

# HEALTHY MINDS

## COMMUNITY PROGRAMME

JANUARY-MARCH 2025

 **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





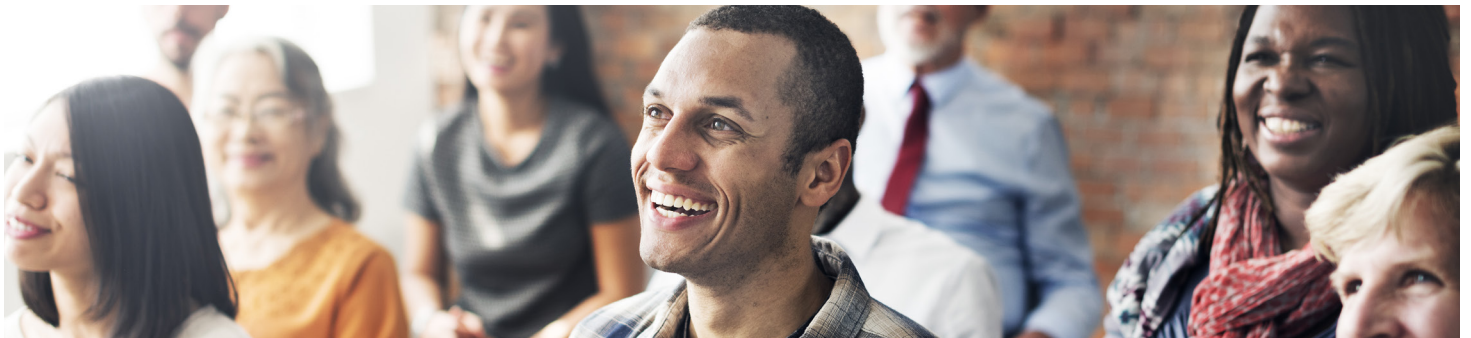
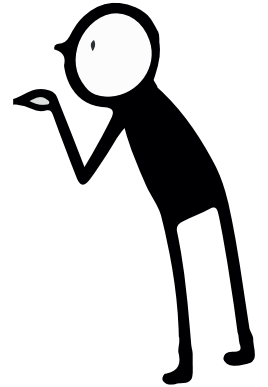
# ABOUT THE HEALTHY MINDS COMMUNITY PROGRAMME

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 We may become withdrawn because of discrimination, trauma, mental health issues or social exclusion.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

## HOW TO JOIN THE HEALTHY MINDS PROGRAMME

**This programme is free for anyone over 18 living in Camden - you must have a Camden GP or . 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 Thursday 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

# JANUARY 2025

MONDAY      TUESDAY      WEDNESDAY      THURSDAY      FRIDAY      SATURDAY      SUNDAY

30	31	1	Coffee Morning (Drop In) 11am - 12:30pm	Friday FEAST! 1pm - 2pm		
						Adult Education 9
Yoga 2pm - 3pm	Tuesday FEAST! 1pm - 2pm	Gardening @ Castlehaven 10:30am - 1:30pm	Drama Workshop 1/6 11am-1pm	Friday FEAST! 1pm - 2pm	Arts & Media	
Songwriting 3.30pm - 4:30pm	Badminton 2pm - 3pm	Baking Taster 2pm-4pm			Community	
6	7	8		10	Culture	16
Yoga 2pm - 3pm	Tuesday FEAST! 1pm - 2pm	Gardening @ Castlehaven 10:30am - 1:30pm	Coffee Morning 11am - 12:30pm	Friday FEAST! 1pm - 2pm	Nature	
Songwriting 3.30pm - 4:30pm	Badminton 2pm - 3pm	Creative Writing 2pm-4pm	Printmaking 1/5 1.30pm-3.30pm		Sports & Fitness	
13	14	15	British Museum Tour 1.45pm-4pm	17		23
Yoga 2pm - 3pm	Tuesday FEAST! 1pm - 2pm	Gardening @ Castlehaven 10:30am - 1:30pm	Drama Workshop 2/6 11am-1pm	Friday FEAST! 1pm - 2pm		
Songwriting 3.30pm - 4:30pm	Badminton 2pm - 3pm	Heath Hands Walk 1pm-3pm	Printmaking 2/5 1.30pm-3.30pm			
20	21	22		24		
Yoga 2pm - 3pm	Tuesday FEAST! 1pm - 2pm	Gardening @ Castlehaven 10:30am - 1:30pm	Drama Workshop 3/6 11am-1pm	Friday FEAST! 1pm - 2pm		
Songwriting 3.30pm - 4:30pm	Badminton 2pm-3pm	Foundling Museum Maker's Space (1/6) 1.30pm-3.30pm	Printmaking 3/5 1.30pm-3.30pm	Regents Park Walk 1.30pm-3.30pm		
27	28	29	Zen Wellbeing Day 12pm-4pm	30		
				31		







