

DIGITAL / COLLECTIVE // 4TH JULY 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.



VoiceAbility



Likewise



MONDAY

10am until 12pm **Wellbeing Cafe**
> Third Age Project

10am until 12:30pm **Building healthy relationships** > Recovery College

10am until 1pm **Community Gardening at Elm Village Open Space** > Castlehaven

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 3pm **Making the most of your money**
> Recovery College

2pm until 3:45pm **Dance for Parkinson's**
> Free Space Project

TUESDAY

9:30am until 10:30am **Tai chi 60+**
> Abbey Community Centre

10am until 11am **De-Stressing and Relaxing 50+**
> Third Age Project

11am until 12pm **Mindfulness 55+ (in person)**
> Queen's Crescent Community Association

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

1:30pm until 4pm **Arts & Crafts**
> Third Age Project

2pm until 3pm **Nurturing self-compassion**
> Recovery College

2pm until 3pm **Psychosis: ways of understanding the experience** > Recovery College

2.15pm until 3.30pm **Colouring Calm 60+**
> Abbey Community Centre

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

WEDNESDAY

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 3pm **Art and Flow**

> Recovery College

2pm until 3:30pm **Mindful conversations around Race**

> Recovery College

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

THURSDAY

10am until 11am **Living well with a Long-term condition**

> Recovery College

10am until 12:30pm **Enjoying herbal tea mindfully**

> Recovery College

10am until 3pm **Steps into peer role**

> Recovery College

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

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

FRIDAY

11am until 12pm **Mindfulness 55+ (online/phone)**

> Queen's Crescent Community Association

11am until 12pm **Finding your Mental Wealth**

> Recovery College

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

> Mobilise

SATURDAY

1pm **Free Meal**

> Food Cycle

TRY IT OUT



[Find a parklet near you](#)

[Social activities for over 65s](#)

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

[Learn a language for free](#)

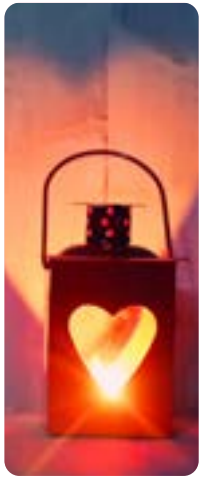
[Community green space in Camden Town](#)

[City of Women London](#)

[Borrow Box library app](#)

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





[Rising cost of living advice fair](#)

[Castlehaven July timetable](#)

[Third Age Project weekly timetable](#)

[Golden Years monthly programme](#)

[Free Space Project upcoming events](#)

[Zumba and yoga for women](#)

[Recovery College Spring Term](#)



**UPCOMING
EVENTS**

**COMMUNITY
NEWS**



[£150 energy rebate payment](#)

[Freeze your way to less food waste](#)

[Camden Youth Safety Fortnight](#)

[COVID-19 vaccination bus](#)

[Report LGBTQI+ hate crime](#)

[Project Keep Well](#)

[Support to Quit Smoking](#)

[Equality and diversity in community mental health services - 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)



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