



DIGITAL / COLLECTIVE // 21ST MARCH 2022

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

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

> Mobilise

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

> Queen's Crescent Community Association

1:30pm until 3:30pm [Online Photography Course](#)

> Mind in Camden

1:30am until 4:30pm [Building healthy relationships](#)

> Recovery College

2pm until 3:45pm [Dance for Parkinson's](#)

> Free Space Project

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

1:30pm until 4pm [Arts & Crafts](#)

> Third Age Project

2.15pm until 3.30pm [Colouring Calm 60+](#)

> Abbey Community Centre

2pm until 3:30pm [Mindful conversations around race](#)

> Recovery College

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

> Mobilise

WEDNESDAY

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

> Swiss Cottage

10am until 12pm [Carers art group](#)

> Holborn Community Association

10am until 3:30pm [Tree of Life](#)

> Recovery College

10:30am until 1:30pm [Community Gardening Sessions](#)

> Castlehaven

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

> Abbey Community Centre

11:30am [Reflection at Kew Gardens](#)

> Women + Health

2pm until 3pm [Nurturing self-compassion](#)

> Recovery College

2pm until 3pm [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

8:15pm **Lesbian Discussion Group**
> LDG

THURSDAY

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

10am until 12pm **First Steps Digital Skills**
> West Euston Project

10am until 3pm **Steps into peer role**
> Recovery College

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

11am until 12pm **Breathing for Wellbeing**
> Free Space Project

11am until 12pm **Health checks**
> Queen's Crescent Community Association

11:30am until 12:30pm **Women's yoga**
> Queen's Crescent Community Association

11:30am until 1:30pm **New Year New You!**
> We Make Camden & youmochaandstyle

1:30pm until 2pm **LGBT+ yoga**
> Islington Mind

1:30pm until 4pm **Green prescription: growing plants for wellbeing** > Recovery College

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

3pm until 4pm **Re-cycle-art class 60+**
> Abbey Community Centre

6pm until 8pm **The Tree of Life and Peer Working**
> Talk For Health

7pm until 8pm **OverABrew – knitting**
> Camerados

7:30pm until 8:30pm **Online quiz**
> Healthy Minds, Healthy Bods

FRIDAY

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

10:30am **Feel Good Friday**
> Camden Special Parents Forum

10am until 12:30pm **Finding Your Flow**
> West Euston Project

10am until 4pm **Train the Chair**
> Talk For health

2pm until 3pm **Making the most of your money**
> Recovery College

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

SATURDAY

11am until 1pm **Black Gay and Bisexual Men's Emotional Support Group** > Calvin Stovell

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

TRY IT OUT



[Mindful March](#)

[City of Women London](#)

[Borrow Box library app](#)

[Pop-up Gallery - Our New World](#)

[Top tips on building and maintaining healthy relationships](#)

[Queering Your Camden](#)

[We Were Here at Swiss Cottage Gallery](#)

[Healthy Minds Healthy Bods monthly mental health packs](#)





[Castlehaven March timetable](#)

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

[Third Age Projecy weekly timetable](#)

[Golden Years March programme](#)

[Free Space Project upcoming events](#)

[Zumba and yoga for women](#)

[Recovery College Spring Term](#)



**UPCOMING
EVENTS**

**COMMUNITY
NEWS**



[Support to Quit Smoking](#)

[Equality and diversity in community mental health services - survey](#)

[Protect yourself against scams](#)

[Give your views on North London CCG's Fertility Policy](#)

[COVID-19 update from Camden Council](#)

[COVID-19 vaccination bus](#)

[Healthy meal boxes](#)

[Long Covid questionnaire](#)



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