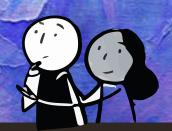
THE RESILIENCE
NETWORK

LONDONBOROUGHORCAMDEN



DIGITAL / COLLECTIVE // 26TH JULY 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







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

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

12pm until 1pm **In person Gardening Workshops**

> Women + Health

1pm until 2pm Facial Massage for women

> Women + Health

2pm until 3pm LGBT+ creative writing

> Islington Mind

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 11am Wake Up Wednesday for women

> Women + Health

10am until 12pm Carers art group

> Holborn Community Association

10:30am <u>Gentle Movement/Chair Based Exercise</u> 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 3:30pm <u>Freedom to Make</u> (virtual knitting & textiles workshops) > Free Space Project

4pm until 4.30pm Virtual 'Cuppa' for Carers

> Mobilise

6:30pm until 7:30pm Yoga Nidra for men and

women > Women + Health

THURSDAY

6:30am until 7:30am Online Yoga

> Swiss Cottage

1pm until 2:30pm Cooking Class

> Abbey Community Centre

1:30pm until 2pm LGBT+ yoga

> Islington Mind

1:45pm 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

FRIDAY

6:30am until 7:30am Online Yoga

> Swiss Cottage

12pm until 1pm Art History

> Golden Years

12:30pm until 1pm Virtual Cuppa for Carers

> Mobilise

4pm until 4:30pm <u>Virtual Cuppa for Carers</u> > Mobilise

7pm until 9pm <u>Stress management for young</u> <u>women in the workplace or in education</u>

> Inside Out

SATURDAY

1pm until 4pm <u>Cumberland Fun Fest - Regents</u> <u>Park Estate</u> > Community Champions Camden





Loudest Whispers Exhibition

LGBTQ+ heritage map of Islington

Coping with loneliness

Camden Carers art exhibition

A Guide To Gender Identity Terms

Training Link free courses

Free To Be project and film

Mental Health and Physical Activity Toolkit





Summer activities for families, children + young people in Camden

Hilgrove Creates Arts Workshops

Walk-in COVID-19 vaccination events near you this week

Four Day Peer Mentor Training course in August

Hopscotch Women's Centre yoga and zumba classes

Castlehaven July timetable

What's On at West Euston Partnership



COMMUNITY NEWS

<u>Upcoming COVID-19 Vaccine clinics</u>

Coronavirus vaccination information

Have your say on Mount Pleasant Pocket Park

<u>Loneliness Awareness Week 2021</u>

Free summer courses for young people

Camden Employment Support

Free art therapy

Rapid COVID-19 tests appointments and home test kits





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.

<u>The Help Hub</u> connects you with professional counsellors who are there to listen and support

Camden Council has a <u>useful website</u> that can help you find support

<u>Silver Cloud</u> 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)



