

APRIL-JUNE 2024

HEALTHY MINDS COMMUNITY PROGRAMME



1 GET IN TOUCH
02072418996
HEALTHYMINDSCP@MINDINCAMDEN.ORG.UK

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

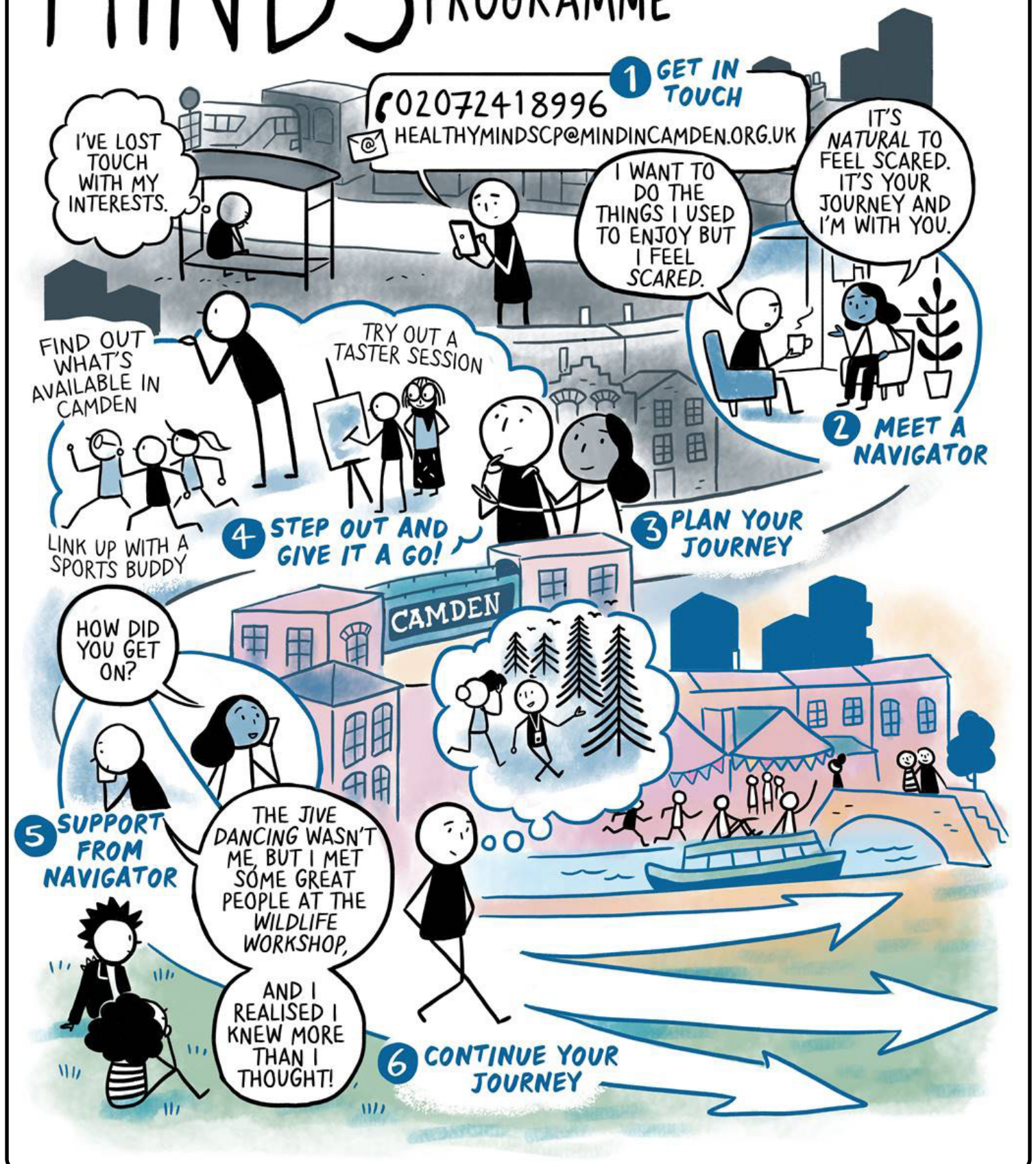
HOW DID YOU GET ON?

