

# HEALTHY MINDS

## COMMUNITY PROGRAMME

JULY-SEPTEMBER 2024

 **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?

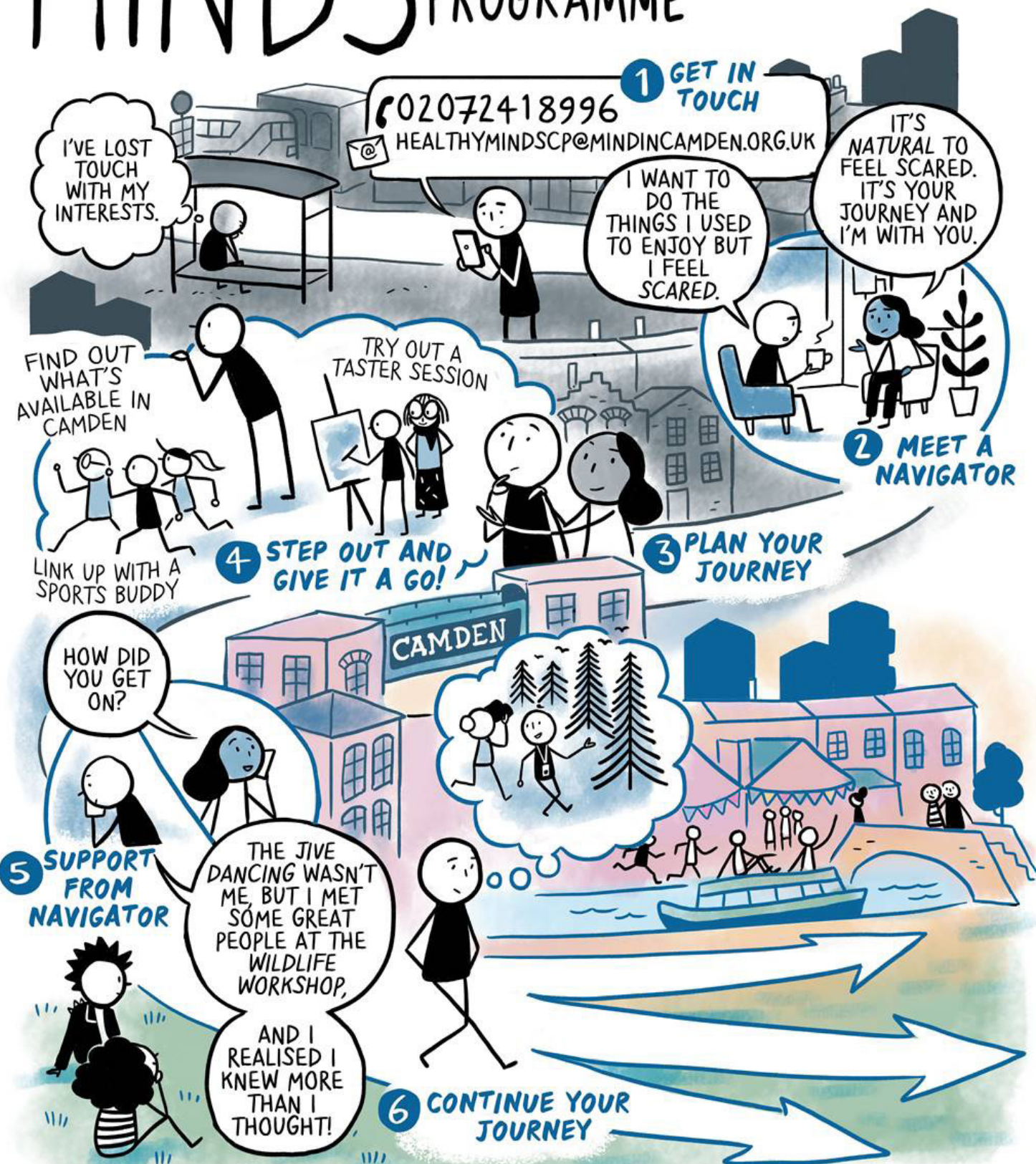
**5 SUPPORT FROM NAVIGATOR**

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





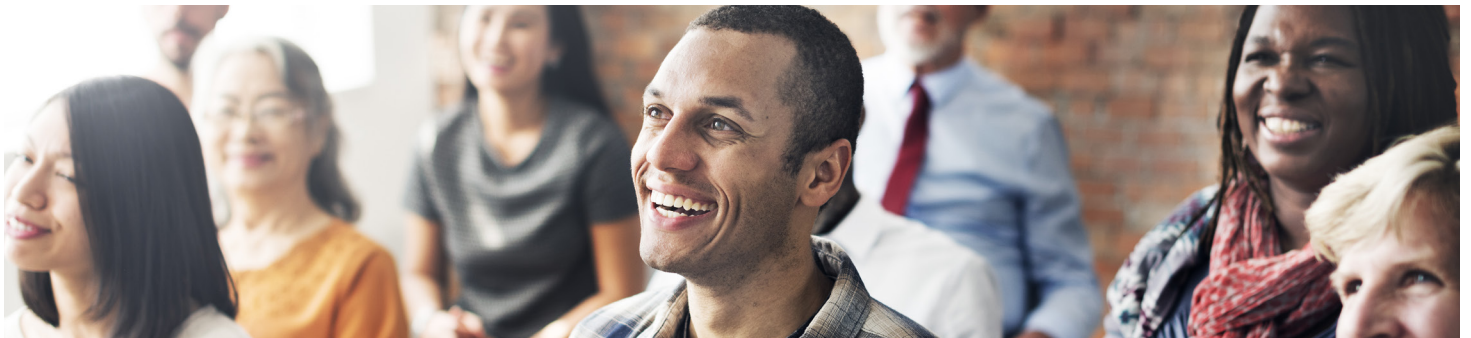
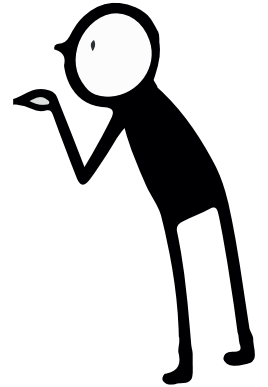
# ABOUT THE HEALTHY MINDS COMMUNITY PROGRAMME

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 We may become withdrawn because of discrimination, trauma, mental health issues or social exclusion.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 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

## JOINING 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.

You can join the programme or help someone join the programme through the Reach Out single point of access

To join the programme, or help someone else join you reach us online by phone or in person

Website: <https://reachoutcamden.co.uk/>

Telephone: 02072418984

In Person: please drop into Coffee Morning 11am-12.30pm on the first and third Wednesday of each month



# Reach Out Camden

## Wellbeing Alliance

The Healthy Minds Community Programme is now part of the Camden Reach Out Alliance, a collective of charities working closely together to provide connected community support across Camden. Reach Out links community groups, peer mentoring and one-to-one support through a single point of access. By contacting the Reach Out Camden alliance, you will have a chance to choose from a selection of services at Likewise, Voiceability and Mind in Camden.

