

DIGITAL / COLLECTIVE // 7TH FEBRUARY 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.



MONDAY

6:30am until 7:30am [Online Yoga](#)

> Swiss Cottage

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 3:30pm [Online photography course](#)

> Create!

2pm until 3pm [Building your assertiveness toolbox](#)

> Recovery College

2pm until 3:45pm [Dance for Parkinson's](#)

> Free Space Project

11am until 12pm [Level 2 exercise for stroke survivors](#) > Different Strokes Charity

11am until 2pm [Silver Cycling](#)

> West Euston Project

11am until 12:45pm [LGBT+ drop-in](#)

> Islington Mind

1:30pm until 4pm [Arts & Crafts](#)

> Third Age Project

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

> Abbey Community Centre

6:30pm until 7:30pm [The Log Books Live: The Complete History of Switchboard](#)

> Islington Pride

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

> Mobilise

TUESDAY

6:30am until 7:30am [Online Yoga](#)

> Swiss Cottage

9:30am until 10:30am [Tai chi 60+](#)

> Abbey Community Centre

10am until 11am [De-Stressing and Relaxing 50+](#)

> Third Age Project

2pm until 3pm [Introduction to mindfulness](#)

> Recovery College

WEDNESDAY

6:30am until 7:30am [Online Yoga](#)

> Swiss Cottage

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

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

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

8:15pm **Lesbian Discussion Group**
> LDG

THURSDAY

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

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

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

11:30am until 12:30pm **Women's yoga**
> Queen's Crescent Community Association

11:30am until 1pm **Discovering the digital world: tools to improve your wellbeing**
> Recovery College

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

1:45pm **Tai Chi**
> West Euston Project

3pm until 4pm **Dealing with low mood and depression** > Recovery College

3pm until 4pm **Re-cycle-art class 60+**
> Abbey Community Centre

5:30pm until 7pm **An online Q&A session on Omicron variant and Booster vaccine**
> Healthwatch Camden

7pm until 8pm **OverABrew – knitting**
> Camerados

7:30pm until 8:30pm **Online quiz**
> Healthy Minds, Healthy Bods

FRIDAY

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

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

2pm until 3pm **Making the most of your memory**
> Recovery College

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

SATURDAY

11am until 12:15pm **SpoonRoom**
> Camerados

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

TRY IT OUT



[Queering Your Camden](#)

[We Were Here at Swiss Cottage Gallery](#)

[Free history courses with the British Museum](#)

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

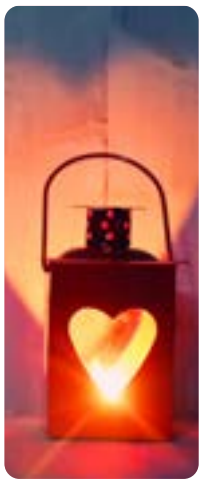
[A beginners guide to herbal teas](#)

[You, Me and the Sky](#)

[Tomorrow's Home 2050 exhibition](#)

[Daily meditation sessions](#)





Camden and Islington LGBT+ History Month

Black Gay and Bisexual Men's Emotional Support Group 19th Feb

Discovering the digital world: tools to improve your wellbeing course promotion 24th Feb & 3rd March

Hopscotch Women's Centre yoga and zumba classes

Castlehaven February timetable

What's On at West Euston Project



UPCOMING
EVENTS

COMMUNITY
NEWS



Protect yourself against scams

Give your views on North London CCG's Fertility Policy

COVID-19 update from Camden Council

COVID-19 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



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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