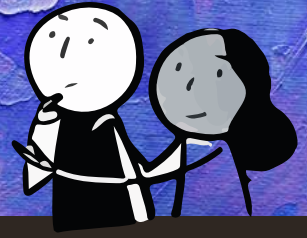


# THE RESILIENCE NETWORK

LONDON BOROUGH OF CAMDEN



## DIGITAL / COLLECTIVE // 27 JULY 2020

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, 12 noon & 8pm [Online Yoga](#)  
> Swiss Cottage

8am until 08.30am [Qigong practice](#) > College of Medicine

10.30am until 11am [Monday Support Group](#)  
> Swiss Cottage

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

2.30pm until 3.30pm [Alone Together over 65s phone-in club](#) > North London Carers

6.30pm until 7.30pm [Zoom-ba](#) > Abbey Community Centre

### TUESDAY

6.30am, 12pm & 8pm [Online Yoga](#)  
> Swiss Cottage

8am until 08.30am [Qigong practice](#) > College of Medicine

12pm until 1pm [Online Gardening Workshop](#)  
> Castlehaven

2.30 until 3:30pm [Virtual Picnic](#)  
> North London Carers

4pm until 5:30pm 6 week course Introduction to Drawing with Free Space Project @ 4pm until 5:30pm email [info@freespaceproject.org](mailto:info@freespaceproject.org) to book

4pm until 4.30pm [Virtual 'Cuppa' for Carers](#) > Mobilise

6.30pm until 7.30pm [Zoom-ba](#)  
> Abbey Community Centre

6:30pm until 7:30pm [Designing Your Veggie Patch & Growing Wildflowers](#) > Friends of Tower Hamlets Cemetery Park

6:30pm until 7:30pm [Mindfulness practice](#)  
> College of Medicine

### WEDNESDAY

6.30am, 12pm & 8pm [Online Yoga](#)  
> Swiss Cottage

8am until 08.30am [Qigong practice](#) > College of Medicine

1.45pm until 2.45pm [Online Tai Chi](#)  
> West Euston Partnership

2:30pm until 3:30pm [International Friendship Day](#)  
> North London Cares

4pm until 4.30pm [Virtual 'Cuppa' for Carers](#) > Mobilise

6.30pm until 7.30pm [Zoom-ba](#)  
> Abbey Community Centre

8pm until 9pm [Qigong meditation](#)  
> College of Medicine

## THURSDAY

6.30am, 12pm & 8pm [Online Yoga](#) > Swiss Cottage

8am until 08.30am [Qigong practice](#) > College of Medicine

10:30am until 11am [Thought Field Therapy Sessions](#) > College of Medicine

12pm until 1pm [Online Gardening Workshop](#) > Castlehaven

1.45pm until 2.45pm [Online 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

6.30pm until 7.30pm [Dance Class](#) > North London Carers

6.30pm until 7.30pm [Zoom-ba](#) > Abbey Community Centre

12pm until 1pm [Making the Most of Now](#) > West Euston Partnership

12.30pm until 1pm [Virtual 'Cuppa' for Carers](#) > Mobilise

4pm until 5pm [Black Thrive community zoom drop in](#)

4pm until 5pm [Freddy's Free Friday Therapy](#) > College of Medicine

4pm until 4.30pm [Virtual 'Cuppa' for Carers](#) > Mobilise

6:30pm until 7:30pm [The Cares Family Disco](#) > North London Carers

6.30pm until 7.30pm [Zoom-ba](#) > Abbey Community Centre

## SATURDAY

10am until 10:30am [Lu Jong](#) > College of Medicine

6.30pm until 7.30pm [Zoom-ba](#) > Abbey Community Centre

## FRIDAY

6.30am, 12pm + 8pm [Online Yoga](#) > Swiss Cottage

8am until 08.30am [Qigong practice](#) > College of Medicine

10am until 11am [Full Qigong practice](#) > College of Medicine

## SUNDAY

6.30pm until 7.30pm [Zoom-ba](#) > Abbey Community Centre

TRY IT OUT



[How to wear and make a cloth face covering](#)

[Concerts and operas available to stream online](#)

[Colouring Activity Pack for Older Kids and Adults](#)

[How to create a mindful garden](#)

[Online arts and crafts courses with the Working Men's College](#)

