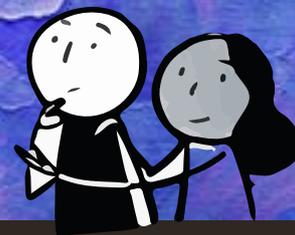


THE RESILIENCE

NETWORK

LONDON BOROUGH OF CAMDEN



# DIGITAL / COLLECTIVE // 3RD MAY 2021

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.



VoiceAbility



Likewise



## MONDAY

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

> Swiss Cottage

10am **Latin dance for BAME women**

> Pascal Theatre Company

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

> Mobilise

11am until 1pm **Housing Health Collaborative**

> Race Equality Foundation

1.30pm until 3pm **Men's cooking club**

> Abbey Community Centre

## TUESDAY

6:30am until 7:30am **Online Yoga** > Swiss Cottage

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

> Third Age Project

10am until 11am **Tai chi 60+**

> Abbey Community Centre

11am until 1pm **LGBT+ drop-in**

> Islington Mind

12:30pm until 2pm **Coping with Covid: Managing Sleep** > NHS

1pm until 2pm **Facial Massage for women**

> Women + Health

2pm until 3pm **LGBT+ creative writing**

> Islington Mind

2.30pm until 3.30pm **Colouring Calm 60+**

> Abbey Community Centre

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

> Mobilise

## WEDNESDAY

6:30am until 7:30am **Online Yoga** > Swiss Cottage

10am until 11am **Wake Up Wednesday for women**

> Women + Health

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

> Holborn Community Association

10:30am **Gentle Movement/Chair Based Exercise for BAME women** > Pascal Theatre Company

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

> Abbey Community Centre

11:30am until 12:30pm **Men's Fitness**

> Abbey Community Centre

1pm until 2pm **Over 60s Book Club**

> Saint Pancras Community Association

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

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

> Mobilise

4pm until 5pm **The Minded Clinic online classes**

> The Minded Clinic

6:30pm until 7:30pm **MassageYoga Nidra for men and women men** > Women + Health

1:45pm until 2pm **Tai Chi**

> West Euston Partnership

3:30pm until 4.30pm **Re-cycle-art class**

>Abbey Community Centre

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

> Mobilise

## THURSDAY

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

> Swiss Cottage

11am until 12pm **Cultivating Mindful Presence**

> Recovery College

1pm until 2:30pm **Cooking Class**

> Abbey Community Centre

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

> Islington Mind

## FRIDAY

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

> Swiss Cottage

12pm until 1pm **Art History**

> Golden Years

12:30pm until 1pm **Virtual Cuppa for Carers**

> Mobilise

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

> Mobilise



TRY IT OUT



Films to watch for free

Learn to Jive

Healthy Minds, Healthy Bods - weekly Mental Health Packs

The Hungry Squirrel

Trans Visibility Day

Easter crafts

Stress Awareness Month

Recycled Crafts





[Healthy Minds CP Coffee Morning \(May 12\)](#)

[Golden Years May programme](#)

[Camden's Virtual Tea Dance \(13 May\)](#)

[Talk For Health April and May events](#)

[West Euston Partnership activities and services](#)

[Camden Self-Care Sessions \(26 May\)](#)

[WinVinsible workshops for disabled women and mums \(19 May\)](#)



**UPCOMING  
EVENTS**



[Camden COVID-19 q&a video](#)

[Top tips to deal with stress and burnout](#)

[British Islamic Medical Association COVID-19 hub](#)

[Camden and Islington LGBTQ Residents COVID-19 Lockdown Experience Survey](#)

[Community journalism training for Camden disabled residents](#)

[Mentoring for BAME and migrant women](#)

[Camden community survey](#)



## 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**



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