

# 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

LINK UP WITH A SPORTS BUDDY

4 STEP OUT AND GIVE IT A GO!

3 PLAN YOUR JOURNEY

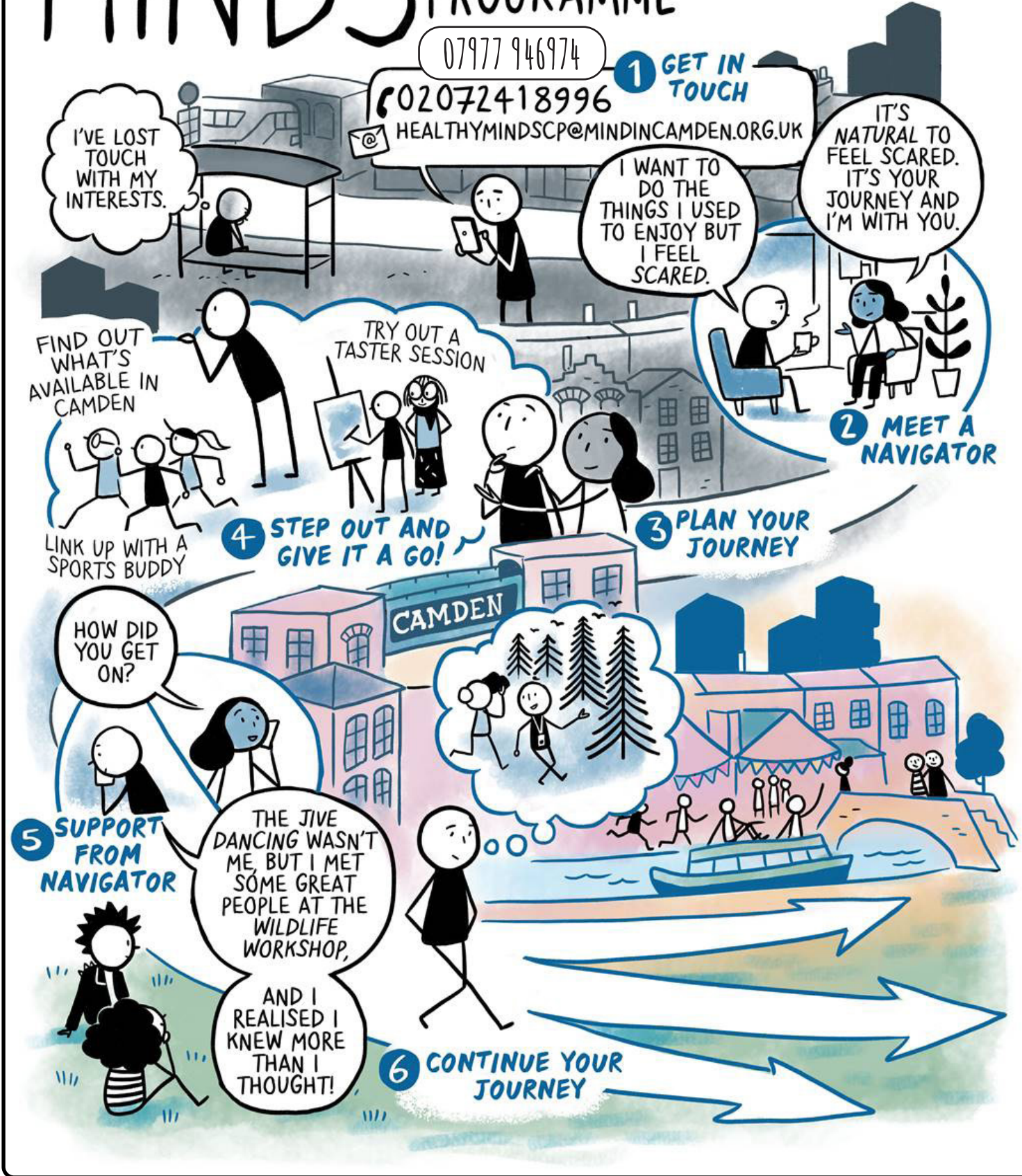
HOW DID YOU GET ON?

