

HEALTHY MINDS

COMMUNITY PROGRAMME

OCTOBER - DECEMBER 2023

 **mind**
for better mental health
in Camden

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



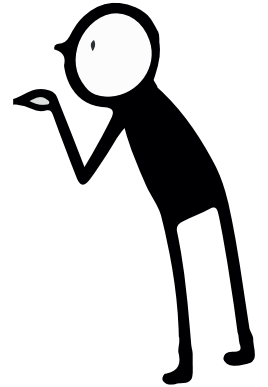
ABOUT THE HEALTHY MINDS COMMUNITY PROGRAMME

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 We may become withdrawn because of discrimination, trauma, mental health issues or social exclusion.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 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 twice 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 & 3rd Wednesday of every month, come along!



SUPPORT

Our activity-based well-being groups are the perfect place for you to come and engage with a new activity without the pressure of making those initial conversations. They are safe places where relationships occur organically. We never pressure you to participate in anything you do not want to, and if you've just turned up for the activity and are not looking to make friends, that's fine with us too. We want you to come as you are.

We will invite you for quarterly check-in meetings with one of our community engagement volunteers to ensure you get what you want from the programme. These check-in meetings will take place every three months and are an opportunity to discover what offers are coming up. If you have a goal or aim but are struggling to reach it, our volunteers can help you view things differently.

To make our spaces as open and accessible as possible, our community engagement volunteers will be on hand to welcome you. We train our volunteers in mental health awareness and trauma-informed practice, so you will always have support when attending one of our groups.

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. Please ask a member of staff if you are interested in the bursary.

ACTIVITIES - KEY

The activities displayed in the monthly calendar are colour coded as follows:



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 or pop in to one of our coffee mornings!
- 2 Fill out our online referral form which can be found on our website <https://www.mindincamden.org.uk/services/healthy-minds> 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.

OCTOBER 2023

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|--|---|---|---|--------|
| Yoga 2.15pm - 3.15pm Songwriting (3/8) 3.30pm - 4:30pm 2 | Tuesday FEAST! 1pm - 2pm Badminton 2pm - 3pm 3 | Coffee Morning 11am - 12:30pm 4 | Art Therapy (3/10) 2pm - 3:15pm 5 | Friday FEAST! 1pm - 2pm Ceramics (3/5) 1:30pm - 3:30pm 6 |  Adult Education 8 | |
| Yoga 2.15pm - 3.15pm Songwriting (4/8) 3.30pm - 4:30pm 9 | Tuesday FEAST! 1pm - 2pm Badminton 2pm - 3pm 10 | Heath Hands Nature Walk 1:30pm - 3pm 11 | Art Therapy (4/10) 2pm - 3:15pm 12 | Friday FEAST! 1pm - 2pm Ceramics (4/5) 1:30pm - 3:30pm 13 |  Arts & Media  Community  Culture 15 | |
| Yoga 2.15pm - 3.15pm Songwriting (5/8) 3.30pm - 4:30pm 16 | Tuesday FEAST! 1pm - 2pm Badminton 2pm - 3pm 17 | Coffee Morning 11am - 12:30pm 18 | Zen Wellbeing Day 12pm - 4pm Art Therapy (5/10) 2pm - 3:15pm 19 | Friday FEAST! 1pm - 2pm Ceramics (5/5) 1:30pm - 3:30pm 20 |  Nature  Sports & Fitness 21 | 22 |
| Songwriting (6/8) 3.30pm - 4:30pm 23 | Tuesday FEAST! 1pm - 2pm 24 | | Art Therapy (6/10) 2pm - 3:15pm 26 | Friday FEAST! 1pm - 2pm 27 | | 28 |
| Yoga 2.15pm - 3.15pm Songwriting (7/8) 3.30pm - 4:30pm 30 | Tuesday FEAST! 1pm - 2pm Badminton 2pm - 3pm 31 | <div> BOOKING ESSENTIAL You must book to attend our sessions. T: 020 7241 8996 E: HealthyMindsCP@mindincamden.org.uk </div> | | | | |