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



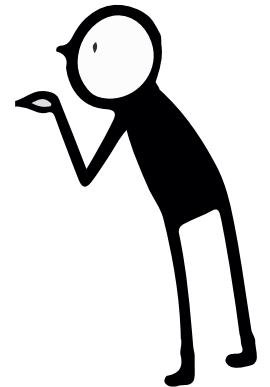
ABOUT THE HEALTHY MINDS COMMUNITY PROGRAMME

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 We may become withdrawn because of discrimination, trauma, mental health issues or social exclusion.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 courses, activities and supported groups sessions. All of our activities are supported by volunteers who are on hand to provide emotional and logistical support

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 groups happen on the 1st and 3rd Wednesday of every month, come along!



SUPPORT

Our activity-based wellbeing 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 new 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 to 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.

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 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. 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.

APRIL 2024

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

<p>Service Closed: Easter Bank Holiday</p>						
1	2	3	4	5	3	4
<p>Yoga 2pm - 3pm</p> <p>Songwriting 3.30pm-4.30pm</p>	<p>Tuesday FEAST! 1pm - 2pm</p>	<p>Coffee Morning 11am - 12.30pm</p>	<p>Art Therapy (4/8) 2pm - 3.15pm</p>	<p>Friday FEAST! 1pm - 2pm</p>		
8	9	10	11	12		11
	<p>Yoga 2pm - 3pm</p> <p>Songwriting 3.30pm-4.30pm</p>		<p>Art Therapy (5/8) 2pm - 3.15pm</p>	<p>Friday FEAST! 1pm - 2pm</p>	 •  •  •  •	<p>Adult Education</p>
15	16	17	18	19		18
<p>Yoga 2pm - 3pm</p> <p>Songwriting 3.30pm-4.30pm</p>	<p>Tuesday FEAST! 1pm - 2pm</p> <p>Badminton 2pm - 3pm</p>	<p>Coffee Morning 11am - 12.30pm</p>	<p>Art Therapy (6/8) 2pm - 3.15pm</p> <p>British Museum 'Walk and Talk' 2pm - 4pm</p>	<p>Friday FEAST! 1pm - 2pm</p> <p>Royal Parks Nature Walk 1pm-3pm</p>	 •  •  •	<p>Arts & Media</p> <p>Community</p> <p>Culture</p>
22	23	24	25	26		25
<p>Yoga 2pm - 3pm</p> <p>Songwriting 3.30pm-4.30pm</p>	<p>Tuesday FEAST! 1pm - 2pm</p> <p>Badminton 2pm - 3pm</p>	<p>Heath Hands Nature Walk 1.30pm-3pm</p>	<p>Art Therapy (7/8) 2pm - 3.15pm</p>	<p>Friday FEAST! 1pm - 2pm</p> <p>Pottery Handmade Tableware (1/5) 1.30pm-3.30pm</p>	 •  •	<p>Nature</p> <p>Sports & Fitness</p>
29	30					
<p>Yoga 2pm - 3pm</p> <p>Songwriting 3.30pm-4.30pm</p>	<p>Tuesday FEAST! 1pm - 2pm</p> <p>Badminton 2pm - 3pm</p>					

MAY 2024

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

			Coffee Morning 11am - 12.30pm 1	Art Therapy (8/8) 2pm - 3.15pm 2	Friday FEAST! 1pm - 2pm Pottery Handmade Tableware (2/5) 1.30pm-3.30pm 3						
Service Closed: Early May Bank Holiday 6	Tuesday FEAST! 1pm - 2pm Badminton 2pm - 3pm 7				Friday FEAST! 1pm - 2pm Pottery Handmade Tableware (3/5) 1.30pm-3.30pm 10						
Yoga 2pm - 3pm Songwriting 3.30pm-4.30pm 13	Tuesday FEAST! 1pm - 2pm Badminton 2pm - 3pm 14	Coffee Morning 11am - 12.30pm 15		British Museum 'Walk and Talk' 2pm - 4pm 16	Friday FEAST! 1pm - 2pm Pottery Handmade Tableware (4/5) 1.30pm-3.30pm 17						
Yoga 2pm - 3pm Songwriting 3.30pm-4.30pm 20	Tuesday FEAST! 1pm - 2pm Badminton 2pm - 3pm 21	Royal Parks Nature Walk 1pm-3pm 22			Friday FEAST! 1pm - 2pm Pottery Handmade Tableware (5/5) 1.30pm-3.30pm 24						
Service Closed: May Bank Holiday 27		Interwoven: Creative Making and Wellbeing (1/3) 2pm-4pm 29	Heath Hands Nature Walk 1.30pm-3pm 30								

