

# HEALTHY MINDS COMMUNITY PROGRAMME



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## 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

## 3 PLAN YOUR JOURNEY

## 4 STEP OUT AND GIVE IT A GO!

LINK UP WITH A SPORTS BUDDY

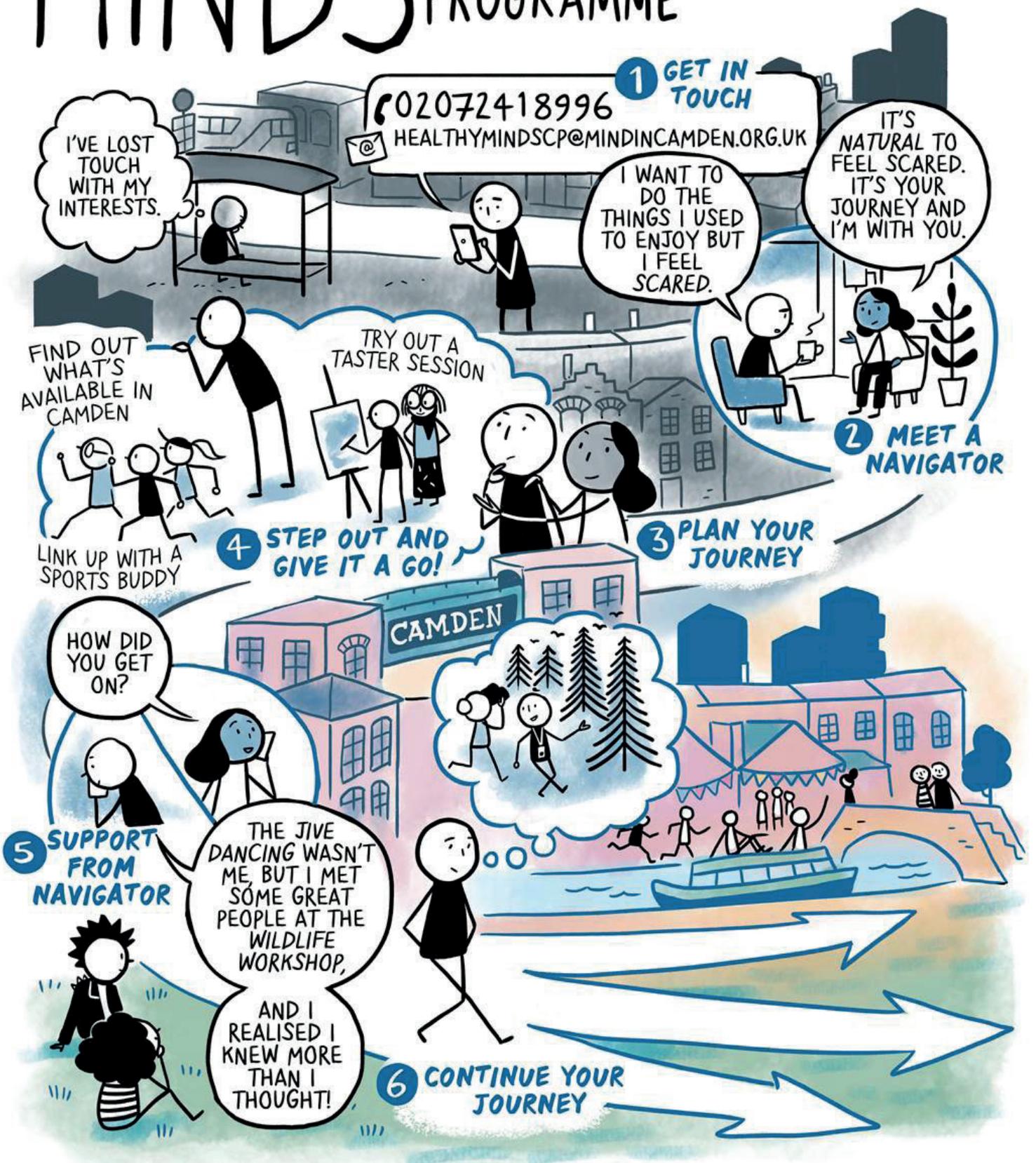
HOW DID YOU GET ON?

## 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



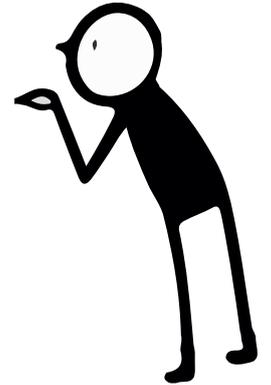
# ABOUT THE HEALTHY MINDS COMMUNITY PROGRAMME

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 We may become withdrawn because of discrimination, trauma, mental health issues or social exclusion.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 groups sessions, 1:1 support and access to join our personal development group.

### Access to Free Activities and Courses

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 run 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 - Community Mentors

We believe everyone has the right to belong to a supportive community and recognise how difficult forming and maintaining relationships can be. A community mentor can provide you with emotional, social and practical support, particularly if you find being in social spaces challenging. Community mentors are not professional counsellors but they will listen to you, and help clarify your experiences of being in our groups. This support is limited and can be accessed following your initial meeting if eligible.

