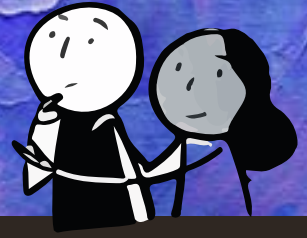


THE RESILIENCE NETWORK

LONDON BOROUGH OF CAMDEN



DIGITAL / COLLECTIVE // 15TH MARCH 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

8am until 8.30am [Qigong practice](#)
> College of Medicine

9:30am until 10am [Exercise for All](#)
> College of Medicine

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

3:30pm until 4:30pm [Mindfulness Sessions](#)
> Healthy Minds CP

TUESDAY

6:30am until 7:30am [Online Yoga](#) > Swiss Cottage

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

9:30am until 10am [Exercise for All](#)
> College of Medicine

10am until 11am [De-Stressing and Relaxing 50+](#)
> Third Age Project

10am until 11am [Tai chi 60+](#)
> Abbey Community Centre

12:30pm until 2pm [Covid and Trauma](#)
> NHS

1pm until 2pm [Facial massage for women](#)
> Women+Health

2.30pm until 3.30pm [Colouring Calm 60+](#)
> Abbey Community Centre

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

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

7pm until 8pm [Reiki Art Therapy for women](#)
> Women+Health

WEDNESDAY

6:30am until 7:30am [Online Yoga](#) > Swiss Cottage

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

9:30am until 10am [Exercise for All](#)
> College of Medicine

10am until 11am [Wake Up Wednesday for women](#)
> Women+Health

10:30am [Gentle Movement/Chair Based Exercise for BAME women](#) > Pascal Theatre Company

11am until 12pm [Seated exercise 60+](#)
> Abbey Community Centre

11am – 12.30pm [Coffee Morning](#)
> Healthy Minds CP

11:30am until 12:30pm **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

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

> The Minded Clinic

6:30pm until 7:30pm **Yoga Nidra Meditation**

> Women+Health

THURSDAY

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

> Swiss Cottage

8am until 08.30am **Qigong practice**

> College of Medicine

9:30am until 10am **Exercise for All**

> College of Medicine

2pm until 2:45pm **Getting a good night's sleep**

> Recovery College

1pm until 2:30pm **Cooking Class**

> Abbey Community Centre

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 **Mixed Ability Hatha Yoga**

> Women+Health

FRIDAY

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

> Swiss Cottage

8am until 08.30am **Qigong practice**

> College of Medicine

9:30am until 10am **Exercise for All**

> College of Medicine

11am until 12pm **Green prescription - Growing plants for wellbeing** > Recovery College

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

> Mobilise

1pm until 2pm **Sound Healing & Guided Meditation** > Women+Health

2pm until 2:45pm **Overcoming fatigue**

> Recovery College

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

> Mobilise



TRY IT OUT



Upcoming: Coping with Grief and Loss: a workshop for Muslim Women (March 26)

Upcoming: Coping with Grief and Loss (April 7th)

West Euston Partnership activities and services

Golden Years March Programme

Recycled Crafts

Walk and Talk course for older adults

Creativity, nature and mental health activity





[Cuppa Concert playlist](#)

[Explore the V&A online](#)

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

[London Zoo online](#)

[Foundling Museum online](#)

[Ways to Move Camden](#)

[Light and Hope memorial](#)



ACCESS
ANYTIME



[Healthy Minds: Healthy Relationships and Self Development Group](#)

[Have your say on a potential new neighbourhood](#)

[Volunteers needed for vaccine roll out](#)

[Mental Health Services in Camden](#)

[Boloh: The Black, Asian and Minority Ethnic family Covid-19 Helpline](#)

[Clearing up Covid-19 vaccine misinformation and scam alerts](#)

[Census temporary job opportunities](#)

[Book a benefits check ages 55+](#)



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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