



# DIGITAL / COLLECTIVE // 2ND MAY 2022

ABOUT D/C

Born out of a global pandemic, the digital collective is your weekly one-stop-shop, listing the very best FREE-to-access events, groups, classes and activities from the Camden Community. Just click on the [link](#) to access the FREE activity of your choice.

**Scroll down for:** Healthy Minds offers, community news and activities you can enjoy from home.



## MONDAY

6:30am until 7:30am **Online Yoga**

> Swiss Cottage

10am until 12pm **Wellbeing Cafe**

> Third Age Project

11am until 11.30am **Virtual 'Cuppa' for Carers**

> Mobilise

11am until 12pm **Men's Club 60+**

> Castlehaven

11am until 12pm **Women's zumba**

> Queen's Crescent Community Association

2pm until 3:45pm **Dance for Parkinson's**

> Free Space Project

## TUESDAY

6:30am until 7:30am **Online Yoga**

> Swiss Cottage

9:30am until 10:30am **Tai chi 60+**

> Abbey Community Centre

10am until 11am **De-Stressing and Relaxing 50+**

> Third Age Project

11am until 12:45pm **LGBT+ drop-in**

> Islington Mind

1:30pm until 4pm **Arts & Crafts**

> Third Age Project

2pm until 3pm **Understanding and coping with anxiety** > Recovery College

2pm until 3pm **Kundalini Yoga**

> Recovery College

2.15pm until 3.30pm **Colouring Calm 60+**

> Abbey Community Centre

8:15pm until 8:45pm **Virtual 'Cuppa' for Carers**

> Mobilise

## WEDNESDAY

6:30am until 7:30am **Online Yoga**

> Swiss Cottage

10am until 12pm **Carers art group**

> Holborn Community Association

10:30am until 1:30pm **Community Gardening Sessions** > Castlehaven

11am until 12pm **Seated exercise 60+**

> Abbey Community Centre

1pm **Free Meal**

> Food Cycle

2pm until 3pm **Men's Fitness**

> Abbey Community Centre

2pm until 3:30pm **Freedom to Make** (virtual knitting & textiles workshops) > Free Space Project

4pm until 4.30pm **Virtual 'Cuppa' for Carers**

> Mobilise

6:30pm until 7:30pm **Legal Advice Drop in**

> Parish of Old St Pancras

8:15pm **Lesbian Discussion Group**

> LDG

1:30pm until 2pm **LGBT+ yoga**

> Islington Mind

3pm until 4pm **Re-cycle-art class 60+**

> Abbey Community Centre

7:30pm until 8:30pm **Online quiz**

> Healthy Minds, Healthy Bods

## THURSDAY

6:30am until 7:30am **Online Yoga**

> Swiss Cottage

10:30am until 11:30am **Yoga 60+**

> Castlehaven

11am until 11:30pm **Virtual 'Cuppa' for Carers**

> Mobilise

11am until 12pm **Breathing for Wellbeing**

> Free Space Project

11am until 12pm **Health checks**

> Queen's Crescent Community Association

11:30am until 12:30pm **Women's yoga**

> Queen's Crescent Community Association

11:30am until 1:30pm **New Year New You!**

> We Make Camden & youmochaandstyle

1pm until 4pm **Understanding anger**

> Recovery College

## FRIDAY

6:30am until 7:30am **Online Yoga**

> Swiss Cottage

2pm until 3pm **Dealing with low mood and depression**

> Recovery College

4pm until 4:30pm **Virtual Cuppa for Carers**

> Mobilise

6:15pm until 7:45pm **Introduction to dance and movement for health and wellbeing**

> Recover College

## SATURDAY

1pm **Free Meal**

> Food Cycle



TRY IT OUT



[Social activities for over 65s](#)

[Healthy Minds Healthy Bods monthly mental health packs](#)

[Learn a language for free](#)

[Community green space in Camden Town](#)

[City of Women London](#)

[Borrow Box library app](#)

[Pop-up Gallery - Our New World](#)

[Top tips on building and maintaining healthy relationships](#)





[Camden Job and Skills Event 19th May](#)

[Castlehaven April timetable](#)

[Third Age Projecy weekly timetable](#)

[Golden Years March programme](#)

[Free Space Project upcoming events](#)

[Zumba and yoga for women](#)

[Recovery College Spring Term](#)



**UPCOMING  
EVENTS**



[Project Keep Well](#)

[Support to Quit Smoking](#)

[Equality and diversity in community mental health services - survey](#)

[Protect yourself against scams](#)

[Give your views on North London CCG's Fertility Policy](#)

[COVID-19 update from Camden Council](#)

[COVID-19 vaccination bus](#)

[Healthy meal boxes](#)



## EXTRA SUPPORT

**Camden & Islington Crisis Line:** 0800 917 3333

**Samaritans:** free confidential support 24/7: 116 123

**Saneline:** out-of-hours mental health helpline:  
4.30pm to 10.30pm. Call on 0300 304 7000.

**The Help Hub** connects you with professional counsellors who are there to listen and support

**Camden Council** has a [useful website](#) that can help you find support

**Silver Cloud** have free programmes to help manage stress, sleep better, build resilience and cope during Covid-19. Use the pin CAMDEN

**Camden Mutual Aid groups:** Voluntary support for those who are vulnerable or self-isolating

[Hampstead and Kilburn Covid-19 Community Relief](#) (Facebook)

[Ravenshaw, Broomsleigh, Dornfell, Glastonbury Streets NW6](#) (WhatsApp)

[NW5](#) (Facebook)

[West Hampstead NW6 Community Help COVID 19](#) (WhatsApp)



**0207 241 8996**



**healthymindscp@mindincamden.org.uk**