

DIGITAL / COLLECTIVE // 11TH OCTOBER 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

6pm until 7pm [President Obonjo: Stolen](#)

> Top Secret Comedy Club

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

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

> West Euston Partnership

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

> Islington Mind

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

> Islington Mind

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

> Abbey Community Centre

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

> Mobilise

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

> Mobilise

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

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

2pm until 4pm **Men's Space**
> Recovery College

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

6pm until 7:45pm **Aspirations and opportunities highlighting Black entrepreneurs**
> Camden Council

THURSDAY

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

11am until 4pm **A Day Long Celebration of Wellbeing** > The Zen Project, Healthy Minds

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

12:30pm until 2pm **Camden and Islington Online Volunteering Fair** > Volunteer Centre Camden

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

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

2pm until 3pm **Psychosis: ways of understanding the experience** > Recovery College

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

3:30pm until 4.30pm **Re-cycle-art class**
> Abbey Community Centre

FRIDAY

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

10.00am until 12.45pm **Discover Your Purpose Group Coaching Programme**
> West Euston Partnership

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

3pm until 5pm **Afghanistan Crisis Appeal cake sale** > Red Cross

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

6:15 until 7:30pm **Intro to dance and movement for health and wellbeing** > Recovery College

SATURDAY

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

SUNDAY

1pm until 8pm **Camden Mela Celebrates 50th Anniversary of Bangladesh Independence**

TRY IT OUT



Healthy Minds Healthy Bods monthly mental health packs

Invitation to co-create a Library for Justice (paid opportunity)

Volunteer with Royal Parks

Sleepio - for help with sleeping

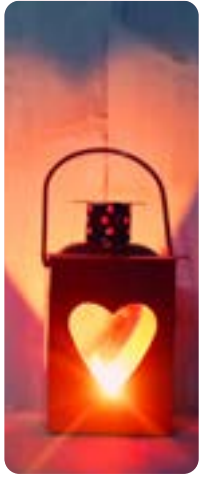
Loudest Whispers Exhibition

LGBTQ+ heritage map of Islington

Coping with loneliness

Camden Carers art exhibition





Camden's Black History Season

West African drumming presentation and online talk (21st October)

Black history month workshops (drumming, dance, art) 30th October

Transformation Team Talk for Health Taster (4th November)

Staying Sane as a Parent (November)

Recovery College Autumn term

Hopscotch Women's Centre yoga and zumba classes



**UPCOMING
EVENTS**

**COMMUNITY
NEWS**



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

Upcoming COVID-19 Vaccine clinics

Coronavirus vaccination information



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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