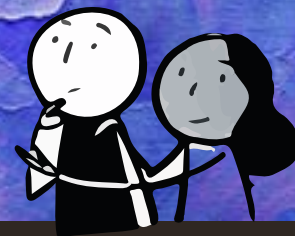


THE RESILIENCE

NETWORK

LONDON BOROUGH OF CAMDEN



# DIGITAL / COLLECTIVE // 26TH APRIL 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

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 [Golden Years Singers](#)

> Golden Years

3:30pm until 4:30pm [Mindfulness Sessions](#)

> Healthy Minds CP

## TUESDAY

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

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

> Third Age Project

10am until 11am [Tai chi 60+](#)

> Abbey Community Centre

11am until 1pm [LGBT+ drop-in](#)

> Islington Mind

11am until 1pm [Mental Health and Wellbeing Collaborative](#) > Race Equality Foundation

12:30pm until 2pm [Coping with Covid: Returning to Work](#) > NHS

2pm until 3pm [LGBT+ creative writing](#)

> Islington Mind

2pm until 3:30pm [Making Memories Together](#)

> Golden Years

2.30pm until 3.30pm [Colouring Calm 60+](#)

> Abbey Community Centre

4pm until 4.30pm [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 [Gentle Movement/Chair Based Exercise for BAME women](#) > Pascal Theatre Company

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

> Abbey Community Centre

11am until 12.30pm [Coffee Morning](#)

> Healthy Minds CP

11:30am until 12:30pm [Men's Fitness](#)

> Abbey Community Centre

12:30pm until 2:30pm [Camden Self-Care Online Session](#) > NHS

1pm until 2pm **Over 60s Book Club**  
> Saint Pancras Community Association

1pm until 2pm **Book Group**  
> Golden Years

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

## THURSDAY

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

11am until 12pm **Cultivating Mindful Presence**  
> Recovery College

1pm until 2:30pm **Cooking Class**  
> Abbey Community Centre

1pm until 2:30pm **Camden's Virtual Tea Dance**  
> Camden Council

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

1:45pm until 2pm **Tai Chi**  
> West Euston Partnership

3:30pm until 4.30pm **Re-cycle-art class**  
> Abbey Community Centre

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

7pm until 8pm **LGBT+ International Film Club**  
> Forum+

## FRIDAY

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

11am until 12pm **Wallace Collection**  
> Golden Years

12pm until 1pm **Art History**  
> Golden Years

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

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



TRY IT OUT



Learn to Jive

Healthy Minds, Healthy Bods - weekly Mental Health Packs

The Hungry Squirrel

Trans Visibility Day

Easter crafts

Stress Awareness Month

Recycled Crafts

Creativity, nature and mental health activity





Women + Health timetable

Camden's Virtual Tea Dance (13 May)

Talk For Health April and May events

West Euston Partnership activities and services

Camden Self-Care Sessions (26 May)

WinVinsible workshops for disabled women and mums (19 May)

Camden Green Gym April programme



**UPCOMING  
EVENTS**

**COMMUNITY  
NEWS**



Top tips to deal with stress and burnout

British Islamic Medical Association COVID-19 hub

Camden and Islington LGBTQ Residents COVID-19 Lockdown Experience Survey

Community journalism training for Camden disabled residents

Mentoring for BAME and migrant women

Camden community survey

Easy read Covid vaccination guide



## 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**