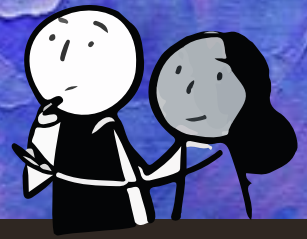


# THE RESILIENCE NETWORK

LONDON BOROUGH OF CAMDEN



## DIGITAL / COLLECTIVE // 22ND FEBRUARY 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

7am until 8am **Online Yoga**

> Swiss Cottage

8am until 08.30am **Qigong practice**

> College of Medicine

9:30am until 10am **Exercise for All**

> College of Medicine

10am **Latin dance for BAME women**

> Pascal Theatre Company

11am until 11.30am **Virtual 'Cuppa' for Carers**

> Mobilise

1.30pm until 3pm **Men's cooking club**

> Abbey Community Centre

2pm until 3pm **Singing**

> Golden Years

3:30pm until 4:30pm **Mindfulness Sessions**

> Healthy Minds CP

### TUESDAY

7am until 8am **Online Yoga** > Swiss Cottage

8am until 08.30am **Qigong practice**

> College of Medicine

9:30am until 10am **Exercise for All**

> College of Medicine

10am until 11am **De-Stressing and Relaxing 50+**

> Third Age Project

10am until 11am **Tai chi 60+**

> Abbey Community Centre

10:45am until 2pm **Outdoor Volunteering**

> TCV Camden Green Gym

1pm until 2pm **Facial massage for women**

> Women+Health

2.30pm until 3.30pm **Colouring Calm 60+**

> Abbey Community Centre

4pm until 4.30pm **Virtual 'Cuppa' for Carers**

> Mobilise

6:30pm until 7:30pm **Mindfulness practice**

> College of Medicine

7pm until 8pm **Reiki Art Therapy for women**

> Women+Health

### WEDNESDAY

7am until 8am **Online Yoga** > Swiss Cottage

8am until 08.30am **Qigong practice**

> College of Medicine

9:30am until 10am **Exercise for All**

> College of Medicine

10am until 11am **Wake Up Wednesday for women**

> Women+Health

10am until 11am **Zoom Social Group**

> Golden Years

10:30am **Gentle Movement/Chair Based Exercise for BAME women** > Pascal Theatre Company

11am until 12pm **Seated exercise 60+**

> Abbey Community Centre

11:30am until 12:30pm **Men's Fitness**

> Abbey Community Centre

2pm until 3pm **Relationships and self-care**

> Recovery College

2pm until 3:30pm **Freedom to Make** (virtual knitting & textiles workshops) > Free Space Project

4pm until 4.30pm **Virtual 'Cuppa' for Carers**

> Mobilise

4pm until 5pm **The Minded Clinic online classes**

> The Minded Clinic

5pm until 7pm **Code Club (please email for details)** > West Euston Partnership

6:30pm until 7:30pm **Yoga Nidra Meditation**

> Women+Health

## THURSDAY

7am until 8am **Online Yoga**

> Swiss Cottage

8am until 08.30am **Qigong practice**

> College of Medicine

9:30am until 10am **Exercise for All**

> College of Medicine

10:45am until 2pm **Outdoor Volunteering**

> TCV Camden Green Gym

1pm until 2:30pm **Cooking Class**

> Abbey Community Centre

2pm until 3pm **Tree of Life**

> Recovery College

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 **Mixed Ability Hatha Yoga**

> Women+Health

## FRIDAY

7am until 8am **Online Yoga**

> Swiss Cottage

8am until 08.30am **Qigong practice**

> College of Medicine

9:30am until 10am **Exercise for All**

> College of Medicine

12pm until 1pm **Art History**

> Golden Years

12:30pm until 1pm **Virtual Cuppa for Carers**

> Mobilis

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

3pm until 4pm **Mindfulness Meditation**

> Golden Years

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

> Mobilise



TRY IT OUT



[North London Cares February programme](#)

[Camden LGBT History Month full programme](#)

[Recycled crafts](#)

[Talk for Health winter programme](#)

[Walk and Talk course for older adults](#)

[Creativity, nature and mental health activity](#)

[Stream sports live](#)

[Beach live cams](#)





[Virtual London Zoo](#)

[Foundling Museum online](#)

[Ways to Move Camden](#)

[Light and Hope memorial](#)

[Jewish Museum online collections](#)

[Online jigsaws](#)

[Healthy Minds, Healthy Bods - weekly Mental Health Packs](#)



ACCESS  
ANYTIME



[Mental Health Services in Camden](#)

[Boloh: The Black, Asian and Minority Ethnic family Covid-19 Helpline](#)

[Clearing up Covid-19 vaccine misinformation and scam alerts](#)

[Census temporary job opportunities](#)

[Book a benefits check ages 55+](#)

[The Camden Winter Night Shelter needs volunteers](#)

[Increasing data allowances on mobile devices to support disadvantaged children](#)



## 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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