## BOOKING ESSENTIAL

All sessions require pre-booking, with the exception of our labelled drop-in events. To book: T: 020 7241 8996. HealthyMindsCP@mindincamden.org.uk.

FEBRUARY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<div>Yoga</div> <div>2pm - 3pm</div> <div>Songwriting</div> <div>3.30pm - 4.30pm</div> <div>3</div>	<div>Tuesday FEAST!</div> <div>1pm - 2pm</div> <div>Badminton</div> <div>2pm - 3pm</div> <div>4</div>	<div>Gardening @ Castlehaven</div> <div>10.30am - 1.30pm</div> <div>Foundling Museum Maker's Space (2/6)</div> <div>1.30pm-3.30pm</div> <div>5</div>	<div>Coffee Morning (Drop In)</div> <div>11am - 12.30pm#</div> <div>Printmaking 4/5</div> <div>1.30pm-3.30pm</div> <div>6</div>	<div>Friday FEAST!</div> <div>1pm - 2pm</div> <div>7</div>		
<div>Yoga</div> <div>2pm - 3pm</div> <div>Songwriting</div> <div>3.30pm - 4.30pm</div> <div>10</div>	<div>Tuesday FEAST!</div> <div>1pm - 2pm</div> <div>Badminton</div> <div>2pm - 3pm</div> <div>11</div>	<div>Gardening @ Castlehaven</div> <div>10.30am - 1.30pm</div> <div>Foundling Museum Maker's Space (3/6)</div> <div>1.30pm-3.30pm</div> <div>12</div>	<div>Drama Workshop 4/6</div> <div>11am-1pm</div> <div>Printmaking 5/5</div> <div>1.30pm-3.30pm</div> <div>British Museum Tour</div> <div>1.45pm-4pm</div> <div>13</div>	<div>Friday FEAST!</div> <div>1pm - 2pm</div> <div>14</div>	<div>Adult Education</div> <div>12</div>	
<div>Yoga</div> <div>2pm - 3pm</div> <div>Yoga</div> <div>2pm - 3pm</div> <div>17</div>	<div>Tuesday FEAST!</div> <div>1pm - 2pm</div> <div>18</div>	<div>Gardening @ Castlehaven</div> <div>10.30am - 1.30pm</div> <div>Heath Hands Walk</div> <div>1.30pm-3.30pm</div> <div>19</div>	<div>Coffee Morning (Drop In)</div> <div>11am - 12.30pm</div> <div>Crochet Taster</div> <div>1pm-2.30pm</div> <div>20</div>	<div>Friday FEAST!</div> <div>1pm - 2pm</div> <div>21</div>	<div>Arts &amp; Media</div> <div>17</div>	<div>Community</div> <div>20</div>
<div>Yoga</div> <div>2pm - 3pm</div> <div>Songwriting</div> <div>3.30pm - 4.30pm</div> <div>24</div>	<div>Tuesday FEAST!</div> <div>1pm - 2pm</div> <div>Badminton</div> <div>2pm - 3pm</div> <div>25</div>	<div>Gardening @ Castlehaven</div> <div>10.30am - 1.30pm</div> <div>Foundling Museum Maker's Space (4/6)</div> <div>1.30pm-3.30pm</div> <div>26</div>	<div>Drama Workshop 5/6</div> <div>11am-1pm</div> <div>Zen Wellbeing Day (Drop In)</div> <div>12pm - 4pm</div> <div>27</div>	<div>Friday FEAST!</div> <div>1pm - 2pm</div> <div>Regents Park - Nature Walk</div> <div>1.30pm-3.30pm</div> <div>28</div>	<div>Nature</div> <div>26</div>	<div>Sports &amp; Fitness</div> <div>27</div>
<div>BOOKING ESSENTIAL</div> <div>All sessions require pre-booking, with the exception of our labelled drop-in events. To book: T: 020 7241 8996. HealthyMindsCP@minmindincamden.org.</div>						

