



DIGITAL / COLLECTIVE // 29TH MARCH 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

12:30pm until 2pm **Coping with Covid: Managing Anxiety** > NHS

1pm until 2pm **Facial massage for women**

> Women+Health

1pm until 2pm **Mindfulness Meditation**

> Golden Years

2.30pm until 3.30pm **Colouring Calm 60+**

> Abbey Community Centre

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

> Mobilise

6:30pm until 7:30pm **Mindfulness practice**

> College of Medicine

7pm until 8pm **Reiki Art Therapy for women**

> Women+Health

WEDNESDAY

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

10am until 11am **Wake Up Wednesday for women**

> Women+Health

10:30am **Gentle Movement/Chair Based Exercise for BAME women** > Pascal Theatre Company

11am until 12pm **Seated exercise 60+**

> Abbey Community Centre

11am – 12.30pm **Coffee Morning**

> Healthy Minds CP

11:30am until 12:30pm **Men's Fitness**

> Abbey Community Centre

1pm until 2pm **Over 60s Book Club**

> Saint Pancras Community Association

1:30 until 3:30 **Relax With Art**

> Golden Years

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

2pm until 3pm **Making the most of your money**
> Recovery College

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

4pm until 5pm **The Minded Clinic online classes**
> The Minded Clinic

6:30pm until 7:30pm **Yoga Nidra Meditation**
> Women+Health

THURSDAY

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

11am until 11:30m **Wellbeing at Home**
> Golden Years

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

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

6:30pm until 7:30pm **Mixed Ability Hatha Yoga**
> Women+Health

FRIDAY

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

11am until 12pm **Chair Exercise**
> Golden Years

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

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

1pm until 2pm **Sound Healing & Guided Meditation** > Women+Health

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



TRY IT OUT



Easter crafts

Stress Awareness Month

Upcoming: Talk For Health April and May events

Upcoming: Coping with Grief and Loss (April 7th)

West Euston Partnership activities and services

Recycled Crafts

Talk for Health winter programme

Walk and Talk course for older adults





[Spider Solitaire](#)

[Cuppa Concert playlist](#)

[Explore the V&A online](#)

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

[London Zoo online](#)

[Foundling Museum online](#)

[Ways to Move Camden](#)



ACCESS
ANYTIME



[British Wireless for the Blind Fund](#)

[Cycle skills and bike maintenance courses](#)

[Healthy Minds: Healthy Relationships and Self Development Group](#)

[Have your say on a potential new neighbourhood](#)

[Volunteers needed for vaccine roll out](#)

[Mental Health Services in Camden](#)

[Boloh: The Black, Asian and Minority Ethnic family Covid-19 Helpline](#)

[Clearing up Covid-19 vaccine misinformation and scam alerts](#)



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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