

HEALTHY MINDS COMMUNITY PROGRAMME



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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

3 PLAN YOUR JOURNEY

4 STEP OUT AND GIVE IT A GO!

LINK UP WITH A SPORTS BUDDY

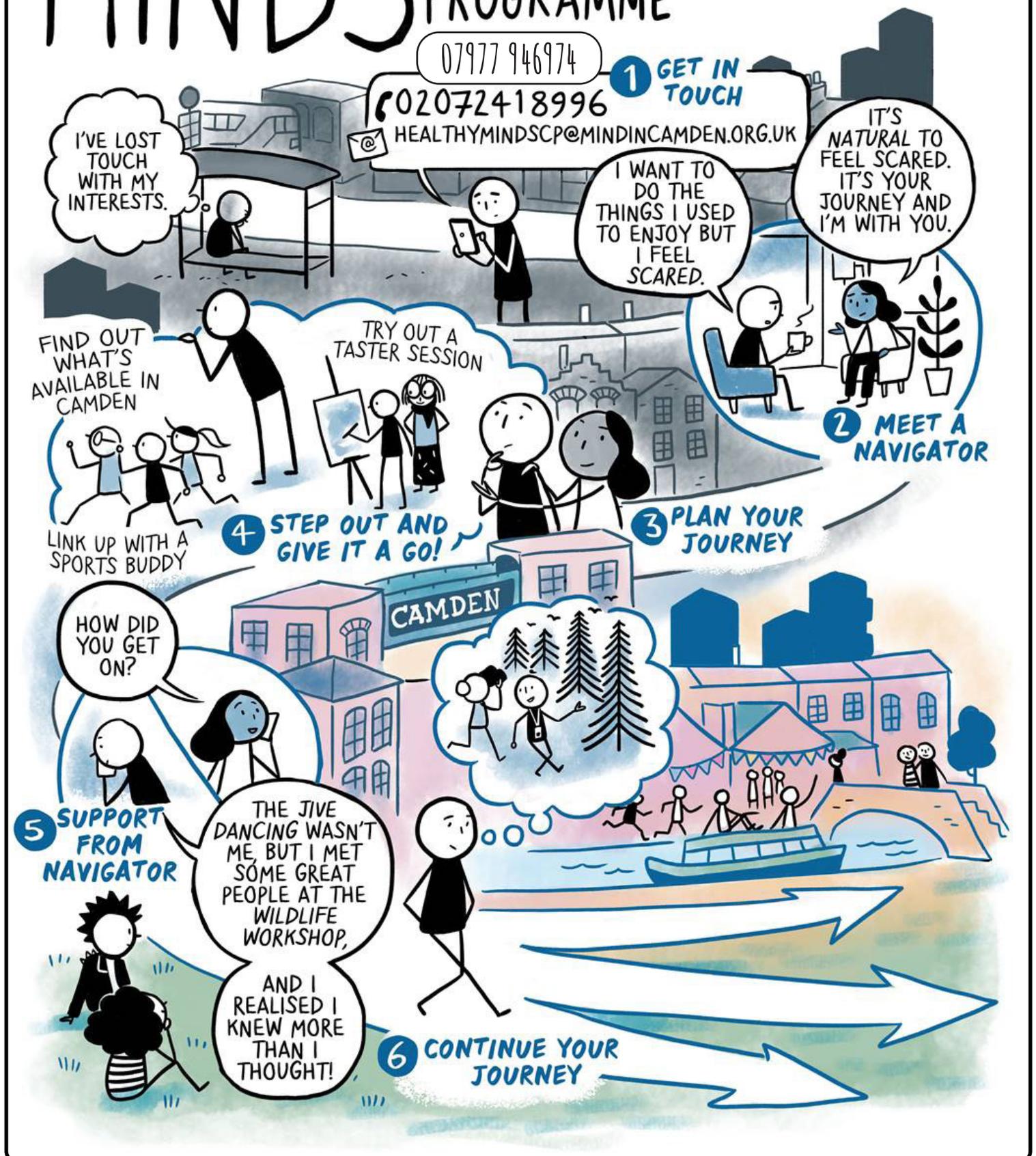
HOW DID YOU GET ON?

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.

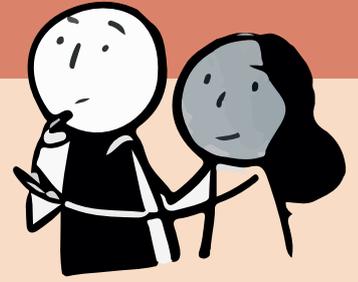


Coffee Mornings (1st & 3rd Thursday of each month)

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.

