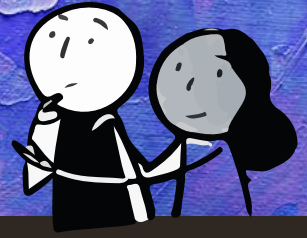


THE RESILIENCE NETWORK

LONDON BOROUGH OF CAMDEN



DIGITAL / COLLECTIVE // 31 AUGUST 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.



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

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 **What country would you most like to visit** > North London Cares

3.30pm until 4.30pm **Colouring Calm** > Abbey Community Centre

4pm until 5:30pm 6 week course Introduction to

Drawing with Free Space Project @ 4pm until 5:30pm email info@freespaceproject.org to book

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

6.30pm until 7.30pm **Zoom-ba**

> Abbey Community Centre

6:30pm until 7:30pm **Mindfulness practice** >
College of Medicine

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

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

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 **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

12pm until 1pm **Making the Most of Now**

> West Euston Partnership

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

> Mobilise

2.30pm until 3.30pm **What song could you listen**

to everyday > North London Cares

4pm until 5pm **Black Thrive community zoom**

drop in

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

6.30pm until 7.30pm **Zoom-ba**

> Abbey Community Centre

SUNDAY

6.30pm until 7.30pm **Zoom-ba**

> Abbey Community Centre

TRY IT OUT



5 day mindfulness challenge

Walk the heath with walk for health

Museum of Imagination

The Secret of Sourdough

Make a macrame plant hanger

How to wear and make a cloth face covering

Concerts and operas available to stream online

Colouring Activity Pack for Older Kids and Adults





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

[Mindful Transformations art exhibition](#)

[Museum of the world](#)

[How to look after your mental health during the coronavirus outbreak](#)

[Posture tips for laptop users](#)

Five in Five: [customisable mini workout](#)

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



ACCESS
ANYTIME



[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](#)

[Share your views about Camden's wildlife and green spaces](#)

Residents invited to share their experiences of Covid-19 with Public Health: [please get in contact](#)

[Maintaining records of staff, customers and visitors to support NHS Test and Trace](#)



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



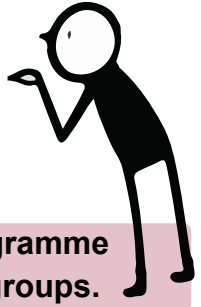
healthymindscp@mindincamden.org.uk

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.



During lockdown we are running a special programme for members, including peer support & social groups.

HOW CAN I BECOME A HEALTHY MINDS DIGITAL MEMBER?

1 Please **email us** at 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 lockdown has ended and our usual programme has resumed, you will become a fully-fledged Healthy Minds Member and have access to all our offers for 1 year.

Monday:

2pm until 3pm Camden Peer Mentoring Service: A Virtual Peer Support group to share experiences in lockdown > **Voiceability**

5.30pm until 7pm Hearing Voices Group > The London Hearing Voices Network

Tuesday:

11am until 11.50am Film Club: Each week we pick a film to watch over the weekend and then meet to discuss our feelings and thoughts about it.

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

2pm until 3pm Mood Music: Share and respond to a song or piece of music that expresses how you feel.

Various times 1–1 Art Therapy: A creative therapy using different art forms to communicate feelings that are sometimes too difficult to say > **Likewise**

Wednesday:

11am until 12.30pm Coffee Morning @ Samsung KX: Meet old friends and new in swanky Coal Drops Yard. Coffee and cake included. Unable to attend? You can still join us by video conference. Just sign up in advance.

3pm until 4pm Connect and Share session: For people who feel isolated and want to connect during lockdown > **Advocacy Project**

Thursday:

There are currently no activities on this day

Friday:

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

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

Various times 1–1 Art Therapy with Likewise

FOR MORE INFORMATION:



0207 241 8996



healthymindscp@mindincamden.org.uk

