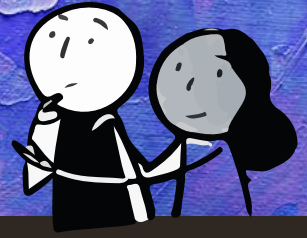


# THE RESILIENCE NETWORK

LONDON BOROUGH OF CAMDEN



## DIGITAL / COLLECTIVE // 28TH SEPTEMBER 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.

The Advocacy Project

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

12:30pm until 1:30pm [Community Partners Zoom](#)

> North London Cares

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

1pm until 2pm [Facial massage for women](#)

> Women+Health

2.30pm until 3.30pm [International Coffee day: Do you like coffee? What's the best coffee you've tasted?](#)

> North London Cares

3.30pm until 4.30pm [Colouring Calm](#)

> Abbey Community Centre

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

> Mobilise

6pm until 7pm [Cares Family Choir](#)

> North London Cares

6.30pm until 7.30pm [Zoom-ba](#)

> Abbey Community Centre

6:30pm until 7:30pm [Mindfulness practice](#)

> College of Medicine

7:30pm until 8:30pm [Art and Flow \(2 of 3\)](#)

> Recovery College

### 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

2pm until 3:30pm [Freedom to Make](#) (virtual knitting & textiles workshops) please email to book

> Free Space Project

3.30pm until 4.30pm [Men's over 60's cooking club](#)

> Abbey Community Centre

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

> Mobilise

5pm until 6pm **Relationships and Self Care (1 of 4)** > Recovery College

6:30pm until 7:30pm **All Cares Disco**  
> North London Cares

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

11am until 11:45 am **Mindful Conversations Around Race (1 of 2)** > Recovery College

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 **NLC Collaboration Quiz**  
> North London Cares

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

10.30am until 12.30pm **Creative Writing**  
> Abbey Community Centre

11am until 12:30pm **LGBT+ and Mental Health**  
> Recovery College

12pm until 1pm **Making the Most of Now**  
> West Euston Partnership

12.30pm until 1pm **Virtual 'Cuppa' for Carers**  
> Mobilise

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 **Zoom-ba**  
> Abbey Community Centre

## SATURDAY

10am until 10:30am **Lu Jong**  
> College of Medicine

10am until 11am **Zoom-ba**  
> Abbey Community Centre

## SUNDAY

6.30pm until 7.30pm **Zoom-ba**  
> Abbey Community Centre

TRY IT OUT



[Classic Tea Cake Recipe](#)

[The Kindness Cup](#)

[On a Scale from 1 to 10 virtual exhibition](#)

[Self Care September](#)

[Sudoku online](#)

[5 day mindfulness challenge](#)

[Walk the heath with walk for health](#)

[Museum of Imagination](#)





[Creating a mindful garden](#)

[Musician video interviews and biographies](#)

[Mindfulness and meditation guides](#)

[Tate Britain's queer walk through British art](#)

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

[Thriving with Nature](#)

[Brain in Hand is a professional digital support system](#)



ACCESS  
ANYTIME



[NHS Test and Trace Camden](#)

[How to budget your money during the Covid-19 outbreak](#)

[Get employment support in Camden](#)

[Mayor to continue in post until May 2021](#)

[Share your ideas for the future of Camden High Streets](#)

[Camden Cycle Skills are back up and running](#)

[The British Museum is now open and welcoming visitors](#)

[Five local hubs set up to tackle holiday hunger in Camden](#)



## 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



# HEALTHY MINDS COMMUNITY PROGRAMME

mind in camden  
for better mental health

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.



As Lockdown restrictions have eased, we are delivering a range of both in-person and virtual activities.

## 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 our usual programme has resumed, you will become a fully-fledged Healthy Minds Member and have access to all of our offers for 1 year!

### Monday:

**10am until 12.30pm Portugal Prints (2/8):** An eight-week therapeutic art course delivered in-person. Morning group.

**1pm until 2pm Virtual Film Club:** A bi-weekly film group held over zoom.

**1.30pm until 4pm Portugal Prints (2/8):** An eight-week therapeutic art course delivered in-person. Afternoon Group.

**1pm until 4pm Catch up with Georgia:** Feel free to call the office for a catch up.

### Tuesday:

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

### Wednesday:

**11am until 12.30pm Virtual Coffee Morning:** Pour yourself a brew, get comfy and join us from the comfort of your sofa (or wherever you are!). This is a safe space to connect with others and find out what's coming up from the Healthy Minds Team.

### Thursday:

There are no activities scheduled for this day

### Friday:

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

**2.30pm until 4pm Virtual Creative Writing Group:** Express yourself through the power of words.

## FOR MORE INFORMATION:



0207 241 8996



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

