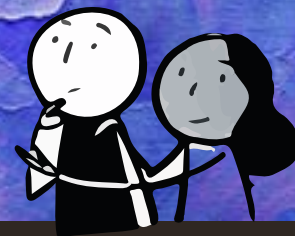


THE RESILIENCE

NETWORK

LONDON BOROUGH OF CAMDEN



# DIGITAL / COLLECTIVE // 5TH APRIL 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

1.30pm until 3pm [Men's cooking club](#)

> Abbey Community Centre

2pm until 3pm [Golden Years Singers](#)

> Golden Years

3:30pm until 4:30pm [Mindfulness Sessions](#)

> Healthy Minds CP

## 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 Anxiety](#) > NHS

1pm until 2pm [Mindfulness Meditation](#)

> Golden Years

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

6:30pm until 7:30pm [Mindfulness practice](#)

> College of Medicine

## 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 – 12.30pm [Coffee Morning](#)

> Healthy Minds CP

11:30am until 12:30pm [Men's Fitness](#)

> Abbey Community Centre

1pm until 2pm [Over 60s Book Club](#)

> Saint Pancras Community Association

1:30 until 3:30 [Relax With Art](#)

> Golden Years

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

## THURSDAY

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

11am until 11:30m **Wellbeing at Home**  
> Golden Years

1pm until 2:30pm **Cooking Class**  
> Abbey Community Centre

1:30pm until 2pm **LGBT+ yoga**  
> Islington Mind

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

## FRIDAY

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

11am until 12pm **Chair Exercise**  
> Golden Years

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



Trans Visibility Day

Easter crafts

Stress Awareness Month

Upcoming: Talk For Health April and May events

Upcoming: Coping with Grief and Loss (April 7th)

West Euston Partnership activities and services

Recycled Crafts

Talk for Health winter programme





[Sudoku](#)

[Spider Solitaire](#)

[Cuppa Concert playlist](#)

[Explore the V&A online](#)

[Healthy Minds, Healthy Bods - weekly Mental Health Packs](#)

[London Zoo online](#)

[Foundling Museum online](#)



ACCESS  
ANYTIME



[Have your say in the training of future psychologists](#)

[British Wireless for the Blind Fund](#)

[Cycle skills and bike maintenance courses](#)

[Healthy Minds: Healthy Relationships and Self Development Group](#)

[Have your say on a potential new neighbourhood](#)

[Volunteers needed for vaccine roll out](#)

[Mental Health Services in Camden](#)

[Boloh: The Black, Asian and Minority Ethnic family Covid-19 Helpline](#)



## 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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