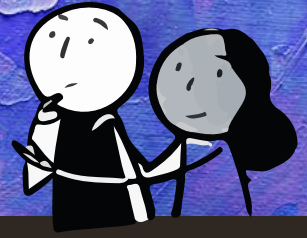


# THE RESILIENCE NETWORK

LONDON BOROUGH OF CAMDEN



## DIGITAL / COLLECTIVE // 5TH OCTOBER 2020

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.

The Advocacy Project

VoiceAbility



Likewise



### MONDAY

6.30am, 12 noon & 8pm [Online Yoga](#)  
> Swiss Cottage

8am until 08.30am [Qigong practice](#)  
> College of Medicine

10.30am until 11am [Monday Support Group](#)  
> Swiss Cottage

11am until 11.30am [Virtual 'Cuppa' for Carers](#)  
> Mobilise

6.30pm until 7.30pm [Zoom-ba](#)  
> Abbey Community Centre

6.30am, 12pm & 8pm [Online Yoga](#)  
> Swiss Cottage

### TUESDAY

8am until 08.30am [Qigong practice](#)  
> College of Medicine

12pm until 1pm [Online Gardening Workshop](#)  
> Castlehaven

1pm until 2pm [Facial massage for women](#)  
> Women+Health

3.30pm until 4.30pm [Colouring Calm](#)  
> Abbey Community Centre

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

6.30pm until 7.30pm [Zoom-ba](#)  
> Abbey Community Centre

6:30pm until 7:30pm [Mindfulness practice](#)  
> College of Medicine

7:30pm until 8:30pm [Art and Flow \(3 of 3\)](#)  
> Recovery College

### WEDNESDAY

6.30am, 12pm & 8pm [Online Yoga](#)  
> Swiss Cottage

8am until 08.30am [Qigong practice](#)  
> College of Medicine

2pm until 3:30pm [Freedom to Make](#) (virtual knitting & textiles workshops) please email to book  
> Free Space Project

3.30pm until 4.30pm [Men's over 60's cooking club](#) > Abbey Community Centre

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

5pm until 6pm [Relationships and Self Care \(2 of 4\)](#) > Recovery College

6.30pm until 7.30pm [Zoom-ba](#)  
> Abbey Community Centre

8pm until 9pm [Qigong meditation](#)  
> College of Medicine

## THURSDAY

6.30am, 12pm & 8pm [Online Yoga](#)

> Swiss Cottage

8am until 08.30am [Qigong practice](#)

> College of Medicine

11am until 11:45 am [Mindful Conversations](#)

[Around Race \(2 of 2\)](#) > Recovery College

12pm until 1pm [Online Gardening Workshop](#)

> Castlehaven

3:30pm until 4.30pm [Re-cycle-art class](#)

> Abbey Community Centre

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

> Mobilise

6.30pm until 7.30pm [Zoom-ba](#)

> Abbey Community Centre

10am until 11am [Full Qigong practice](#)

> College of Medicine

10.30am until 12.30pm [Creative Writing](#)

> Abbey Community Centre

10:30am until 4:30pm [Peer Counselling Skills](#)

[\(1 of 4\)](#) > Talk For Health

12pm until 1pm [Making the Most of Now](#)

> West Euston Partnership

12.30pm until 1pm [Virtual 'Cuppa' for Carers](#)

> Mobilise

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

> Mobilise

6.30pm until 7.30pm [Zoom-ba](#)

> Abbey Community Centre

## FRIDAY

6.30am, 12pm + 8pm [Online Yoga](#)

> Swiss Cottage

8am until 08.30am [Qigong practice](#)

> College of Medicine

## SATURDAY

10am until 10:30am [Lu Jong](#)

> College of Medicine

10am until 11am [Zoom-ba](#)

> Abbey Community Centre

## SUNDAY

6.30pm until 7.30pm [Zoom-ba](#)

> Abbey Community Centre

TRY IT OUT



[Join us in celebrating Black History Month](#)

[Free yoga throughout October for those struggling with their mental health. When you go to book enter the code: FREEOCTOBER](#)

[Easy crafts for adults](#)

[Classic Tea Cake Recipe](#)

[The Kindness Cup](#)

[On a Scale from 1 to 10 virtual exhibition](#)

[Self Care September](#)





[Online library](#)

[Creating a mindful garden](#)

[Musician video interviews and biographies](#)

[Mindfulness and meditation guides](#)

[Tate Britain's queer walk through British art](#)

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

[Thriving with Nature](#)



ACCESS  
ANYTIME



[Check out what Camden is doing to Celebrate Black History Month](#)

[Free employability courses](#)

[NHS Test and Trace Camden](#)

[How to budget your money during the Covid-19 outbreak](#)

[Get employment support in Camden](#)

[Mayor to continue in post until May 2021](#)

[Share your ideas for the future of Camden High Streets](#)

[Camden Cycle Skills are back up and running](#)



## EXTRA SUPPORT

**Camden & Islington Crisis Line:** 020 3317 6777

**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

# HEALTHY MINDS COMMUNITY PROGRAMME

 mind in camden  
for better mental health

In ordinary times, the Healthy Minds Community programme is a growing collaboration of partners and participants brought together by Mind in Camden to create exciting members-only offers from the Camden community.

Members must be aged over 18 and a Borough of Camden resident or registered with a Camden GP.



**As Lockdown restrictions have eased, we are delivering a range of both in-person and virtual activities.**

## HOW CAN I BECOME A HEALTHY MINDS DIGITAL MEMBER?

**1** Please **email us** at [healthymindscp@mindincamden.org.uk](mailto:healthymindscp@mindincamden.org.uk) and we will arrange a referral meeting with you.

**2** A team member will aim to call you within **1 week** to complete the referral form and talk you through what we offer.

**Once our usual programme has resumed, you will become a fully-fledged Healthy Minds Member and have access to all of our offers for 1 year!**

### Monday:

**10am until 12.30pm Portugal Prints (3/8):** An eight-week therapeutic art course delivered in-person. Morning group

**1.30pm until 4pm Portugal Prints (3/8):** Afternoon Group

**1pm until 2pm Virtual Mood Music:** Pick a piece of music which sums up your mood and share it with others

### Tuesday:

**12pm until 1pm Virtual Hearing Voices Peer Support Group:** For those who hear, see or sense things other people do not.

## FOR MORE INFORMATION:



0207 241 8996



[healthymindscp@mindincamden.org.uk](mailto:healthymindscp@mindincamden.org.uk)

### Wednesday:

**11am until 12.30pm Virtual Coffee Morning:** Pour yourself a hot brew, get comfy and set the world to rights, all from the comfort of your own sofa or wherever you happen to be joining us from

**3pm until 4pm Virtual Connect and Share session:** For people who feel isolated and want to connect during lockdown > **Advocacy Project**

### Thursday:

There are currently no groups scheduled today

### Friday:

**11am until 12pm Virtual Anxiety Peer Support Group:** Share and support one another with anxiety.

**2.30pm until 4pm Virtual Creative Writing Group:** Express yourself through the power of words.

