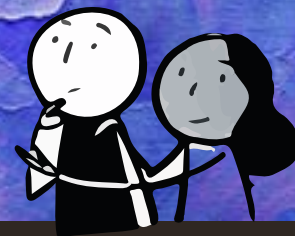


THE RESILIENCE

NETWORK

LONDON BOROUGH OF CAMDEN



DIGITAL / COLLECTIVE // 31ST MAY 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 **Understanding Anxiety**

> Recovery College

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 1pm **LGBT+ drop-in**

> Islington Mind

12pm until 1pm **In person Gardening Workshops**

> Women + Health

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

> Women + Health

2pm until 3pm **LGBT+ creative writing**

> Islington Mind

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

> Abbey Community Centre

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

> Mobilise

WEDNESDAY

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

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

> Women + Health

10am until 12pm **Carers art group**

> Holborn Community Association

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

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

> Abbey Community Centre

11:30am until 12:30pm **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

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

> The Minded Clinic

6:30pm until 7:30pm **MassageYoga Nidra for men and women** > Women + Health

THURSDAY

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

> Swiss Cottage

11am until 12:30pm **Families, Food and Feelings 6 week course** > Brandon Centre

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

> Abbey Community Centre

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

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

> Mobilise

FRIDAY

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

> Swiss Cottage

812pm until 1pm **Art History**

> Golden Years

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

> Mobilise

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

> Mobilise



TRY IT OUT



[Training Link free courses](#)

[Free To Be project and film](#)

[Mental Health and Physical Activity Toolkit](#)

[Free mental health courses](#)

[Life Under Lockdown: Harry's Story](#)

[Free ebooks](#)

[Films to watch for free](#)

[Learn to Jive](#)





[The Zen Project \(12th June\)](#)

[Online Business Course for Londoners aged 50+ \(May 27-June 26\)](#)

[Castlehaven June timetable](#)

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

[Golden Years June programme](#)

[Talk For Health June events](#)

[This is Your Mind on Plants \(7th July\)](#)



**UPCOMING
EVENTS**



[Camden Employment Support](#)

[Free art therapy](#)

[Further easing of COVID restrictions confirmed for 17 May](#)

[Rapid COVID-19 tests appointments and home test kits](#)

[Have your say on nature in Camden](#)

[Book your COVID-19 vaccine](#)

[Camden COVID-19 q&a video](#)

[Top tips to deal with stress and burnout](#)



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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