

# 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

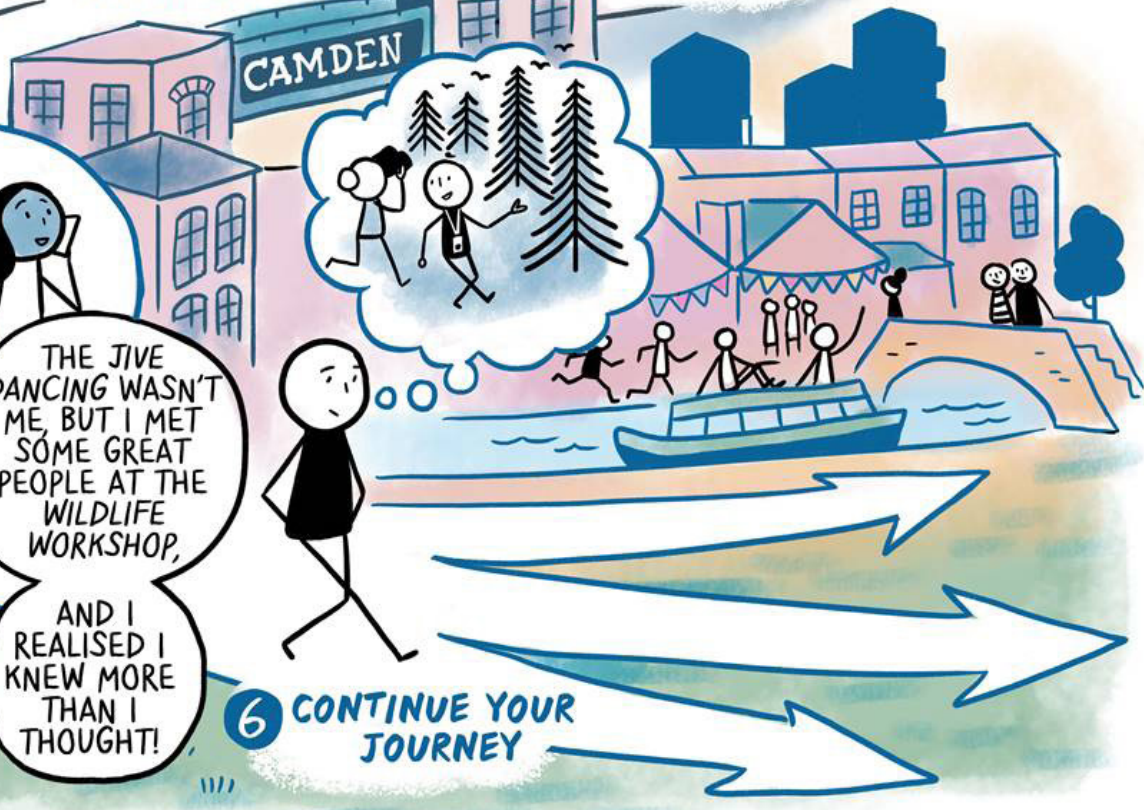
HOW DID YOU GET ON?

### 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

## Access to Free Activities and Courses

The Healthy Minds Community Programme is completely **free** and 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.

Once signed up to the programme you will have full access to all activities in our programme for 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.**

## 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.

### Volunteer support:

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.

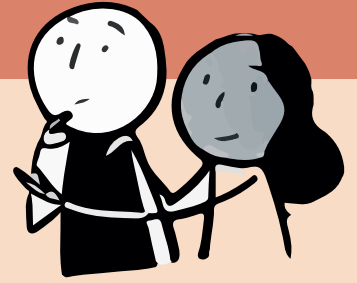


### Coffee Mornings (1st & 3rd Thursday of each month)

Our coffee mornings run twice a month to provide members 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.

Coffee mornings are at 11am-12:30pm. Drop-in and say hello!

## 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.

You can join the programme by filling out an online Reach Out referral form, which you can find on their website: <https://reachoutcamden.co.uk/>

If you have any questions, you can phone reach out on 02072418984

You can also drop into a Coffee Morning 11am-12.30pm on the first and third Thursday of each month, and a member of our team can fill out a referral with you.









