

# DIGITAL / COLLECTIVE // 20 JULY 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.

## MONDAY

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

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

10.30am until 11:30am [Monday Support Group](#) > Swiss Cottage

11am until 11.30am [Virtual Cuppa for Carers](#) > Mobilise

2.30pm until 3.30pm [Alone Together Club](#) > North London Cares

6.30pm until 7.30pm [Zoom-ba](#) > Abbey Community Centre

7pm until 8.45pm [Fight Isolation Blues](#) > Regent's Park Singers

## TUESDAY

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

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

11am until 12pm [Art and Flow](#) > The Recovery College

12pm until 1pm [Online Gardening Workshop](#) > Castlehaven

1.30pm until 2.30pm [Chair Yoga](#) > North London Cares

4pm until 5.30pm [Introduction to Drawing](#) > Free Space Project

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

6pm until 7pm [The Cares Family Choir](#) > North London Cares

6.30pm until 7.30pm [Zoom-ba](#) > Abbey Community Centre

6.30pm until 7.30pm [Going Picking in Good Company](#) > Friends of Tower Hamlets Cemetery Park (FTHC)

6.30pm until 7.30pm [Mindfulness Practice](#) >

## WEDNESDAY

College of Medicine

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

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

1.45pm until 2.45pm [Online Tai Chi](#) > West Euston Partnership

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

6.30pm until 7.30pm [Diaspo Cooking Class](#) > North London Care

6.30pm until 7.30pm [Zoom-ba](#) > Abbey Community Centre

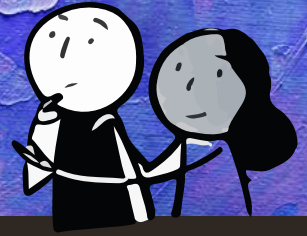
8pm until 9pm [Qigong Meditation](#) > Collage of Medicine



0207 241 8996



[healthyminds@mindincamden.org.uk](mailto:healthyminds@mindincamden.org.uk)



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## THURSDAY

6.30am, 12pm & 8pm **Online Yoga** > Swiss Cottage

8am until 8.30am **Qigong Practice** > College of Medicine

10.30am until 11am **Thought Field Therapy Sessions** > College of Medicine

12pm until 1pm **Online Gardening Workshop** > Castlehaven

1.45pm until 2.45pm **Online Tai Chi** > West Euston Partnership

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

6.30pm until 7.30pm **Book Club** > North London Carers

## FRIDAY

6.30am, 12pm & 8pm **Online Yoga** > Swiss Cottage

10am until 11am **Qigong** > College of Medicine

12pm until 1pm **Making the Most of Now** > West Euston Partnership

12.30pm until 12pm **Virtual Cuppa for Carers** > Mobilise

4pm until 5pm **Community Drop in** > Black Thrive

4pm until 5pm **Therapy** > College of Medicine

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

5.30pm until 7pm **Barbican Exhibition** > North London Cares

6.30pm until 7.30pm **The Long Road to Swedenborg Gardens** > FTHCP

6.30pm until 7.30pm **Zoom-ba** > Abbey Community Centre

## SATURDAY

10am until 10.30am **Lu Jong** > College of Medicine

## EXTRA SUPPORT

**Camden & Islington Crisis Line:** 020 3317 6777

**Samaritans:** free confidential support 24/7: 116 123

**Saneline:** 4.30pm to 10.30pm: 0300 304 7000.

**The Help Hub** professional counselling

**Camden Council's Support website**

**SilverCloud:** Programmes to help manage stress, sleep better & cope. Use pin CAMDEN to access

**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** (WhatsApp)



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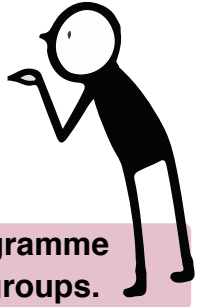
healthyminds@mindincamden.org.uk

# 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:

**11.45am-1pm Writing Group:** Express yourself through the power of words

**2pm-3pm Camden Peer Mentoring Service:** Virtual Peer Support Group > **Voiceability**

**2pm-3pm MAKE Social:** Arts, Crafts & Wellbeing > **Central Saint Martins (CSM)**

**3pm-4pm Understanding Depression** with Counsellor Hajera Belabiri > **The Cultural Advocacy Project (CAP)**

### TUESDAY:

**11am-11.50am Film Club**

**12pm-1pm Hearing Voices Peer Support Group:** For those who hear, see or sense things other people do not

**1pm-2pm Low Mood Peer Support Group:** For those who are struggling with low moods

**Various times 1-1 Art Therapy > Likewise**

### WEDNESDAY:

**11am-12.30pm Virtual Coffee Morning**

**12pm-1pm Needlecraft:** stitch your own face mask > **CAP**

**1pm-2pm Experimental Collage:** Session 3 of 4 > **Mary Ward Centre**

**2pm-3pm MAKE Social:** Arts, Crafts & Wellbeing > **CSM**

**3pm-4pm Connect and Share session > Advocacy Project**

**5.15pm-6.30pm Hearing Voices > The London Hearing Voices Network**

### THURSDAY:

**11am-12pm Create a Healthy meal plan** with Nutritionist Cath Walker > **CAP**

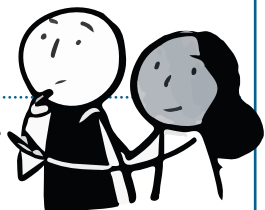
### FRIDAY:

**11am-12pm Anxiety Peer Support Group:** Support and share experiences of anxiety

**2pm-3pm MAKE Social:** Arts, Crafts & Wellbeing > **CSM**

**4pm-5pm My Beliefs Peer Support Group:** For those with paranoia or beliefs others may find unusual

**Various times 1-1 Art Therapy > Likewise**



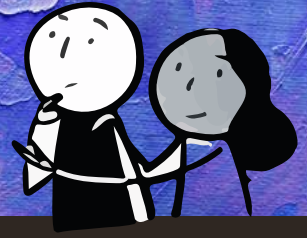
## FOR MORE INFORMATION:



0207 241 8996



[healthymindscp@mindincamden.org.uk](mailto:healthymindscp@mindincamden.org.uk)



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## TRY IT OUT



- How to create a Mindful Garden
- Colouring Activity Pack for Older Kids and Adults
- How to wear and make a cloth face covering
- Develop new skills with top educators through Future Learn
- On a budget Virtual Cooking course from Bags of Taste with free ingredients dropped to your door!
- The Global Generation's stay at home garden
- Online arts and crafts courses with the Working Men's College



- Book a free 30min chat with a Carer's Coach from Mobilise
- Mental Health packs from Healthy Minds, Healthy Bods
- Concerts and Operas available to stream online
- Watch live webcams from Edinburgh Zoo
- Explore the Jewish Museum online collection
- Art in Everyday Life with Somers Town Museum
- Castlehaven's resource list in support of Black Lives Matter



## ACCESS ANYTIME

## COMMUNITY NEWS



- Sign up for Covid-19 updates from Camden Council
- Watch Camden Council's Climate Action Plan Launch
- Clear, practical advice for people experiencing issues with mental health and money
- 'Think & Do' a community space for tackling the climate crisis
- Government produced webinars for business support
- Starting Line: a group learning programme for disabled residents beginning work, training or volunteering

