



DIGITAL / COLLECTIVE // 24TH JANUARY 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.



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

11am until 12pm [Level 1 exercise for stroke survivors](#)

> Different Strokes Charity

1:30pm until 3:30pm [Online photography course](#)

> Create!

2pm until 3pm [Building your assertiveness toolbox](#)

> Recovery College

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

> Free Space Project

11am until 12pm [Level 2 exercise for stroke survivors](#)

> Different Strokes Charity

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

6pm until 8pm [Drawsilience: Welcoming 2022](#)

> Talk For Health

7:30pm until 9pm [Holocaust Memorial Day Event 2022](#)

> The Jewish Museum

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

> Mobilise

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

10am until 1pm [What is peer working?](#)

Recovery College

WEDNESDAY

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

> Swiss Cottage

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

> Holborn Community Association

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 3pm **Understanding and coping with anxiety** > 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

THURSDAY

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

10am until 12pm **Alone but not lonely**
> 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

11am until 12pm **Level 4 exercise for stroke survivors** > Different Strokes Charity

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

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

3pm until 4pm **Dealing with low mood and depression** > Recovery College

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

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

FRIDAY

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

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

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

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

SATURDAY

11am until 12:15pm **SpoonRoom**
> Camerados

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

SUNDAY

7pm until 9pm **#OverABrewBookclub**
> Camerados



TRY IT OUT



We Were Here at Swiss Cottage Gallery

Free history courses with the British Museum

Healthy Minds Healthy Bods monthly mental health packs

A beginners guide to herbal teas

You, Me and the Sky

Tomorrow's Home 2050 exhibition

Daily meditation sessions

Dealing with stress





[Camden's LGBT history Illustrated talk 1st Feb](#)

[#OverABrewBookclub 30th January](#)

[Discovering the digital world: tools to improve your wellbeing course promotion 24th Feb & 3rd March](#)

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

[Castlehaven January timetable](#)

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



**UPCOMING
EVENTS**

**COMMUNITY
NEWS**



[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](#)

[Your views on winter vaccinations: Covid-19 Booster and Flu](#)

[Let's talk about sex and consent](#)



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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