JULY 2025

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

<p>Yoga 2pm - 3pm</p> <p>Songwriting 3pm - 4pm</p> <p>7</p>	<p>Tuesday FEAST! 1pm - 2pm</p> <p>Badminton 2pm - 3pm</p> <p>1</p>	<p>Gardening @ Castlehaven 10:30am - 1:30pm</p> <p>Art drop-in 2pm-4.30pm</p> <p>2</p>	<p>Coffee Morning (Drop In) 11am - 12:30pm</p> <p>3</p>	<p>Friday FEAST! 1pm - 2pm</p> <p>4</p>	<p> Adult Education</p> <p> Arts & Media</p> <p>9</p>	
<p>Yoga 2pm - 3pm</p> <p>Songwriting 3pm - 4pm</p> <p>14</p>	<p>Tuesday FEAST! 1pm - 2pm</p> <p>Badminton 2pm - 3pm</p> <p>8</p>	<p>Gardening @ Castlehaven 10:30am - 1:30pm</p> <p>Art drop-in 2pm-4.30pm</p> <p>9</p>	<p>Baking 11am - 1pm</p> <p>British Museum Tour 1.45pm-4pm</p> <p>10</p>	<p>Friday FEAST! 1pm - 2pm</p> <p>11</p>	<p> Community</p> <p> Culture</p> <p> Nature</p> <p>16</p>	
<p>Yoga 2pm - 3pm</p> <p>Songwriting 3pm - 4pm</p> <p>21</p>	<p>Tuesday FEAST! 1pm - 2pm</p> <p>Badminton 2pm - 3pm</p> <p>15</p>	<p>Gardening @ Castlehaven 10:30am - 1:30pm</p> <p>Art drop-in 2pm-4.30pm</p> <p>16</p>	<p>Coffee Morning (Drop In) 11am - 12:30pm</p> <p>Heath Hands Walk 1:30pm-3pm</p> <p>17</p>	<p>Friday FEAST! 1pm - 2pm</p> <p>18</p>	<p> Sports & Fitness</p>	<p>BOOKING ESSENTIAL</p> <p>All sessions require pre-booking, with the exception of our labelled drop-in events. To book: T: 0207 241 8996/ 07977 946974. Email: HealthyMindsCP@mindincamden.org.uk</p> <p>23</p>
<p>Yoga 2pm - 3pm</p> <p>Songwriting 3pm - 4pm</p> <p>28</p>	<p>Tuesday FEAST! 1pm - 2pm</p> <p>-NO Badminton-</p> <p>29</p>	<p>Gardening @ Castlehaven 10:30am - 1:30pm</p> <p>Art drop-in 2pm-4.30pm</p> <p>30</p>	<p>Zen Wellbeing Day (Drop In) 12pm-4pm</p> <p>31</p>	<p>Friday FEAST! 1pm - 2pm</p> <p>25</p>		

AUGUST 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				Friday FEAST! 1pm - 2pm		
Yoga 2pm - 3pm	Tuesday FEAST! 1pm - 2pm	Gardening @ Castlehaven 10:30am - 1:30pm	Coffee Morning (Drop In) 11am - 12:30pm	1	 Adult Education	
Songwriting 3pm - 4pm	Regents Park Walk 1.30pm-3.30pm	6	7	Friday FEAST! 1pm - 2pm	 Arts & Media	
4	5			8	 Community	
Yoga 2pm - 3pm	Tuesday FEAST! 1pm - 2pm	Gardening @ Castlehaven 10:30am - 1:30pm	Baking 11am - 1pm	Friday FEAST! 1pm - 2pm	 Culture	
Songwriting 3pm - 4pm	London Zoo visit 2-4pm	Playful Writing 11:30am - 1:30pm	Heath Hands Walk 1:30pm-3pm	15	 Nature	
11	12	13	14		 Sports & Fitness	
Yoga 2pm - 3pm	Tuesday FEAST! 1pm - 2pm	Gardening @ Castlehaven 10:30am - 1:30pm		Friday FEAST! 1pm - 2pm	BOOKING ESSENTIAL All sessions require pre-booking, with the exception of our labelled drop-in events. To book: T: 0207 241 8996/ 07977 946974. Email: HealthyMindsCP@mindicamden.org.uk	
Songwriting 3pm - 4pm	Sketchbook Binding 2pm-4.30pm	Playful Writing 11:30am - 1:30pm	Coffee Morning (Drop In) 11am - 12:30pm	22		
18	19	20	21			
SERVICES CLOSED	Tuesday FEAST! 1pm - 2pm	Gardening @ Castlehaven 10:30am - 1:30pm	Zen Wellbeing Day (Drop In) 12pm-4pm	Friday FEAST! 1pm - 2pm		
25	26	27	28	29		