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



# ABOUT THE HEALTHY MINDS COMMUNITY PROGRAMME

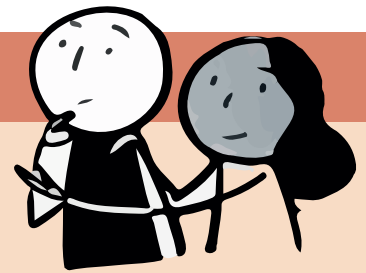
The Healthy Minds Community Programme is completely free and works to support local residents to reconnect with their interests and goals by engaging in meaningful activities. With the support of our team you can begin to reclaim ownership of your life by connecting with likeminded people and finding out what your local community has to offer you.

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 then 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.

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.**

## 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 or friend.**

**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/>**

**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 form with you.**

## 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 too! We want you to come as you are.

### **Volunteer support:**

To make our spaces as open and accessible as possible, our 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 members and share learning and tools.

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

# SERVICE USER CODE OF CONDUCT

At Mind in Camden we are committed to providing **safe, inclusive, and respectful mental health support.**

This Code helps protect service users, staff, and volunteers.

When using our services, please:

**Be respectful:** Speak politely and respect personal space & boundaries.

**Be inclusive:** We do not tolerate any form of discrimination against people's race, ethnicity, religion, gender, sexuality, disability, age, or identity. This includes comments or 'jokes', and repeated or subtle behaviours that are dismissive or stereotypical (*microaggressions*).

**Keep everyone safe:**

- Do not threaten, harass, intimidate, or harm anyone.
- Do not damage property
- Do not attend sessions under the influence of substances where safety or respectful communication is affected
- Do not bring weapons or illegal substances onto the premises

## If This Code Is Not Followed

We may give a warning, ask you to leave an activity, change or withdraw access to services, or involve safeguarding processes or the police.

Our aim is not to exclude, but to keep everyone safe.

**\*By using Mind in Camden services, you agree to follow this Code of Conduct.**

You can read our full code of conduct on our website, or ask a staff member for this.



The Healthy Minds Community Programme is now part of the Reach Out Camden 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 Mind in Camden, Likewise, and Voiceability.



# AUGUST 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Yoga</b> 2pm - 3pm <b>Songwriting</b> 3pm - 4pm 3	<b>Community Lunch</b> 1pm - 2pm 4	<b>Nature Workshop- Green Spaces Walk</b> 1pm-3pm 5	<b>Coffee Morning</b> 11am - 12:30pm <b>Heath Hands Walk</b> 1.30pm-3pm 6	<b>Community Lunch</b> 1pm - 2pm <b>Gardening (drop-in)</b> 1:30pm - 3:30pm 7	 • <b>Adult Education</b>  • <b>Arts &amp; Media</b>  • <b>Community</b>  • <b>Culture</b>  • <b>Nature</b>  • <b>Sports &amp; Fitness</b>	
<b>Yoga</b> 2pm - 3pm <b>Songwriting</b> 3pm - 4pm 10	<b>Community Lunch</b> 1pm - 2pm 11	<b>Art drop-in</b> 11am-1pm 12	<b>Baking</b> 11am - 1pm 13	<b>Community Lunch</b> 1pm - 2pm <b>Gardening (drop-in)</b> 1:30pm - 3:30pm 14		
<b>Yoga</b> 2pm - 3pm <b>Songwriting</b> 3pm - 4pm 17	<b>Community Lunch</b> 1pm - 2pm 18	<b>Trip- Highgate Cemetery</b> 11am-1pm 19	<b>Coffee Morning</b> 11am-12.30pm 20	<b>Community Lunch</b> 1pm - 2pm <b>Gardening (drop-in)</b> 1:30pm - 3:30pm 21		
<b>Yoga</b> 2pm - 3pm <b>Songwriting</b> 3pm - 4pm 24	<b>Community Lunch</b> 1pm - 2pm 25	<b>Art drop-in</b> 11am-1pm 26	<b>Zen Wellbeing Day (Drop In)</b> 12pm-4pm 27	<b>Community Lunch</b> 1pm - 2pm <b>Regents Park Walk</b> 1.30pm-3.30pm 28		
<b>SERVICES CLOSED</b> 31						