### Community Mentors can:

- » Offer up to 10 x 1-hour support sessions at weekly intervals when you first join the programme
- » Actively listen to your experiences of being in groups and work with you to make sense of these
- » Register you for Healthy Minds activities and send you text reminders
- » Help you to find more activities within the community & attend activities with you
- » Support you with your self-development goals
- » Support you to access voluntary and paid employment
- » Support you to engage with additional services if required and think about self-support strategies
- » Process difficult emotions, such as shame, anger, sadness, jealousy etc.

## EDUCATION AND SKILLS BURSARY

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

## ACTIVITIES - KEY



Adult Education



Culture



Arts & Media



Nature



Community



Sports & Fitness

### ONLINE OFFERS



Look out for this icon. It highlights offers that are designed to be online.

## HOW TO JOIN THE HEALTHY MINDS 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:**

- 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](mailto:healthymindscp@mindincamden.org.uk) or pop in to one of our coffee mornings!
- 2 Fill out our online referral form which can be found on our website [www.mindincamden.org.uk](http://www.mindincamden.org.uk). If you do not have internet access, or just prefer having a hard copy to fill out, please let us know and we can send you one in the post.
- 3 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'd really like to get to know how we can best support you whilst you're with us.
- 4 You're now a Healthy Minds member.  
From this point forward you'll have free access to our programme for a whole 12 months.



# AUGUST 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Yoga 2pm - 3pm 1	Tuesday FEAST! 1pm - 2pm Comedy Improv (1/6) 2:30pm - 4:30pm 2	Gardening 10:30am - 1:30pm Coffee Morning 11am - 12:30pm 3	Walking Group 11am - 12pm 4	Friday FEAST! 1pm - 2pm 5		
Yoga 2pm - 3pm 8	Tuesday FEAST! 1pm - 2pm Comedy Improv (2/6) 2:30pm - 4:30pm 9	Gardening 10:30am - 1:30pm 10	Walking Group 11am - 12pm 11	Friday FEAST! 1pm - 2pm 12	Adult Education 13 Arts & Media 14 Community 15	
Yoga 2pm - 3pm 15	Tuesday FEAST! 1pm - 2pm Comedy Improv (3/6) 2:30pm - 4:30pm 16	Gardening 10:30am - 1:30pm 17	Walking Group 11am - 12pm Zen Day 12pm - 5pm British Museum 2pm - 4pm 18	Friday FEAST! 1pm - 2pm 19	Culture 20 Nature 21	
Yoga 2pm - 3pm 22	Tuesday FEAST! 1pm - 2pm Comedy Improv (4/6) 2:30pm - 4:30pm 23	Gardening 10:30am - 1:30pm 24	Walking Group 11am - 12pm 25	Friday FEAST! 1pm - 2pm 26		
BANK HOLIDAY 29	Tuesday FEAST! 1pm - 2pm Comedy Improv (5/6) 2:30pm - 4:30pm 30	Gardening 10:30am - 1:30pm 31				

## BOOKING ESSENTIAL

You must book to attend our sessions. T: 020 7241 8996  
E: [HealthyMindsCP@mindincamden.org.uk](mailto:HealthyMindsCP@mindincamden.org.uk)

# SEPTEMBER 2022

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

Yoga  
2pm - 3pm

5

Tuesday FEAST!  
1pm - 2pm

Badminton  
2pm - 3pm

Comedy Improv (6/6)  
2:30pm - 4:30pm

6

Gardening  
10:30am - 1:30pm

Coffee Morning  
11am - 12:30pm

7

Walking Group  
11am - 12pm

8

Friday FEAST!  
12pm - 2pm

9

Yoga  
2pm - 3pm

Women's Music  
Therapy Group  
3:30pm - 4:30pm

12

Yoga  
2pm - 3pm

Women's Music  
Therapy Group  
3:30pm - 4:30pm

11

Yoga  
2pm - 3pm

Women's Music  
Therapy Group  
3:30pm - 4:30pm

19

Tuesday FEAST!  
1pm - 2pm

Badminton  
2pm - 3pm

20

Gardening  
10:30am - 1:30pm

Founding Art (1/8)  
1:30pm - 4pm

21

Walking Group  
11am - 12pm

British Museum  
2pm - 4pm

15

Friday FEAST!  
12pm - 2pm

16

Yoga  
2pm - 3pm

Women's Music  
Therapy Group  
3:30pm - 4:30pm

18

Yoga  
2pm - 3pm

Women's Music  
Therapy (1/12)  
3:30pm - 4:30pm

26

Tuesday FEAST!  
1pm - 2pm

Badminton  
2pm - 3pm

27

Gardening  
10:30am - 1:30pm

Founding Art (2/8)  
1:30pm - 4pm

28

Walking Group  
11am - 12pm

Zen Day  
12pm - 5pm

22

Friday FEAST!  
12pm - 2pm

23

Yoga  
2pm - 3pm

Women's Music  
Therapy (2/12)  
3:30pm - 4:30pm

25

Yoga  
2pm - 3pm

Women's Music  
Therapy (2/12)  
3:30pm - 4:30pm

26

Tuesday FEAST!  
1pm - 2pm

Badminton  
2pm - 3pm

27

Gardening  
10:30am - 1:30pm

Founding Art (2/8)  
1:30pm - 4pm

28

Walking Group  
11am - 12pm

29

Friday FEAST!  
12pm - 2pm

30

**ONLINE OFFERS**  
Look out for this icon. It highlights offers that are designed to be online.



Adult Education



Arts & Media



Community



Culture



Nature



Sports & Fitness

**DON'T FORGET TO BOOK!**

You must book to attend our sessions.