SEPTEMBER 2025

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

Yoga 2pm - 3pm Songwriting 3pm - 4pm 1	Tuesday FEAST! 1pm - 2pm Badminton 2pm - 3pm 2	Gardening @ Castlehaven 10:30am - 1:30pm Playful Writing 11:30am - 1:30pm 3	Coffee Morning (Drop In) 11am - 12:30pm British Museum Tour 1.45pm-4pm 4	Friday FEAST! 1pm - 2pm 5	  <ul style="list-style-type: none"> Adult Education Arts & Media 	
Yoga 2pm - 3pm Songwriting 3pm - 4pm 8	Tuesday FEAST! 1pm - 2pm Badminton 2pm - 3pm 9	Gardening @ Castlehaven 10:30am - 1:30pm Playful Writing 11:30am - 1:30pm 10		Friday FEAST! 1pm - 2pm Regents Park Walk 1.30pm-3.30pm 12	  <ul style="list-style-type: none"> Community Culture 	
Yoga 2pm - 3pm Songwriting 3pm - 4pm 15	Tuesday FEAST! 1pm - 2pm Badminton 2pm - 3pm 16	Gardening @ Castlehaven 10:30am - 1:30pm Playful Writing 11:30am - 1:30pm 17	Coffee Morning (Drop In) 11am - 12:30pm Heath Hands Walk 1:30pm-3pm 18	Friday FEAST! 1pm - 2pm 19	  <ul style="list-style-type: none"> Nature Sports & Fitness 	
Regents Park Activity 1.30pm-3.30pm Yoga 2pm - 3pm Songwriting 3pm - 4pm 22	Tuesday FEAST! 1pm - 2pm Badminton 2pm - 3pm 23	Gardening @ Castlehaven 10:30am - 1:30pm London Zoo visit 2-4pm 24	Zen Wellbeing Day (Drop In) 12pm-4pm 25	Friday FEAST! 1pm - 2pm Ceramics: Planters (1/5) 1.30pm-3.30pm 26	BOOKING ESSENTIAL All sessions require pre-booking, with the exception of our labelled drop-in events. To book: T: 0207 241 8996/ 07977 946974. Email: HealthyMindsCP@mindincamden.org.uk	
Yoga 2pm - 3pm Songwriting 3pm - 4pm 29	Tuesday FEAST! 1pm - 2pm Badminton 2pm - 3pm 30					

ACTIVITY LOCATIONS & MORE DETAIL

WHEELCHAIR ACCESSIBLE = 

COFFEE MORNINGS (DROP IN)

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 (DROP IN)

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

ART DROP-IN

A relaxed art drop-in space facilitated by our volunteers. Create new work or bring in something you're already working on. Art materials provided.

@ **Mind in Camden**

BADMINTON

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

YOGA

A gentle, accessible community Yoga session.

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

LONDON ZOO VISIT

A relaxed visit to the London Zoo! We will visit different enclosures each visit.

@ **ZSL Institute of Zoology, Nuffield Building, Outer Cir, NW1 4RY**

REGENTS PARK- NATURE WALKS

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

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

HEATH HANDS - NATURE WALKS

A gentle, guided walk facilitated by Heath Hands and supported by a volunteer.

@ **The Hive, Hampstead Heath, Nassington Rd, NW3 2TY**

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**

CERAMICS: PLANTERS

Using clay hand building techniques, such as coiling and slab-building, you will make, decorate and glaze your own unique plant holders. @ **Working Mens College, 44 Crowndale Rd, NW1 1TR**

SKETCHBOOK BINDING

Learn to sew together your very own beautifully covered sketchbook, and start filling it during a sketching session in our garden. Includes a visit to the Burgh House galleries. @ **Burgh House, New End Square, NW3 1LT**

PLAYFUL WRITING

Explore the world of comedic creative writing through playful exercises, improvised storytelling, and writing techniques. This workshop is split between up on your feet play and down in your seat writing! @ **Mind in Camden**

SONGWRITING

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

FEAST!

A free healthy community lunch with the food waste charity FEAST! @ **Mind in Camden**

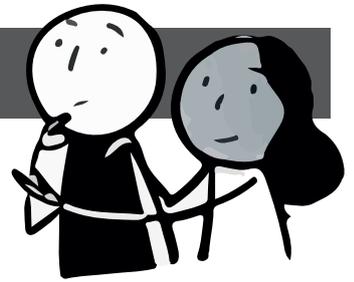
BAKING

An informal, fun baking session which focuses on the wellbeing benefits of baking together. @ **Mind in Camden**

BRITISH MUSEUM

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

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 | www.mindincamden.org.uk

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