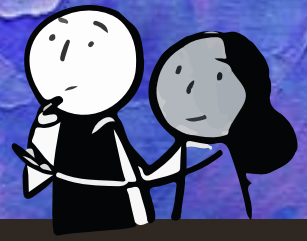


# THE RESILIENCE NETWORK

LONDON BOROUGH OF CAMDEN



## DIGITAL / COLLECTIVE // 07 SEPTEMBER 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.



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

### TUESDAY

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

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

2.30pm until 3.30pm [What can you remember about your first year at school?](#) > North London Cares

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

4pm until 5:30pm 6 week course Introduction to Drawing with Free Space Project @ 4pm until 5:30pm email [info@freespaceproject.org](mailto:info@freespaceproject.org) to book

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

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

6:30pm until 7:30pm [The Charterhouse – Talking Heads](#) > North London Cares

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

### WEDNESDAY

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

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

1.45pm until 2.45pm [Online Tai Chi](#)  
> West Euston Partnership

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

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

10:30am until 11am **Thought Field Therapy**

**Sessions** > College of Medicine

11am until 11:45 am **Making the most of your**

**money part 1 of 2** > Recovery College

12pm until 1pm **Online Gardening Workshop**

> Castlehaven

1.45pm until 2.45pm **Online Tai Chi**

> West Euston Partnership

2pm until 2:45pm **How to cope with traumatic**

**events part 1 of 3** > Recovery College

2:30 until 3:30 **Last week of the proms. listen**

**along together** > North London Cares

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

> Abbey Community Centre

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

> Mobilise

6:30pm until 7:30 **Dance Club**

> North London Cares

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

10am until 11am **Full Qigong practice**

> College of Medicine

10.30am until 12.30pm **Creative Writing** > Abbey

Community Centre

12pm until 1pm **Making the Most of Now**

> West Euston Partnership

12.30pm until 1pm **Virtual 'Cuppa' for Carers**

> Mobilise

## SATURDAY

10am until 10:30am **Lu Jong**

> College of Medicine

6.30pm until 7.30pm **Zoom-ba**

> Abbey Community Centre

## SUNDAY

6.30pm until 7.30pm **Zoom-ba**

> Abbey Community Centre

TRY IT OUT



Sudoku online

5 day mindfulness challenge

Walk the heath with walk for health

Museum of Imagination

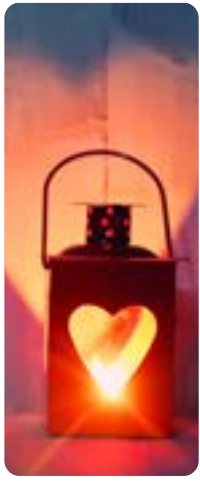
The Secret of Sourdough

Make a macrame plant hanger

How to wear and make a cloth face covering

Concerts and operas available to stream online





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

[Thriving with Nature](#)

[Brain in Hand is a professional digital support system](#)

[Mindful Transformations art exhibition](#)

[Museum of the world](#)

[How to look after your mental health during the coronavirus outbreak](#)

[Posture tips for laptop users](#)



ACCESS  
ANYTIME



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

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

[The British Museum is now open and welcoming visitors](#)

[Five local hubs set up to tackle holiday hunger in Camden](#)

[Share your views about Camden's wildlife and green spaces](#)

Residents invited to share their experiences of Covid-19 with Public Health: please [get in contact](#)

[Maintaining records of staff, customers and visitors to support NHS](#)



## 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



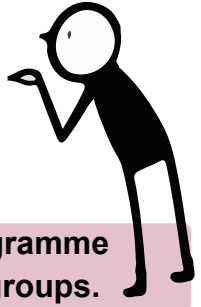
[healthymindscp@mindincamden.org.uk](mailto:healthymindscp@mindincamden.org.uk)

# 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.



**During lockdown we are running a special programme for members, including peer support & social groups.**

## 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 lockdown has ended and our usual programme has resumed, you will become a fully-fledged Healthy Minds Member and have access to all our offers for 1 year.**

### Monday:

**2pm until 3pm Camden Peer Mentoring Service:** A Virtual Peer Support group to share experiences in lockdown > **Voiceability**

**5.30pm until 7pm Hearing Voices Group > The London Hearing Voices Network**

### Tuesday:

**11am until 11.50am Film Club:** Each week we pick a film to watch over the weekend and then meet to discuss our feelings and thoughts about it.

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

**2pm until 3pm Mood Music:** Share and respond to a song or piece of music that expresses how you feel.

**Various times 1-1 Art Therapy:** A creative therapy using different art forms to communicate feelings that are sometimes too difficult to say > **Likewise**

### Wednesday:

**11am until 12.30pm Coffee Morning @ Samsung KX:** Meet old friends and new in swanky Coal Drops Yard. Coffee and cake included.

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

### Thursday:

**There are currently no activities on this day**

### Friday:

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

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

**Various times 1-1 Art Therapy with Likewise**

## FOR MORE INFORMATION:



0207 241 8996



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

