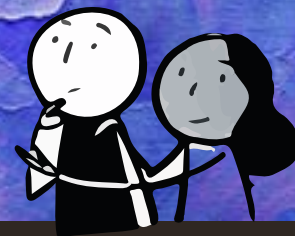


THE RESILIENCE

NETWORK

LONDON BOROUGH OF CAMDEN



DIGITAL / COLLECTIVE // 10TH MAY 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 **Understanding Anxiety**

> Recovery College

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

12pm until 1pm **In person Gardening Workshops**

> Women + Health

1pm until 2pm **Facial Massage for women**

> Women + Health

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

6pm until 7pm **Building back fairer**

> Sir Michael Marmot and Healthwatch Camden

WEDNESDAY

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

10am until 11am **Wake Up Wednesday for women**

> Women + Health

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 until 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

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

2pm until 4pm **Soapbox**
> Tate

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

4pm until 5pm **The Minded Clinic online classes**
> The Minded Clinic

6:30pm until 7:30pm **MassageYoga Nidra for men and women men** > Women + Health

THURSDAY

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

11am until 12pm **How to cope with traumatic events** > Recovery College

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

1pm until 2:30pm **Camden's Virtual Tea Dance**
> Camden Council

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

12pm until 1pm **Art History**
> Golden Years

12:30pm until 1pm **Virtual Cuppa for Carers**
> Mobilise

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

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

SUNDAY

10:45am until 2pm **Free self-care workshop for QPOC in the UK** > Black Pride UK



TRY IT OUT



[Free ebooks](#)

[Films to watch for free](#)

[Learn to Jive](#)

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

[The Hungry Squirrel](#)

[Trans Visibility Day](#)

[Easter crafts](#)

[Stress Awareness Month](#)





What's On at West Euston Partnership

Golden Years May programme

Talk For Health April and May events

West Euston Partnership activities and services

Camden Self-Care Sessions (26 May)

WinVinsible workshops for disabled women and mums (19 May)

Camden Green Gym May programme



**UPCOMING
EVENTS**



Book your COVID-19 vaccine

Camden COVID-19 q&a video

Top tips to deal with stress and burnout

British Islamic Medical Association COVID-19 hub

Camden and Islington LGBTQ Residents COVID-19 Lockdown Experience Survey

Community journalism training for Camden disabled residents

Mentoring for BAME and migrant women



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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