



DIGITAL / COLLECTIVE // 31ST JANUARY 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

11am until 12pm **Level 1 exercise for stroke survivors**

> Different Strokes Charity

1:30pm until 3:30pm **Online photography course**

> Create!

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

> 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

2pm until 3pm **Introduction to mindfulness**

> Recovery College

11am until 12pm **Level 2 exercise for stroke survivors**

> Different Strokes Charity

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

6pm until 7pm **Camden's LGBT history Illustrated talk**

> Camden Libraries

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

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

> Abbey Community Centre

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

> Different Strokes Charity

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

8pm until 9pm **SpoonRoom**
> Camerados

8:15pm **Lesbian Discussion Group**
> LDG

THURSDAY

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

10am until 12pm **Being kind to yourself**
> 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

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

12pm **Bohemian Rhapsody screening**
> Kentish Town Community Centre Film Club

1:30pm until 2pm **LGBT+ yoga**
> Islington Mind

1:45pm **Tai Chi**
> West Euston Project

3pm until 4pm **Dealing with low mood and depression** > Recovery College

3pm until 4pm **Re-cycle-art class 60+**
> Abbey Community Centre

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

FRIDAY

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

11am until 12pm **Level 5 exercise for stroke survivors** > Different Strokes Charity

11am until 12pm **How to cope with traumatic events** > Recovery College

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

5:30pm until 8:30pm **Launch of Loudest Whispers Exhibition** > The Arts Project

SATURDAY

11am until 2pm **Ability Bikes**
> West Euston Project



TRY IT OUT



We Were Here at Swiss Cottage Gallery

Free history courses with the British Museum

Healthy Minds Healthy Bods monthly mental health packs

A beginners guide to herbal teas

You, Me and the Sky

Tomorrow's Home 2050 exhibition

Daily meditation sessions

Dealing with stress





Camden and Islington LGBT+ History Month

Black Gay and Bisexual Men's Emotional Support Group 19th Feb

Discovering the digital world: tools to improve your wellbeing course promotion 24th Feb & 3rd March

Hopscotch Women's Centre yoga and zumba classes

Castlehaven January timetable

What's On at West Euston Project



UPCOMING
EVENTS

COMMUNITY
NEWS



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

Let's talk about sex and consent



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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