



# DIGITAL / COLLECTIVE // 6TH DECEMBER 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

2pm until 3pm [Making the most of your money](#)

> Recovery College

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

> West Euston Partnership

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

> Islington Mind

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

> Islington Mind

2pm until 3pm [Relationships and self-care](#)

> Recovery College

2pm until 3pm [Art and flow](#)

> Recovery College

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

> Abbey Community Centre

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

> Mobilise

6pm until 7pm [Judicial Racism and the Lammy Review](#)

> Gresham College

8:15pm until 8:45pm [Virtual 'Cuppa' for Carers](#)

> Mobilise

## 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

## 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

10:30am until 2:30pm **Get Fit, Get Active, Get Gardening!** > Castlehaven

11am until 12pm **Seated exercise 60+**  
> Abbey Community Centre

11am until 12pm **Level 3 exercise for stroke survivors** > Different Strokes Charity

11am 6pm **Sharing Space**  
> Think & Do

2pm until 3pm **Living well with a long-term condition** > Recovery College

2pm until 3pm **Men's Fitness**  
> Abbey Community Centre

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

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

## THURSDAY

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

10am until 4pm **Being Kind to Yourself**  
> Recovery College

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

11am until 12pm **Health checks**  
> Queen's Crescent Community Association

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

7pm until 8pm **Knitting over a brew**  
> Camerados

## FRIDAY

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

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

3:30pm until 7pm **Winterfest**  
> Castlehaven

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

## SATURDAY

11am until 2pm **Ability Bikes**  
> West Euston Partnership

## SUNDAY

11am until 3:30pm **Family Art Workshops: Journey to the Stars** > British Library

TRY IT OUT



A beginners guide to herbal teas

You, Me and the Sky

WHAT I'VE LEARNED FROM YOU AND MYSELF art exhibition

Tomorrow's Home 2050 exhibition

Camden Black History Season online book club (Nov & Dec)

Daily meditation sessions

Dealing with stress

Pronouns resource





[Breathing for Wellbeing](#)

[Camden's Black History Season](#)

[Recovery College Autumn term](#)

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

[Castlehaven December timetable](#)

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

[Golden Years December programme](#)



**UPCOMING  
EVENTS**

**COMMUNITY  
NEWS**



[Covid19 vaccination bus](#)

[Healthy meal boxes](#)

[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](#)



## 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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