# JULY 2024

MONDAY      TUESDAY      WEDNESDAY      THURSDAY      FRIDAY      SATURDAY      SUNDAY

Songwriting 3.30pm-4.30pm	Tuesday FEAST! 1pm - 2pm Badminton 2pm - 3pm	Coffee Morning 11am - 12.30pm		Friday FEAST! 1pm - 2pm		
1	2	3	4	5	6	7
Yoga 2pm - 3pm Songwriting 3.30pm-4.30pm	Tuesday FEAST! 1pm - 2pm Badminton 2pm - 3pm	Drama and Creative Writing Workshop 2pm - 3.30pm	British Museum 'Walk and Talk' 1.45pm - 4pm	Friday FEAST! 1pm - 2pm		Adult Education
8	9	10	11	12		14
Yoga 2pm - 3pm Songwriting 3.30pm-4.30pm	Tuesday FEAST! 1pm - 2pm Badminton 2pm - 3pm	Coffee Morning 11am - 12.30pm Open Studio Art Therapy 1pm-4pm	Zen Day & Wellbeing Day 12pm-4pm	Friday FEAST! 1pm - 2pm Regents Park Walk 2pm-4pm		Arts & Media Community Culture
15	16	17	18	19		21
Yoga 2pm - 3pm Songwriting 3.30pm-4.30pm	Tuesday FEAST! 1pm - 2pm Badminton 2pm - 3pm		Heath Hands Nature Walk 1.30pm-3pm	Friday FEAST! 1pm - 2pm		Nature Sports & Fitness
22	23	24	25	26	25	28
Yoga 2pm - 3pm	Tuesday FEAST! 1pm - 2pm	Open Studio Art Therapy 1pm-4pm				
29	30	31				

# AUGUST 2024

MONDAY      TUESDAY      WEDNESDAY      THURSDAY      FRIDAY      SATURDAY      SUNDAY







				Friday FEAST! 1pm - 2pm		
Yoga 2pm - 3pm				Friday FEAST! 1pm - 2pm		
				Friday FEAST! 1pm - 2pm		
Yoga 2pm - 3pm				Friday FEAST! 1pm - 2pm Regents Park Walk 2pm-4pm		
				Friday FEAST! 1pm - 2pm		
Service Closed: Bank Holiday				Friday FEAST! 1pm - 2pm		