# 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.

# APRIL 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Tuesday FEAST! 1pm - 2pm Badminton 2pm - 3pm 1	Gardening @ Castlehaven 10:30am - 1:30pm Art Therapy 3/10 2pm-3.30pm 2	Coffee Morning (Drop In) 11am - 12:30pm Heath Hands Walk 1:30pm-3pm 3	Friday FEAST! 1pm - 2pm 4	 Adult Education  Arts & Media 9	
Yoga 2pm - 3pm Songwriting 3pm - 4pm 7	Tuesday FEAST! 1pm - 2pm -NO Badminton- 8	Gardening @ Castlehaven 10:30am - 1:30pm Art Therapy 4/10 2pm-3.30pm 9	Baking 11am - 1pm British Museum Tour 1.45pm-4pm 10	Friday FEAST! 1pm - 2pm 11	 Community  Culture  Nature 16	
Yoga 2pm - 3pm Feedback Filming Day 2pm - 4pm 14	Tuesday FEAST! 1pm - 2pm -NO Badminton- 15	Gardening @ Castlehaven 10:30am - 1:30pm Art Therapy 5/10 2pm-3.30pm 16	Coffee Morning (Drop In) 11am - 12:30pm 17	SERVICES CLOSED 18	 Sports & Fitness 23	
SERVICES CLOSED 21	Tuesday FEAST! 1pm - 2pm Badminton 2pm - 3pm 22	Gardening @ Castlehaven 10:30am - 1:30pm Art Therapy 6/10 2pm-3.30pm 23	Zen Wellbeing Day (Drop In) 12pm-4pm 24	Ceramics: Tableware 10.30am-12.30pm Friday FEAST! 1pm - 2pm Regents Park Walk 1.30pm-3.30pm 25	<b>BOOKING ESSENTIAL</b> All sessions require pre-booking, with the exception of our labelled drop-in events. To book: T: 020 7241 8996. HealthyMindsCP@mindincamden.org.uk	
Yoga 2pm - 3pm Songwriting 3pm - 4pm 28	Tuesday FEAST! 1pm - 2pm Badminton 2pm - 3pm 29	Gardening @ Castlehaven 10:30am - 1:30pm Art Therapy 7/10 2pm-3.30pm 30				

# MAY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			Coffee Morning (Drop In) 11am - 12:30pm	Ceramics: Tableware 2/5 10.30am-12.30pm Friday FEAST! 1pm - 2pm	• Adult Education	
<b>SERVICES CLOSED</b>	Tuesday FEAST! 1pm - 2pm Badminton 2pm - 3pm	Gardening @ Castlehaven 10:30am - 1:30pm Art Therapy 8/10 2pm-3.30pm	Baking 11am - 1pm	Ceramics: Tableware 3/5 10.30am-12.30pm Friday FEAST! 1pm - 2pm	• Arts & Media • Community	
5	6	7	Coffee Morning (Drop In) 11am - 12:30pm British Museum Tour 1.45pm-4pm	Ceramics: Tableware 4/5 10.30am-12.30pm Friday FEAST! 1pm - 2pm	• Nature	
Creative Writing 11:30am - 1:30pm Yoga 2pm - 3pm Songwriting 3pm - 4pm	Tuesday FEAST! 1pm - 2pm Badminton 2pm - 3pm	Gardening @ Castlehaven 10:30am - 1:30pm Art Therapy 9/10 2pm-3.30pm	15	16	• Sports & Fitness	
12	13	14			<b>BOOKING ESSENTIAL</b> All sessions require pre-booking, with the exception of our labelled drop-in events. To book: T: 020 7241 8996. HealthyMindsCP@mindincamden.org.uk	
Creative Writing 11:30am - 1:30pm Yoga 2pm - 3pm Songwriting 3pm - 4pm	Tuesday FEAST! 1pm - 2pm Badminton 2pm - 3pm	Gardening @ Castlehaven 10:30am - 1:30pm Art Therapy 10/10 2pm-3.30pm	22	23		
19	20	21	Zen Wellbeing Day (Drop In) 12pm-4pm	Ceramics: Tableware 5/5 10.30am-12.30pm Friday FEAST! 1pm - 2pm		
<b>SERVICES CLOSED</b>	Tuesday FEAST! 1pm - 2pm -NO Badminton-	Gardening @ Castlehaven 10:30am - 1:30pm	29	30		
26	27	28				

