



# DIGITAL / COLLECTIVE // 25TH APRIL 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

10am until 12pm [Wellbeing Cafe](#)

> Third Age Project

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

> Mobilise

11am until 12pm [Men's Club 60+](#)

> Castlehaven

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

> Queen's Crescent Community Association

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

> Islington Mind

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

> Third Age Project

2pm until 3pm [Understanding and coping with anxiety](#) > Recovery College

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

> Abbey Community Centre

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

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

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

> Abbey Community Centre

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

8:15pm **Lesbian Discussion Group**

> LDG

## THURSDAY

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

> Swiss Cottage

10:30am until 11:30am **Yoga 60+**

> Castlehaven

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

> Mobilise

11am until 12pm **Coffee at Heroica Live for**

**Lesbian Visibility Week** > Forum+

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

1pm until 4pm **Understanding anger**

> Recovery College

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

> Islington Mind

3pm until 4pm **Re-cycle-art class 60+**

> Abbey Community Centre

7:30pm until 8:30pm **Online quiz**

> Healthy Minds, Healthy Bods

## FRIDAY

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

> Swiss Cottage

2pm until 3pm **Dealing with low mood and**

**depression** > Recovery College

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

> Mobilise

6:15pm until 7:45pm **Introduction to dance and**  
**movement for health and wellbeing**

> Recover College



TRY IT OUT



[Social activities for over 65s](#)

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

[Learn a language for free](#)

[Community green space in Camden Town](#)

[City of Women London](#)

[Borrow Box library app](#)

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

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





[Camden Job and Skills Event 19th May](#)

[Castlehaven April timetable](#)

[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**



[Project Keep Well](#)

[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](#)



## 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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