[Make a papier-mâché bird and then decorate it with paint](#)

[Camden Under Lockdown: a cure for boredom](#)

[Walk and Talk at home activity with the British Museum](#)





Five in Five: [customisable mini workout](#)

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

Book a free 30min chat with a [Carer's Coach](#) from Mobilise

[Performances, video and podcast series, photography and articles](#) from the London Sinfonietta Channel

[Art in everyday](#) life with Somers Town Museum

Castlehaven's [resource list](#) in support of Black Lives Matter



ACCESS  
ANYTIME



[Life After Hummus](#) are providing cooked meals and help filling out welfare benefit forms

Watch Camden Council's [Climate Action Plan Launch](#)

Sign up for [Covid-19 updates](#) from Camden Council

[Clear practical advice](#) for people experiencing issues with mental health and money

'[Think & Do](#)' a community space for tackling the climate crisis

Government produced [webinars](#) for business support

[A group learning programme](#) for disabled residents with Starting Line



## EXTRA SUPPORT

**Camden & Islington Crisis Line:** 020 3317 6777

**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)



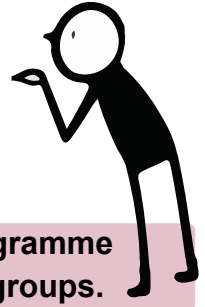
0207 241 8996



[healthymindscp@mindincamden.org.uk](mailto:healthymindscp@mindincamden.org.uk)

In ordinary times, the Healthy Minds Community programme is a growing collaboration of partners and participants brought together by Mind in Camden to create exciting members-only offers from the Camden community.

Members must be aged over 18 and a Borough of Camden resident or registered with a Camden GP.



During lockdown we are running a special programme for members, including peer support & social groups.

## HOW CAN I BECOME A HEALTHY MINDS DIGITAL MEMBER?

**1** Please email us at [healthymindscp@mindincamden.org.uk](mailto:healthymindscp@mindincamden.org.uk) and we will arrange a referral meeting with you.

**2** A team member will aim to call you within **1 week** to complete the referral form and talk you through what we offer.

Once lockdown has ended and our usual programme has resumed, you will become a fully-fledged Healthy Minds Member and have access to all our offers for 1 year.

### MONDAY:

**2pm-3pm Camden Peer Mentoring Service:** A Virtual Peer Support group to share experiences in lockdown > **Voiceability**

**3pm-4pm : Understanding Personality Disorders** with Counsellor Hajera Belabiri > **The Cultural Advocacy Project (CAP)**

### TUESDAY:

**11am-11.50am Film Club:** Each week we pick a film to watch over the weekend then meet to discuss

**12pm-1pm Hearing Voices Peer Support Group:** For those who hear, see or sense things other people do not

**1pm-2pm Low Mood Peer Support Group:** For those who are struggling with low moods

**Various times 1-1 Art Therapy:** A creative therapy using different art forms to communicate feelings that are sometimes too difficult to say > **Likewise**

### WEDNESDAY:

**11am-12.30pm Virtual Coffee Morning:** Pour yourself a brew, get comfy and join us for a chat from your living room (or wherever you are)!

**12pm-1pm Needlecraft & Embroidery > CAP**

**1pm-2pm Experimental Collage Making:** Session 4 of 4 > **Mary Ward Centre**

**3pm-4pm Connect and Share session:** For people who feel isolated and want to connect during lockdown > **Advocacy Project**

**5.15pm-6.30pm Hearing Voices Group > The London Hearing Voices Network**

### THURSDAY:

**11am-12pm Nutrition talk:** Cath Walker > **CAP**

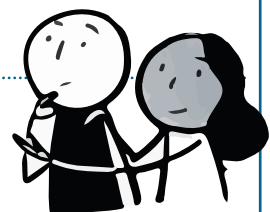
### FRIDAY:

**11am-12pm Anxiety Peer Support Group:** Share and support one another with anxiety

**2.30pm-4pm Creative Writing Group**

**4pm-5pm My Beliefs Peer Support Group:** For those with paranoia or beliefs others may find unusual

**Various times 1-1 Art Therapy with Likewise**



## FOR MORE INFORMATION:



0207 241 8996



[healthymindscp@mindincamden.org.uk](mailto:healthymindscp@mindincamden.org.uk)