

DIGITAL / COLLECTIVE // 18TH 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.



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

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

9am until 3pm [Mental Health Awareness Course for Parents](#)

> QCCA

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 30pm [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

6:30pm until 9pm **Black London; History, Art and Culture** > Camden Council

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

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

5pm until 7pm **In conversation with Colin Grant – "Negro with a Hat"** > Camden Council

6pm until 7pm **West African drumming presentation and online talk** > Barbican Library

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

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

6:30pm until 10:30 pm **Camden Black Workers Group: Honouring our Nation of Black Unsung Heroes** > Camden Council

SATURDAY

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

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](#)

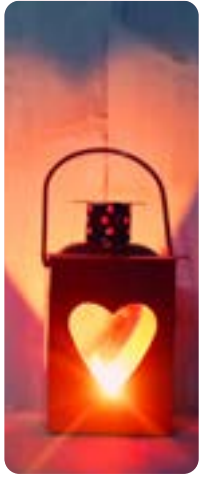
[Loudest Whispers Exhibition](#)

[LGBTQ+ heritage map of Islington](#)

[Coping with loneliness](#)

[Camden Carers art exhibition](#)





Camden's Black History Season

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

Castlehaven October timetable



**UPCOMING
EVENTS**

**COMMUNITY
NEWS**



Free 2 week business course (November)

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



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)



0207 241 8996



healthymindscp@mindincamden.org.uk