## 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](mailto:HealthyMindsCP@mindicamden.org.uk)

# SEPTEMBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Community Lunch 1pm - 2pm		Coffee Morning (Drop In) 11am - 12:30pm Heath Hands Walk 1.30pm-3pm	Community Lunch 1pm - 2pm Gardening (drop-in) 1:30pm - 3:30pm	 Adult Education  Arts & Media  Community  Culture  Nature  Sports & Fitness	
Yoga 2pm - 3pm	Baking 11am - 1pm Community Lunch 1pm - 2pm Badminton 2pm - 3pm	Art drop-in 11am-1pm	Nature Workshop- Bird Walk 1pm-3pm	Community Lunch 1pm - 2pm Gardening (drop-in) 1:30pm - 3:30pm	 Adult Education  Arts & Media  Community  Culture  Nature  Sports & Fitness	
	Community Lunch 1pm - 2pm Badminton 2pm - 3pm	Trip- Royal College of Physicians Gardens 11am-1pm	Coffee Morning (Drop In) 11am - 12.30pm	Community Lunch 1pm - 2pm Gardening (drop-in) 1:30pm - 3:30pm	<b>BOOKING ESSENTIAL</b> 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	
Yoga 2pm - 3pm	Community Lunch 1pm - 2pm Badminton 2pm - 3pm	Art drop-in 11am-1pm	Zen Wellbeing Day (Drop In) 12pm-4pm	Community Lunch 1pm - 2pm WMC Ceramics 1:30pm-3.30pm Gardening (drop-in) 1:30pm - 3:30pm		
Yoga 2pm - 3pm	Community Lunch 1pm - 2pm Badminton 2pm - 3pm	London Zoo visit 1pm-3pm				

# ACTIVITY LOCATIONS & MORE DETAIL

WHEELCHAIR ACCESSIBLE = 

## COFFEE MORNING (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 baths, breathwork, meditation, massages, 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

## GARDENING (DROP-IN)

Drop in gardening sessions involving planting seeds, weeding, painting and more!

@ Likewise Community Centre, 8 Fairhazel Gardens, NW6 3SG

## COMMUNITY LUNCH

A free & healthy community lunch.

@ Mind in Camden

## REGENTS PARK WALK

A gentle stroll through the park exploring different animal habitats & connecting with nature.

@ Gloucester Gate Playground, Regents Park, NW1 4HG

## NATURE WORKSHOPS

A series of workshops with different themes each month. These workshops also include a walk!

Meeting @ Mind in Camden

## HEATH HANDS - NATURE WALKS

A gentle, guided walk through the Heath facilitated by Heath Hands. @ The Hive, Hampstead Heath, Nassington Rd, NW3 2TY

## YOGA

A gentle and accessible community yoga session.

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

## BADMINTON

A friendly and relaxed badminton session which is volunteer led. @ Talacre Sports Centre, Dalby St, NW5 3LN

## CERAMICS- PLANTERS @ WMC

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

## SONGWRITING

These sessions are hosted by a music therapist and will involve playing different instruments together and creating songs as a group. No musical experience required. @ Location provided once your place is confirmed

## SEEDBALL WORKSHOP

Join our friends at Burgh House for an interactive workshop making seedballs using wildflower seeds, compost, and clay! @ Burgh House, New End Square, London NW3 1LT

## BAKING

A fun and relaxed guided baking session which focuses on the wellbeing benefits of baking together. @ Castlehaven Community Association, 23 Castlehaven Rd, NW1 8RU

## TRIPS

Each month we will visit different places such as museums and galleries!

@ Different locations each month

## LONDON ZOO VISIT

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

Meeting @ 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.

*"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".*

- Healthy Minds member



**Reach Out  
Camden**

Wellbeing Alliance

## OUR PARTNERS



The British  
Museum

## CONTACT HEALTHY MINDS:

07977946974 | [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.