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JUNE 2024

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

Yoga 2pm - 3pm	3
Songwriting 3.30pm-4.30pm	

Tuesday FEAST! 1pm - 2pm	4
Badminton 2pm - 3pm	

Coffee Morning 11am - 12.30pm	5
Interwoven: Creative Making and Wellbeing 2/3 2pm-4pm	

Friday FEAST! 1pm - 2pm	6
Ceramics - Collection Day 1.30pm-3.30pm	7

Yoga 2pm - 3pm	10
Songwriting 3.30pm-4.30pm	

Tuesday FEAST! 1pm - 2pm	11
Badminton 2pm - 3pm	

Yoga 2pm - 3pm	12
Songwriting Session 3.30pm-4.30pm	17

Tuesday FEAST! 1pm - 2pm	18
Badminton 2pm - 3pm	

Coffee Morning 11am - 12.30pm	19
Maker's Space @ Foundling Museum (1/6) 1.30pm-3.30pm	26

British Museum Walk and Talk Tour 2pm - 4pm	20
Heath Hands Nature Walk 1.30pm-3pm	27

Friday FEAST! 1pm - 2pm	21
Royal Park Walk 1pm-3pm	28

Yoga 2pm - 3pm	24
Songwriting 3.30pm-4.30pm	

Tuesday FEAST! 1pm - 2pm	25
Badminton 2pm - 3pm	

Friday FEAST! 1pm - 2pm	28
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DON'T FORGET TO BOOK!
You must book to attend
our sessions. 7
Email: [healthymindscp@
mindincamnden.org.uk](mailto:healthymindscp@mindincamnden.org.uk)



Adult Education



Arts & Media



Community



Culture



Nature



Sports & Fitness

IN MORE DETAIL

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 Road, 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

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 Road, NW1 9LQ

BRITISH MUSEUM WALK & TALK

A personalised volunteer led tour of current exhibitions, followed by refreshments and a chat.

@ British Museum, Great Russell St, WC1B 3DG

TUESDAY & FRIDAY FEAST!

In partnership with the food waste Charity FEAST!

This is a communal meal; its is a lively event, in collaboration with our phoenix day centre.

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

Art Therapy

All level Art Therapy Group. Art is a powerful way to express your emotions in a safe way. No experience necessary. Art materials for the sessions are provided.

@ Location provided once your place is confirmed

COURSES & ONE OFFS

Songwriting Sessions

10 week series of sessions, focused on songwriting and creating together facilitated by a music therapist. A six session series of

@ Location provided once your place is confirmed

Foundling Museum: Community Art

A series of six creative sessions using a range of different materials, from arts & crafts to printing techniques. These sessions are not artist led but follow a loose theme - they will be facilitated by Foundling Museum staff. A gentle

@ 40 Brunswick Square WC1N 1AZ

Interwoven: Creative Making and Wellbeing

During this 3-part workshop you will learn how to make a Textile sculpture that responds to your own vision. This 'creative making' workshop has been designed by Chris Kelly, as a space to explore the calming and meditative qualities of making, particularly on those identifying as neurodivergent.

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

WM College: Pottery - Handmade Tableware

Using clay and press mould techniques, make, decorate and glaze tableware for use at home: a plate, bowl and cup.

@ WM College, 44 Crowndale Rd NW1 1TR

Heath Hand Nature Walk

A gentle 30-45 minute walk starting at 'the hive', near Parliament Hill cafe, followed by refreshments at the Heath Hands office.

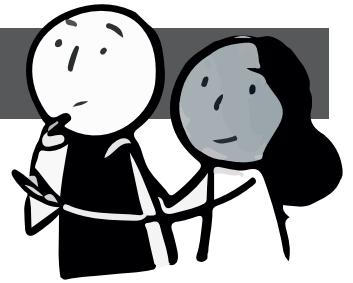
@ Hampstead Heath Nassington Road, NW3 2TY

Nature Walks @ 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

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.

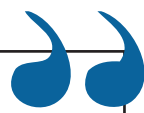


A WORD ABOUT COVID-19

We know this past year has been a heavy one and most of us will be looking forward to some normality this summer. But with Covid predicted to be with us for some time, it is important we look out for one another in the months ahead. We have worked together with our partners to provide a range of safe summer offers, which take into consideration the threat posed by Covid-19.

We all have a duty of care to one another and 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 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, Healthy Minds participant



CONTACT HEALTHY MINDS:

020 7241 8996 | healthymindscp@mindincamden.org.uk | www.mindincamden.org.uk
If you have any questions about our venues, accessability or directions, please contact us.