# MARCH 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Yoga</b> 2pm - 3pm <b>Songwriting</b> 3.30pm - 4:30pm 3	<b>Tuesday FEAST!</b> 1pm - 2pm <b>Badminton</b> 2pm - 3pm 4	<b>Gardening @ Castlehaven</b> 10:30am - 1:30pm <b>Foundling Museum Maker's Space 5/6</b> 1.30pm-3.30pm 5	<b>Coffee Morning (Drop In)</b> 11am - 12:30pm 6	<b>Friday FEAST!</b> 1pm - 2pm 7	 Adult Education  Arts & Media  Community  Culture  Nature  Sports & Fitness 2 9 10	3
<b>Yoga</b> 2pm - 3pm <b>Songwriting</b> 3.30pm - 4:30pm 10	<b>Tuesday FEAST!</b> 1pm - 2pm <b>Badminton</b> 2pm - 3pm 11	<b>Gardening @ Castlehaven</b> 10:30am - 1:30pm <b>Foundling Museum Maker's Space 6/6</b> 1.30pm-3.30pm 12	<b>Drama Workshop 6/6</b> 11am-1pm <b>British Museum Tour</b> 1.45pm-4pm 13	<b>Friday FEAST!</b> 1pm - 2pm 14		10
<b>Yoga</b> 2pm - 3pm <b>Songwriting</b> 3.30pm - 4:30pm 17	<b>Tuesday FEAST!</b> 1pm - 2pm <b>Badminton</b> 2pm - 3pm 18	<b>Gardening</b> 10:30am - 1:30pm <b>Heath Hands Walk</b> 1.30pm-3pm <b>Art Therapy 1/10</b> 2pm-3.30pm 19	<b>Coffee Morning (Drop In)</b> 11am - 12:30pm 20	<b>Friday FEAST!</b> 1pm - 2pm 21		17
<b>Yoga</b> 2pm - 3pm <b>Songwriting</b> 3.30pm - 4:30pm 24	<b>Tuesday FEAST!</b> 1pm - 2pm <b>Badminton</b> 2pm - 3pm 25	<b>Art Therapy 2/10</b> 2pm-3.30pm 26	<b>Zen Wellbeing Day (Drop In)</b> 12pm - 4pm 27	<b>Friday FEAST!</b> 1pm - 2pm <b>Regents Park - Nature Walk</b> 1.30pm-3.30pm 28		24
<b>Yoga</b> 2pm - 3pm <b>Songwriting</b> 3.30pm - 4:30pm 31		<b>BOOKING ESSENTIAL</b> All sessions require pre-booking, with the exception of our labelled drop-in events. To book: T: 020 7241 8996. <a href="mailto:HealthyMindsCP@mindincamden.org.uk">HealthyMindsCP@mindincamden.org.uk</a>				30

## ACTIVITY LOCATIONS & MORE DETAIL

WHEELCHAIR ACCESSIBLE = 

### DROP-INS

#### 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**

#### ZEN PROJECT: WELL-BEING FESTIVAL

A mobile well-being festival. Expect sound healing, breathwork, meditation & alternative therapies and lunch **@ Various locations throughout Camden**

#### NATURE WALK - REGENTS PARK

A series of gentle strolls through the park exploring different animal habitats & connect with nature.

