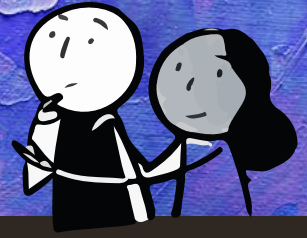


# THE RESILIENCE NETWORK

LONDON BOROUGH OF CAMDEN



## DIGITAL / COLLECTIVE // 2ND NOVEMBER 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.

The Advocacy Project

VoiceAbility



Likewise



### MONDAY

7am until 8am [Online Yoga](#) > Swiss Cottage

8am until 08.30am [Qigong practice](#)

> College of Medicine

11am until 11.30am [Virtual 'Cuppa' for Carers](#)

> Mobilise

1pm until 2pm [Healthy Baking Sweet Treats](#)

> Women+Health

2.45pm until 3.30pm [Table Tennis \(please email to book\)](#) > Abbey Community Centre

6.30pm until 8pm [Regent's Park Singers](#)

> West Euston Partnership

### TUESDAY

7am until 8am [Online Yoga](#) > Swiss Cottage

8am until 08.30am [Qigong practice](#)

> College of Medicine

10am until 11am [De-Stressing and Relaxing 50+](#)

> Third Age Project

11am until 11:45am [Making the Most of Your Memory 1 of 3](#) > Recovery College

12pm until 1pm [Online Gardening Workshop](#)

> Castlehaven

1pm until 2pm [Facial massage for women](#)

> Women+Health

3.30pm until 4.30pm [Colouring Calm](#)

> Abbey Community Centre

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

> Mobilise

6:30pm until 7:30pm [Mindfulness practice](#) >

College of Medicine

### WEDNESDAY

7am until 8am [Online Yoga](#)

> Swiss Cottage

8am until 08.30am [Qigong practice](#)

> College of Medicine

2pm until 2:45pm [Dealing With Difficult Emotions 1of 3](#) > Recovery College

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

2:30pm until 3:30pm [Men's Fitness \(please email to book\)](#) > Abbey Community Centre

3.30pm until 4.30pm [Men's over 60's cooking club](#) > Abbey Community Centre

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

> Mobilise

8pm until 9pm [Qigong meditation](#)

> College of Medicine

7am until 8am [Online Yoga](#) > Swiss Cottage

## THURSDAY

8am until 08.30am **Qigong practice**

> College of Medicine

12pm until 1pm **Online Gardening Workshop**

> Castlehaven

1pm until 2:30pm **Cooking Class (please email to book)**

> Abbey Community Centre

1:45pm until 2:45pm **Online Tai Chi**

> West Euston Partnership

2pm until 2:45pm **Dealing with Low Mood and Depression 1 of 2**

> Recovery College

3:30pm until 4.30pm **Re-cycle-art class**

> Abbey Community Centre

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

> Mobilise

## FRIDAY

7am until 8am **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

11am until 11:45am **Cultivating Mindful Presence 1 of 2**

> Recovery College

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

> West Euston Partnership

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

> Mobilise

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

> Mobilise

## SATURDAY

10am until 10:30am **Lu Jong**

> College of Medicine

## SUNDAY

There are currently no activities scheduled for today



TRY IT OUT



Mind Angels QiGong Set#1 (45mins) with Narrated Instructions

Virtual tour of the Science Museum

Life on a Spectrum interactive exhibition

Join us in celebrating Black History Month

Free yoga throughout October for those struggling with their mental health. When you go to book enter the code: **FREEOCTOBER**

Easy crafts for adults

Classic Tea Cake Recipe





[Power of Presence](#)

[Lunchtime Concerts](#)

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

[Natural History Museum online](#)

[Online library](#)

[Creating a mindful garden](#)

[Musician video interviews and biographies](#)



ACCESS  
ANYTIME



[Camden Job Hunt employment support](#)

[Fully-Funded University Places With Camden Scholarships](#)

[Local COVID alert levels: what you need to know](#)

[Refer someone to North London Cares](#)

[Check out what Camden is doing to Celebrate Black History Month](#)

[Free employability courses](#)

[NHS Test and Trace Camden](#)

[How to budget your money during the Covid-19 outbreak](#)



## 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.



**We are currently delivering both in-person and virtual offers.**

## HOW CAN I BECOME A HEALTHY MINDS DIGITAL MEMBER?

**1** Please **email us** at [healthymindscp@mindincamden.org.uk](mailto: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 our usual programme has resumed, you will become a fully-fledged Healthy Minds Member and have access to all of our offers for 1 year!**

### Monday:

**10am until 12.30pm Portugal Prints (7/8):** An eight-week therapeutic art course delivered in-person. Morning group.

**1.30am until 4pm Portugal Prints (7/8):** Afternoon Group.

**1pm until 2pm Virtual Mood Music:** Pick a song that sums up your mood and share it with the group.

**1pm until 4pm Telephone Drop :** Pick a song that sums up your mood and share it with the group.

### Tuesday:

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

### Wednesday:

**11am until 12.30pm Coffee Morning @ Samsung KX:** Join us for free coffee and biscuits in person at the Samsung KX space.

### Thursday:

**2pm until 3pm Virtual Self-Massage course (4/4):** Learn to massage your hands, face, neck and feet with essential oils delivered direct to your door.

### Friday:

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

## FOR MORE INFORMATION:



0207 241 8996



[healthymindscp@mindincamden.org.uk](mailto:healthymindscp@mindincamden.org.uk)

