



DIGITAL / COLLECTIVE // 13TH 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.



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

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

> Recovery College

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

11am until 12pm [Level 2 exercise for stroke](#)

[survivors](#) > Different Strokes Charity

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

> West Euston Partnership

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

> 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

11am until 12pm [Seated exercise 60+](#)

> Abbey Community Centre

11am until 12pm [Level 3 exercise for stroke](#)

[survivors](#) > Different Strokes Charity

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

7pm [Incite! Queer spoken word poetry](#)

> Forum+

THURSDAY

6:30am until 7:30am **Online Yoga**

> Swiss Cottage

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

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

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

> Mobilise

SATURDAY

11am until 2pm **Ability Bikes**

> West Euston Partnership

12:30pm until 7pm **LGBTQ+ Winter Market**

> London LGBTQ+ Community Centre

SUNDAY

12:30pm until 7pm **LGBTQ+ Winter Market**

> London LGBTQ+ Community Centre



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





[Get Fit, Get Active, Get Gardening!](#)

[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](#)



**UPCOMING
EVENTS**

**COMMUNITY
NEWS**



[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](#)

[Make the most of your food](#)

[Have your say on changes in Camden](#)



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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