02072418996

HEALTHYMINDSCP@MINDINCAMDEN.ORG.UK



# SEPTEMBER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<div>Yoga</div> <div>2pm - 3pm</div> <div>2</div>	<div>Tuesday FEAST!</div> <div>1pm - 2pm</div> <div>Badminton</div> <div>2pm - 3pm</div> <div>3</div>	<div>Coffee Morning</div> <div>11am - 12.30pm</div> <div>Open Studio Art Therapy</div> <div>1pm-4pm</div> <div>4</div>	<div>British Museum</div> <div>Walk and Talk Tour</div> <div>1.45pm - 4pm</div> <div>5</div>	<div>Friday FEAST!</div> <div>1pm - 2pm</div> <div>6</div>	<div>DON'T FORGET TO BOOK!</div> <div>You must book to attend our sessions. 7</div> <div>Email: <a href="mailto:healthymindscp@mindincamnden.org.uk">healthymindscp@mindincamnden.org.uk</a></div> <div>•  Adult Education</div> <div>•  Arts &amp; Media</div> <div>•  Community</div> <div>•  Culture</div> <div>•  Nature</div> <div>•  Sports &amp; Fitness</div> <div>11</div> <div>15</div> <div>18</div> <div>22</div> <div>28</div> <div>29</div>	
<div>Songwriting</div> <div>3.30pm-4.30pm</div> <div>9</div>	<div>Tuesday FEAST!</div> <div>1pm - 2pm</div> <div>Badminton</div> <div>2pm - 3pm</div> <div>10</div>			<div>Friday FEAST!</div> <div>1pm - 2pm</div> <div>Regents Park Walk</div> <div>2pm-4pm</div> <div>13</div>		
<div>Songwriting</div> <div>3.30pm-4.30pm</div> <div>16</div>	<div>Tuesday FEAST!</div> <div>1pm - 2pm</div> <div>Badminton</div> <div>2pm - 3pm</div> <div>17</div>	<div>Coffee Morning</div> <div>11am - 12.30pm</div> <div>Open Studio Art Therapy</div> <div>1pm-4pm</div> <div>18</div>	<div>Heath Hands Nature Walk</div> <div>1.30pm-3pm</div> <div>19</div>	<div>Friday FEAST!</div> <div>1pm - 2pm</div> <div>20</div>		
<div>Yoga</div> <div>2pm - 3pm</div> <div>Songwriting</div> <div>3.30pm-4.30pm</div> <div>23</div>	<div>Tuesday FEAST!</div> <div>1pm - 2pm</div> <div>Badminton</div> <div>2pm - 3pm</div> <div>24</div>		<div>Zen &amp; Wellbeing Day</div> <div>12pm-4pm</div> <div>26</div>	<div>Friday FEAST!</div> <div>1pm - 2pm</div> <div>Ceramics Planters</div> <div>1.30pm-3.30pm 1/5</div> <div>27</div>		
<div>Yoga</div> <div>2pm - 3pm</div> <div>Songwriting</div> <div>3.30pm-4.30pm</div> <div>30</div>						

## 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; it's a lively event, in collaboration with our phoenix day centre.

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

#### Art Therapy: Open Studio

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 place 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

#### Outside Edge: Drama and Creative Writing Taster

A 90 minute creative writing/ drama taster session. This will be facilitated by outside edge and designed as a light hearted chance to ignite your creativity.

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

#### WM College: Pottery - Planters

Using clay and press mould techniques, make, decorate and glaze your own unique plant holders.

@ 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

#### Zen Day & Wellbeing Day

A mobile well-being festival. Expect sound healing, breathwork, meditation and more. There will be a free vegetarian lunch provided.

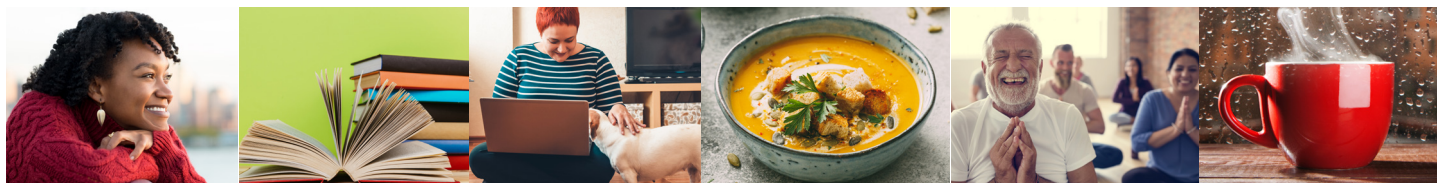
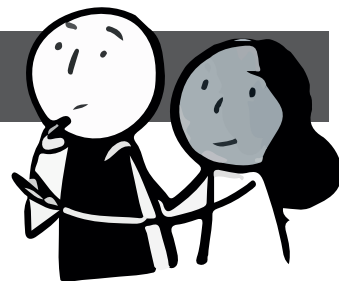
@ Various Locations



# 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 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



#SamsungKX

ual: central saint martins



The British Museum



## 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.