Call: 020 7241 8996

## IN MORE DETAIL . . . .

### REGULAR FIXTURES

#### YOGA

Learn how Yoga can help strengthen your body and improve your wellbeing. Open to all levels.

@ **Swiss Cottage, 19 Winchester Rd, NW3 3NR**

#### BADMINTON

Pick up a racket and get involved. Even if you've never played before, one of our lovely volunteers will happily show you the ropes.

@ **Talacre Sports Centre, Dalby Street, NW5 3AF**

#### WALKING GROUP

Join us for a volunteer lead social walk around various Camden parks and green spaces.

@ **Mind in Camden, Barnes House, 9-15 Camden Rd, NW1 9LQ**

#### COFFEE MORNINGS

A great way for you to meet other Healthy Minds members in a safe and facilitated environment.

@ **Mind in Camden, Barnes House, 9-15 Camden Rd, NW1 9LQ**

#### TUESDAY & FRIDAY FEAST!

A free healthy and vegetarian community dining experience with the food waste charity FEAST!

@ **Mind in Camden, Barnes House, 9-15 Camden Road, NW1 9LQ7**

#### ZEN PROJECT: URBAN WELL-BEING FESTIVAL

A travelling festival of community wellbeing hosted on a converted American schoolbus. Expect sound healing, breathwork, meditation & alt therapies.

@ **Various locations throughout Camden**

#### GARDENING @ CASTLEHAVEN

From planting to digging, weeding to harvesting, these activities will allow you to connect with nature and improve your well-being

@ **Castlehaven, 23 Castlehaven Rd, NW1 8RU**

### COURSES & ONE OFFS

#### THE FOUNDLING MUSEUM ART CLUB

In this 8-week art course, you will work alongside a community artist to explore creative approaches to well-being, inspired by the museum's collections and surrounding green spaces.

@ **40 Brunswick Square, WC1N 1AZ**

#### COMEDY IMPROVISATION WORKSHOP

In this 6-week comedy improv workshop, you will learn how to create spontaneous group stories & sketches in a positive, playful environment that's fun, friendly and supportive.

@ **Kentish Town Community Centre, 17 Busby Pl, NW5 2SP**

#### POTTERY @ WM COLLEGE COURSE

Using hand clay building techniques, you will make, decorate and glaze your own unique herb or plant holders.

@ **WM College, 44 Crowndale Rd, NW1 1TR**

#### HEALTHY RELATIONSHIPS GROUP

An experiential 12-week personal development group using Gestalt therapy techniques to explore your here and now relational patterns, while processing difficult emotions such as shame, anger, vulnerability, fear in a group setting.

@ **Location provided once your place is confirmed**

#### WOMEN'S MUSIC THERAPY GROUP

A 12-week music therapy group for women. A mixed gender group will be coming in the next programme!

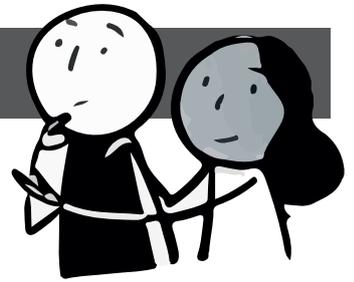
@ **Location provided once your place is confirmed**

#### BRITISH MUSEUM WALK & TALK

A personalised volunteer led tour of a current exhibition at the British Museum. After the tour, get exclusive access to artefacts in the museum's private social space.

@ **British Museum, Great Russell St, WC1B 3DG**

# WHAT IS HEALTHY MINDS?



The Healthy Minds Community Programme at Mind in Camden 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.



# A WORD ABOUT COVID-19

Covid-19 is still around, and we all have a duty of care to one another to keep each other safe. We recommend all our members, staff and volunteers regularly test themselves at least twice a week and do not attend anything if they are feeling unwell.

While we endeavour to run everything in our programme, we cannot guarantee our in-person sessions will go ahead and they may have to be cancelled at short notice if new restrictions are brought into place. We will only run our offers if we believe they are safe to do so. You will always be notified as soon as possible should we have to cancel anything. We provide online social groups and will adapt some of our offers to do online.

*"I thought the Healthy Minds Programme would help me to be less isolated, but 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, Healthy Minds participant



## CONTACT HEALTHY MINDS:

020 7241 8996 | [healthymindscp@mindincamden.org.uk](mailto:healthymindscp@mindincamden.org.uk) | [www.mindincamden.org.uk](http://www.mindincamden.org.uk)  
If you have any questions about our venues, accessibility or directions, please contact us.