



# DIGITAL / COLLECTIVE // 20TH SEPTEMBER 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 [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 [Dealing with difficult emotions](#)

> Recovery College

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

1pm until 2pm [Facial Massage for women](#)

> Women + Health

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

7pm until 8pm [Reiki Art Therapy for women](#)

> Women + Health

8:15pm until 8:45pm [Virtual 'Cuppa' for Carers](#)

> Mobilise

## WEDNESDAY

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

> Swiss Cottage

10am until 11am [Wake Up Wednesday for women](#)

> Women + Health

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 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

6:30pm until 7:30pm **Yoga Nidra for men and women** > Women + Health

## THURSDAY

6:30am until 7:30am **Online Yoga**  
> Swiss Cottage

10am until 5pm **Smoothies and free veg bags**  
> Vegbox

11am until 11:30pm **Virtual 'Cuppa' for Carers**  
> Mobilise

11am until 12pm **How to cope with traumatic events**  
> Recovery College

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

1:45pm **Tai Chi**  
> West Euston Partnership

3:30pm until 4.30pm **Re-cycle-art class**  
> Abbey Community Centre

6pm until 7pm **Making food waste a thing of the past & free supper** > Refugee Community Kitchen

6pm until 7pm **Bisexuality in the workplace: Including the B in LGBTQ+** > The Diversity Trust

## FRIDAY

6:30am until 7:30am **Online Yoga**  
> Swiss Cottage

10am until 12pm **7th Anniversary Celebration**  
> Recovery College

11am until 12pm **Level 5 exercise for stroke survivors** > Different Strokes Charity

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

1pm until 4pm **Use Less Packaging & Food Waste Recycling drop in** > Veolia

3pm until 5pm **Plastic Free, Zero Waste Shop**  
> Fair-Well

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

## SATURDAY

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

All day **Come and learn how to make mandazi donuts** > Think & Do

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](#)





[A Day Long Celebration of Wellbeing \(Thursday 14th Oct\)](#)

[Recovery College Autumn term](#)

[Hilgrove Creates Arts Workshops](#)

[Hopscotch Women's Centre yoga and zumba classes](#)

[Castlehaven September timetable](#)

[What's On at West Euston Partnership](#)

[Golden Years September programme](#)



**UPCOMING  
EVENTS**

**COMMUNITY  
NEWS**



[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](#)

[Coronavirus vaccination information](#)

[Have your say on Mount Pleasant Pocket Park](#)

[Loneliness Awareness Week 2021](#)



## 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**



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