



DIGITAL / COLLECTIVE // 28TH FEBRUARY 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

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

> Mobilise

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

> Queen's Crescent Community Association

1:30am until 4:30pm [Building healthy relationships](#) > Recovery College

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

10:15am until 11am [Kundalini yoga](#)

> Recovery College

11am until 1pm [History and wellbeing walk](#)

> Recovery College

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

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

11am until 12pm [Dealing with difficult emotion](#)

> Recovery College

2pm until 3pm [Men's Fitness](#)

> Abbey Community Centre

2pm until 3:30pm [Freedom to Make](#) (virtual knitting & textiles workshops) > Free Space Project

2pm until 4pm [Men's space](#)

> Recovery College

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

9:30am until 10:30am **Discovering the digital world: tools to improve your wellbeing**

> Recovery College

10am until 4pm **Hoarding**

> 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

11am until 12:30pm **Self-compassion for parents: maintaining your wellbeing in the context of parenting**

> Recovery College

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

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

> Islington Mind

1:45pm **Tai Chi**

> West Euston Project

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

> Abbey Community Centre

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

> Camerados

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

> Healthy Minds, Healthy Bods

FRIDAY

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

> Swiss Cottage

2pm until 3pm **Psychosis: ways of understanding the experience**

> Recovery College

2pm until 3pm **Making the most of your memory**

> Recovery College

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

> Mobilise

6:30pm until 7:45pm **Introduction to dance and movement for health and wellbeing**

> Recovery College

SATURDAY

11am until 1pm **Black Gay and Bisexual Men's Emotional Support Group**

> Calvin Stovell

11am until 2pm **Ability Bikes**

> West Euston Project

TRY IT OUT



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

[CROWN: Hair & Identity in Traveller Culture Exhibition](#)

[Queering Your Camden](#)

[We Were Here at Swiss Cottage Gallery](#)

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

[A beginners guide to herbal teas](#)

[You, Me and the Sky](#)

[Tomorrow's Home 2050 exhibition](#)





[Online photography course 21st Feb - 28th March](#)

[Free history courses with the British Museum](#)

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

[Castlehaven March timetable](#)

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

[Golden Years December programme](#)

[Cuppa Concert playlist](#)



**UPCOMING
EVENTS**

**COMMUNITY
NEWS**



[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](#)

[Long Covid questionnaire](#)

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



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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