**@ Gloucester Gate playground, Regents Park, , London NW1 4HG**

#### YOGA

A gentle, accessible community Yoga session.

**@ Main Hall, Swiss Cottage Community Centre, 19 Winchester Road NW3 3NR**

#### BADMINTON

All levels badminton sessions hosted by our lovely volunteers. **@ Talacre Sports Centre, Dalby Street, NW5 3AF**

#### DRAMA WORKSHOP

This workshop will explore drama, improv and storytelling. No prior experience required. This space will be full of play, creativity and fun **@ Kentish Town Community Centre 17 Busby Place NW5 2SP**

#### GARDENING @ CASTLEHAVEN

These sessions are physical & sometimes messy, so wear clothing you don't mind getting a bit dirty.

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

#### HEATH HANDS - NATURE WALKS

A gentle, guided walk facilitated by Heath Hands and supported by a volunteer **@ The Hive, Hampstead Heath, Nassington Road NW3 2TY**

### LIMITED SPACES: PRE-BOOKING ESSENTIAL

#### Printmaking at the WM College

Learn about and use a range of printmaking processes to produce your own, original prints

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

#### SONGWRITING

Hosted by a music therapist. This will involve singing songs together and creating a song as a group. No musical experience required. **@ Location provided once your place is confirmed**

#### ART THERAPY

Art Therapy is psychotherapy that uses Art as a form of communication. Sessions will be facilitated by a qualified art therapist. No experience needed and the art materials you need for the sessions are provided. **@ Location provided once booked**

#### FEAST!

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

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

#### Maker's Space @ Foundling Museum

A 6-week creative workshop, exploring the Museum's unique story of caring for children.

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

#### CREATIVE WRITING (TASTER)

This workshop is an introduction to comedy writing. No prior experience needed, just bring yourself and your curiosity! **@ People's Museum, 52 Phoenix Road, London NW1 1ES**

#### BAKING (TASTER)

An informal, fun baking session which focuses on the wellbeing benefits of baking together. **@ Mind in Camden, 9-15 Camden Rd, NW1 9LQ**

#### CROCHET TASTER

A practical introduction to crochet, teaching foundational skills and offering a space to create and unwind.

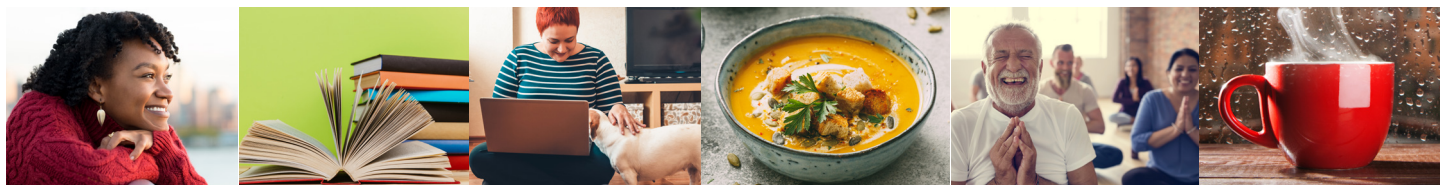
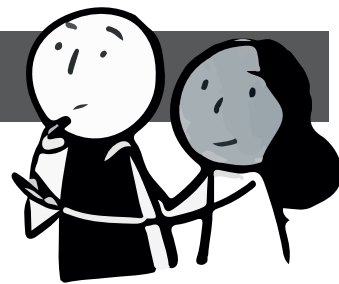
**@ Mind in Camden, 9-15 Camden Rd, NW1 9LQ**



# 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



ual: central  
saint martins

## 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.