NOVEMBER 2023

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--------------------------------------|-----------------------------|--|---|--|---|--------|
| 1 | | Coffee Morning 11am - 12:30pm 1 | Art Therapy (7/10) 2pm - 3:15pm 2 | Friday FEAST! 1pm - 2pm Comedy Improv (1/5) 1:30pm - 3pm 3 | 4 | 5 |
| Yoga 2.15pm - 3.15pm | Tuesday FEAST! 1pm - 2pm | Heath Hands Nature Walk 1:30pm - 3pm | Art Therapy (8/10) 2pm - 3:15pm | Friday FEAST! 1pm - 2pm | Adult Education | |
| Songwriting (8/8) 3.30pm - 4:30pm | Badminton 2pm - 3pm | 8 | 9 | Comedy Improv (2/5) 1:30pm - 3pm | Arts & Media | |
| 6 | 7 | | | 10 | Community | 11 |
| | | | | | Culture | 12 |
| Yoga 2.15pm - 3.15pm | Tuesday FEAST! 1pm - 2pm | Coffee Morning 11am - 12:30pm | Zen Wellbeing Day 12pm - 4pm | Friday FEAST! 1pm - 2pm | Nature | 13 |
| Group Band (1/4) 3.30pm - 4:30pm | Badminton 2pm - 3pm | 15 | Art Therapy (9/10) 2pm - 3:15pm | Comedy Improv (3/5) 1:30pm - 3pm | Sports & Fitness | 18 |
| 13 | 14 | | 16 | 17 | | 19 |
| | | | | | | |
| Yoga 2.15pm - 3.15pm | Tuesday FEAST! 1pm - 2pm | | Art Therapy (10/10) 2pm - 3:15pm | Friday FEAST! 1pm - 2pm | | |
| Group Band (2/4) 3.30pm - 4:30pm | Badminton 2pm - 3pm | 22 | | Comedy Improv (4/5) 1:30pm - 3pm | 25 | 26 |
| 20 | 21 | | 23 | 24 | | |
| | | | | | | |
| Yoga 2.15pm - 3.15pm | Tuesday FEAST! 1pm - 2pm | Maker's Space (1/4) 1pm - 3pm | Royal Parks Walk 1pm - 3:30pm | | BOOKING ESSENTIAL You must book to attend our sessions. T: 020 7241 8996 E: HealthyMindsCP@mindincamden.org.uk | |
| Group Band (3/4) 3.30pm - 4:30pm | Badminton 2pm - 3pm | | | | | |
| 27 | 28 | | 29 | 30 | | |

DECEMBER 2023

MONDAY
TUESDAY
WEDNESDAY
THURSDAY
FRIDAY
SATURDAY
SUNDAY

IN MORE DETAIL

WHEELCHAIR ACCESSIBLE = 

REGULAR FIXTURES

YOGA



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

@ Swiss Cottage Community Centre, 19 Winchester Rd, London NW3 3NR

BADMINTON



All levels badminton sessions hosted by our lovely volunteers.

@ Talacre Sports Centre, Dalby Street, NW5 3AF

ART THERAPY



10-weeks: All level Art Therapy group. Art is a powerful way to express your emotions in a safe way. No previous art making experience necessary. All art materials are provided.

@ Location provided once your place is confirmed

COFFEE MORNINGS



A great way for you to meet other Healthy Minds members in a safe and facilitated environment. Drop in and find out what is coming up in our programme.

@ Mind in Camden, 9-15 Camden Rd, NW1 9LQ

FEAST!



In collaboration with the Phoenix Wellbeing and Recovery Service and the food waste charity FEAST!, we bring you a twice weekly, free, healthy and vegetarian community dining experience. Please remember to book in advance to ensure no food goes to waste!

@ Mind in Camden, 9-15 Camden Rd, NW1 9LQ7

ZEN PROJECT: WELL-BEING FESTIVAL



A mobile well-being festival. Expect sound healing, breathwork, meditation & alternative therapies all delivered on & around a converted yellow bus.

Please note: the bus is not wheelchair accessible but treatments also happen in community spaces.

@ Various communitiy centres throughout Camden

COURSES & ONE OFFS

WM COLLEGE: CERAMICS



5-weeks: Using clay hand building techniques, you will make, decorate & glaze your own unique herb or plant holders.

@ WM College, 44 Crowndale Rd, NW1 1TR

MUSIC THERAPY: SONGWRITING



8-weeks: Facilitated by a music therapist, sing songs together and create a group song. No muscial experience required.

@ Location provided once your place is confirmed

MUSIC THERAPY: GROUP BAND



4-weeks: A facilitated music therapy group. Ideal for those who attended our songwriting sessions, who may wish to perform their work.

@ Location provided once your place is confirmed

FOUNDLING MUSEUM: MAKER'S SPACE



4-weeks: This is not artist-led but is a space to socialise and create art with a seasonal theme.

@ 40 Brunswick Square, WC1N 1AZ

COMEDY IMPROVISATION WORKSHOP



5-weeks: You will learn how to create spontaneous group stories & sketches in a positive, playful environment that is fun, friendly and supportive.

@ Kentish Town Community Centre, 17 Bushby Place, NW5 2SP

NATURE WALK @ REGENTS PARK



Join May on a series of gentle strolls through the park to explore nature and different habitats.

@ Gloucester Gate playground, Regents Park, 11 Gloucester Gate, NW1 4HG

HEATH HANDS NATURE WALKS



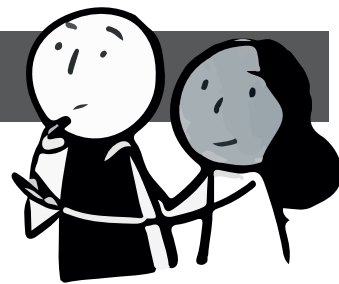
A gentle 30 - 45 minute walk starting at "the Hive", near parliment hill cafe, and followed by refreshments at the Heath Hands office.

@ Hampstead Heath, Nassington Rd, NW3 2TY

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 do not attend any of our activities 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 facilitators or staff become unwell. 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.

"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

The British
Museum

Sometimes what you call people is how they behave
STRETCH
stretchme@mac.com | www.stretch-charity.org

 **CASTLEHAVEN**
heart of your community



ual: central
saint martins

The — Zen ~~~~~ Project*

CONTACT HEALTHY MINDS:

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

If you have any questions about our venues, accessibility or directions, please contact us.