voices Peer Support Group: For those who hear, see or sense things other people do not.

Wednesday:

11am until 12.30pm Virtual Coffee Morning: Pour yourself a hot brew, get comfy and set the world to rights, all from the comfort of your own sofa or wherever you happen to be joining us from

Thursday:

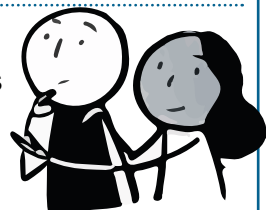
11.30am until 1pm Botanical Drawing Taster class: Learn to sketch leaves, seed pods and plants in the Royal College of Physicians Garden. This is an in-person event and social distancing measures apply. Spaces are limited so book now!

2pm until 3pm Virtual Self-Massage course (1/4): Learn to massage your hands, face, neck and feet with essential oils delivered direct to your door.

Friday:

11am until 12pm Virtual Anxiety Peer Support Group: Share and support one another with anxiety.

2.30pm until 4pm Virtual Creative Writing Group: Express yourself through the power of words.



FOR MORE INFORMATION:



0207 241 8996



healthymindscp@mindincamden.org.uk