# JUNE 2025

MONDAY      TUESDAY      WEDNESDAY      THURSDAY      FRIDAY      SATURDAY      SUNDAY

<p><b>Creative Writing</b> 11:30am - 1:30pm</p> <p><b>Yoga</b> 2pm - 3pm</p> <p><b>Songwriting</b> 3pm - 4pm</p> <p>2</p>	<p><b>Tuesday FEAST!</b> 1pm - 2pm</p> <p><b>Badminton</b> 2pm - 3pm</p> <p>3</p>	<p><b>Gardening @ Castlehaven</b> 10:30am - 1:30pm</p> <p>4</p>	<p><b>Coffee Morning (Drop In)</b> 11am - 12:30pm</p> <p><b>Health Hands Walk</b> 1.30pm-3pm</p> <p>5</p>	<p><b>Friday FEAST!</b> 1pm - 2pm</p> <p>6</p>	<p>•  Adult Education</p> <p>•  Arts &amp; Media</p>	
<p><b>Creative Writing</b> 11:30am - 1:30pm</p> <p><b>Yoga</b> 2pm - 3pm</p> <p><b>Songwriting</b> 3pm - 4pm</p> <p>7</p>	<p><b>Tuesday FEAST!</b> 1pm - 2pm</p> <p><b>Badminton</b> 2pm - 3pm</p> <p>10</p>	<p><b>Gardening @ Castlehaven</b> 10:30am - 1:30pm</p> <p>11</p>	<p><b>Baking</b> 11am - 1pm</p> <p>12</p>	<p><b>Friday FEAST!</b> 1pm - 2pm</p> <p>13</p>	<p>•  Community</p> <p>•  Culture</p> <p>•  Nature</p>	
<p><b>Creative Writing</b> 11:30am - 1:30pm</p> <p><b>Yoga</b> 2pm - 3pm</p> <p><b>Songwriting</b> 3pm - 4pm</p> <p>16</p>	<p><b>Tuesday FEAST!</b> 1pm - 2pm</p> <p><b>Badminton</b> 2pm - 3pm</p> <p>17</p>	<p><b>Gardening @ Castlehaven</b> 10:30am - 1:30pm</p> <p>18</p>	<p><b>Coffee Morning (Drop In)</b> 11am - 12:30pm</p> <p><b>British Museum Tour</b> 1.45pm-4pm</p> <p>19</p>	<p><b>Friday FEAST!</b> 1pm - 2pm</p> <p>20</p>	<p>•  Sports &amp; Fitness</p>	
<p><b>Yoga</b> 2pm - 3pm</p> <p><b>Songwriting</b> 3pm - 4pm</p> <p>23</p>	<p><b>Tuesday FEAST!</b> 1pm - 2pm</p> <p><b>Badminton</b> 2pm - 3pm</p> <p>24</p>	<p><b>Gardening @ Castlehaven</b> 10:30am - 1:30pm</p> <p>25</p>	<p><b>Zen Wellbeing Day (Drop In)</b> 12pm-4pm</p> <p>26</p>	<p><b>Friday FEAST!</b> 1pm - 2pm</p> <p><b>Regents Park Walk</b> 1.30pm-3.30pm</p> <p>27</p>	<p><b>BOOKING ESSENTIAL</b></p> <p>All sessions require pre-booking, with the exception of our labelled drop-in events. To book: T: 020 7241 8996. HealthyMindsCP@mindincamden.org.uk</p>	
<p><b>Yoga</b> 2pm - 3pm</p> <p><b>Songwriting</b> 3pm - 4pm</p> <p>30</p>						

## 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 WELL-BEING DAY: FESTIVAL

A mobile well-being festival. Expect sound healing, breathwork, meditation & alternative therapies, and lunch.

@ **Various locations throughout Camden**

#### REGENTS PARK- NATURE WALKS

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

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

#### 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**

#### 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**

#### 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**

### LIMITED SPACES: PRE-BOOKING ESSENTIAL

#### CERAMICS: TABLEWARE

Make, decorate, and glaze your own tableware like a cup, bowl and plate, using clay and press mould techniques! @ **Working Mens College, 44 Crowndale Rd, NW1 1TR**

#### BRITISH MUSEUM

A bespoke volunteer-led tour of current exhibitions, followed by refreshments and a chat. @ **British Museum, Great Russell St, WC1B 3DG**

#### CREATIVE WRITING

Explore the world of comedic creative writing through playful exercises, storytelling, and writing techniques in this fun and interactive workshop series. @ **Mind in Camden, 9-15 Camden Road, NW1 9LQ**

#### 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 art materials 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 9LQ**

#### BAKING

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

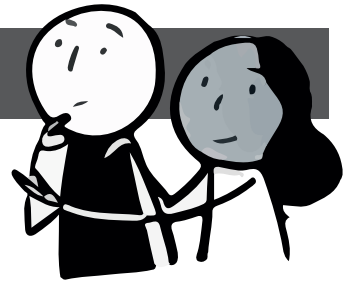
#### Reach Out Camden Filming Day

An opportunity to be in Reach Out Camden's film about the services on offer, providing feedback about Healthy Minds. @ **Mind in Camden**

## 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.