



DIGITAL / COLLECTIVE // 20TH DECEMBER 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

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

> Mobilise

11am until 12pm [Women's zumba](#)

> Queen's Crescent Community Association

7pm until 8pm [Mondissential Dance](#)

> Camerados

7pm until 8pm [Taster Session For Mindfulness Based Healthy Living Course](#)

> The Mindfulness Association

TUESDAY

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

> Swiss Cottage

9:30am until 10:30am [Tai chi 60+](#)

> Abbey Community Centre

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

> Third Age Project

11am until 2pm [Silver Cycling](#)

> West Euston Project

11am until 12:45pm [LGBT+ drop-in](#)

> Islington Mind

1:15pm until 2:15pm [Virtual meeting for younger stroke survivors](#)

> Different Strokes Charity

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

11am until 12pm [Seated exercise 60+](#)

> Abbey Community Centre

2pm until 3pm [Men's Fitness](#)

> Abbey Community Centre

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

> Mobilise

8pm until 9pm [Spoon Room](#)

> Camerados

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

1:30pm until 2pm **LGBT+ yoga**

> Islington Mind

1:45pm **Tai Chi**

> West Euston Project

3:30pm until 4.30pm **Re-cycle-art class**

> Abbey Community Centre

7pm until 8pm **Knitting over a brew**

> Camerados

FRIDAY (CHRISTMAS EVE)

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

> Swiss Cottage

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

> Mobilise

7pm until 8pm **Online Mindfulness Meditation**

> The Mindfulness Association

SATURDAY (CHRISTMAS DAY!)

7pm until 8pm **Online Mindfulness Meditation**

> The Mindfulness Association

SUNDAY (BOXING DAY)

7pm until 8pm **Online Mindfulness Meditation**

> The Mindfulness Association

7:30pm until 9pm **OverABrew book club**

> Camerados



TRY IT OUT



Name a star to put on our Christmas tree in memory of a loved one

A beginners guide to herbal teas

You, Me and the Sky

WHAT I'VE LEARNED FROM YOU AND MYSELF art exhibition

Tomorrow's Home 2050 exhibition

Daily meditation sessions

Dealing with stress

Pronouns resource





Get Fit, Get Active, Get Gardening!

Breathing for Wellbeing

Recovery College Spring term

Hopscotch Women's Centre yoga and zumba classes

Castlehaven December timetable

What's On at West Euston Partnership

Golden Years December programme



**UPCOMING
EVENTS**

**COMMUNITY
NEWS**



Financial support for residents

COVID-19 update from Camden Council

COVID-19 vaccination bus

Healthy meal boxes

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



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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