



# DIGITAL / COLLECTIVE // 4TH OCTOBER 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 12pm [Women's zumba](#)

> Queen's Crescent Community Association

11am until 12pm [Level 1 exercise for stroke survivors](#)

> Different Strokes Charity

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 12pm [Level 2 exercise for stroke survivors](#)

> Different Strokes Charity

11am until 1pm [Silver Cycling](#)

> West Euston Partnership

11am until 1pm [LGBT+ drop-in](#)

> Islington Mind

2pm until 3pm [LGBT+ creative writing](#)

> Islington Mind

2.15pm until 3.30pm [Colouring Calm 60+](#)

> Abbey Community Centre

4pm until 4.30pm [Virtual 'Cuppa' for Carers](#)

> Mobilise

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 [Gentle Movement/Chair Based Exercise for BAME women](#)

> Pascal Theatre Company

11am until 12pm [Seated exercise 60+](#)

> Abbey Community Centre

11am until 12pm [Level 3 exercise for stroke survivors](#)

> Different Strokes Charity

2pm until 3pm [Men's Fitness](#)

> Abbey Community Centre

2pm until 3:30pm [Freedom to Make](#) (virtual knitting & textiles workshops)

> Free Space Project

2pm until 4pm **Men's Space**

> Recovery College

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

> Mobilise

## THURSDAY

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

> Swiss Cottage

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

> Mobilise

11am until 12pm **Health checks**

> Queen's Crescent Community Association

11am until 12pm **How to cope with traumatic events** > Recovery College

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

> Queen's Crescent Community Association

11am until 12pm **Level 4 exercise for stroke survivors** > Different Strokes Charity

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

> Abbey Community Centre

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

> Islington Mind

1:45pm **Tai Chi**

> West Euston Partnership

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

> Abbey Community Centre

## FRIDAY

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

> Swiss Cottage

10.00am until 12.45pm **Discover Your Purpose Group Coaching Programme**

> West Euston Partnership

11am until 12pm **Level 5 exercise for stroke survivors** > Different Strokes Charity

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

6:15 until 7:30pm **Intro to dance and movement for health and wellbeing** > Recovery College

## SATURDAY

11am until 2pm **Ability Bikes**

> West Euston Partnership



TRY IT OUT



Healthy Minds Healthy Bods monthly mental health packs

Invitation to co-create a Library for Justice (paid opportunity)

Volunteer with Royal Parks

Sleepio - for help with sleeping

Loudest Whispers Exhibition

LGBTQ+ heritage map of Islington

Coping with loneliness

Camden Carers art exhibition





[Camden mela \(Sunday 17th Oct\)](#)

[Staying Sane as a Parent \(November\)](#)

[A Day Long Celebration of Wellbeing \(Thursday 14th Oct\)](#)

[Recovery College Autumn term](#)

[Hopscotch Women's Centre yoga and zumba classes](#)

[Castlehaven September timetable](#)

[What's On at West Euston Partnership](#)



**UPCOMING  
EVENTS**

**COMMUNITY  
NEWS**



[Long Covid questionnaire](#)

[Your views on winter vaccinations: Covid-19 Booster and Flu](#)

[Let's talk about sex and consent](#)

[Make the most of your food](#)

[Have your say on changes in Camden](#)

[Domestic Abuse Survey](#)

[Upcoming COVID-19 Vaccine clinics](#)

[Coronavirus vaccination information](#)



## 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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