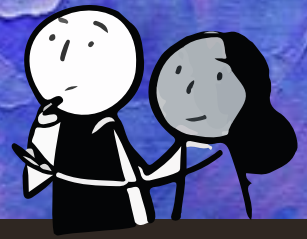


# THE RESILIENCE NETWORK

LONDON BOROUGH OF CAMDEN



## DIGITAL / COLLECTIVE // 14 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

1:30pm until 2:30pm [Lunchtime Chair Yoga](#)

> North London Cares

2.30pm until 3.30pm [What the best advice you've ever been given?](#) > 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 [Mindfulness practice](#)

> College of Medicine

### WEDNESDAY

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

> Swiss Cottage

8am until 08.30am [Qigong practice](#)

> College of Medicine

12:30pm until 1:30pm [Gizmos and Gadgets](#)

> North London Cares

1.45pm until 2.45pm [Online Tai Chi](#)

> West Euston Partnership

2pm until 2:45pm [Living With a Long-Term Condition part 1 of 2](#) > Recovery College

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 2 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 2 of 3** > Recovery College

2:30 until 3:30 **What's your favourite item of clothing and what does it mean to you?**

> 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 7.30pm **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

4pm until 5pm **Black Thrive community zoom drop in**

4pm until 5pm **Freddy's Free Friday Therapy**

> College of Medicine

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

Mobilise

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

> Abbey Community Centre

## SATURDAY

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

> College of Medicine

10am until 11am **Zoom-ba**

> Abbey Community Centre

## SUNDAY

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

> Abbey Community Centre

TRY IT OUT



On a Scale from 1 to 10 virtual exhibition

Self Care September

Sudoku online

5 day mindfulness challenge

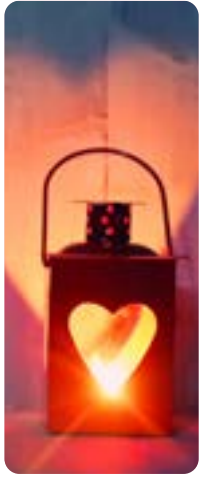
Walk the heath with walk for health

Museum of Imagination

The Secret of Sourdough

Make a macrame plant hanger





[Mindfulness and meditation guides](#)

[Tate Britain's queer walk through British art](#)

[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](#)



ACCESS  
ANYTIME



[Mayor to continue in post until May 2021](#)

[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](#)



## 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)

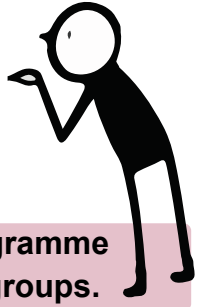


# HEALTHY MINDS COMMUNITY PROGRAMME

 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**

### 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 Virtual Coffee Morning

#### 3pm until 4pm Connect and Share session:

For people who feel isolated and want to connect during lockdown > **Advocacy Project**

### Thursday:

#### 4pm until 5pm Walk & Talk with Georgia

Join Georgia for a leisurely walk around Primrose Hill Park. We will meet at the park and have a walk and a chat. All abilities welcome, please call to sign up – limited spaces.

### 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)

