



DIGITAL / COLLECTIVE // 29TH NOVEMBER 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.



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

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

> Queen's Crescent Community Association

11am until 12pm [Level 1 exercise for stroke survivors](#)

> Different Strokes Charity

1.30pm until 3pm [Men's cooking club](#)

> Abbey Community Centre

2pm until 3pm [Making the most of your memory](#)

> Recovery College

11am until 1pm [Silver Cycling](#)

> West Euston Partnership

11am until 1pm [LGBT+ drop-in](#)

> Islington Mind

2pm until 3pm [LGBT+ creative writing](#)

> Islington Mind

2pm until 3pm [Relationships and self-care](#)

> Recovery College

2pm until 3pm [Art and flow](#)

> Recovery College

2.15pm until 3.30pm [Colouring Calm 60+](#)

> Abbey Community Centre

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

> Mobilise

8:15pm until 8:45pm [Virtual 'Cuppa' for Carers](#)

> Mobilise

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 12pm [Level 2 exercise for stroke survivors](#)

> Different Strokes Charity

WEDNESDAY

6:30am until 7:30am [Online Yoga](#)

> Swiss Cottage

10am until 12pm [Carers art group](#)

> Holborn Community Association

10:30am [Gentle Movement/Chair Based Exercise for BAME women](#)

> Pascal Theatre Company

10:30am until 2:30pm [Get Fit, Get Active, Get Gardening!](#)

> Castlehaven

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

> Abbey Community Centre

11am until 12pm **Level 3 exercise for stroke**

survivors > Different Strokes Charity

2pm until 3pm **Building your assertiveness**

toolbox > Recovery College

2pm until 3pm **Living well with a long-term**

condition > 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

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

> Mobilise

1pm until 2:30pm **Cooking Class**

> Abbey Community Centre

1pm until 4pm **Coping with the festive season**

> Recovery College

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

3:45pm until 5:45pm **The Sunset Classroom:**

African Folklore Ashanti of Ghana

> Working Men's College

7pm until 8pm **Knitting over a brew**

> Camerados

THURSDAY

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

> Swiss Cottage

11am until 11:30pm **Virtual 'Cuppa' for Carers**

> Mobilise

11am until 12pm **Health checks**

> Queen's Crescent Community Association

11:30am until 12:30pm **Women's yoga**

> Queen's Crescent Community Association

11am until 12pm **Level 4 exercise for stroke**

survivors > Different Strokes Charity

FRIDAY

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

> Swiss Cottage

11am until 12pm **Level 5 exercise for stroke**

survivors > Different Strokes Charity

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

> Mobilise

SATURDAY

11am until 2pm **Ability Bikes**

> West Euston Partnership

TRY IT OUT



You, Me and the Sky

WHAT I'VE LEARNED FROM YOU AND MYSELF art exhibition

Tomorrow's Home 2050 exhibition

Camden Black History Season online book club (Nov & Dec)

Daily meditation sessions

Dealing with stress

Pronouns resource

Healthy Minds Healthy Bods monthly mental health packs





Breathing for Wellbeing

Camden's Black History Season

Judicial Racism and the Lammy Review Dec 7th

Recovery College Autumn term

Hopscotch Women's Centre yoga and zumba classes

Castlehaven October timetable

What's On at West Euston Partnership



UPCOMING
EVENTS

COMMUNITY
NEWS



Healthy meal boxes

Q&A session on long COVID 30th Nov

Covid19 vaccination bus

Free 2 week business course (November)

Long Covid questionnaire

Your views on winter vaccinations: Covid-19 Booster and Flu

Let's talk about sex and consent

Make the most of your food



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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