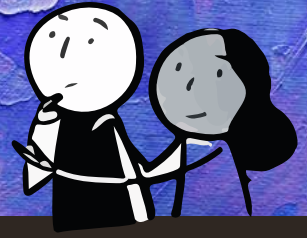


# THE RESILIENCE NETWORK

LONDON BOROUGH OF CAMDEN



## DIGITAL / COLLECTIVE // 19TH OCTOBER 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

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

2.45pm until 3.30pm **Table Tennis (please email to book)**

> Abbey Community Centre

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

> 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

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

> Castlehaven

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

> Women+Health

2pm until 4pm **Abstract Art Workshop**

> Free Space Project

2.30pm until 3.30pm **What you most proud of?**

> North London Cares

3.30pm until 4.30pm **Colouring Calm**

> Abbey Community Centre

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

7am until 8am **Online Yoga**

> Swiss Cottage

8am until 08.30am **Qigong practice**

> College of Medicine

2pm until 3:30pm **Freedom to Make** (virtual knitting & textiles workshops) please email to book

> 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

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

> Abbey Community Centre

6.30pm until 7.30pm **Dance through time:**

**Charleston to Motown** > North London Cares

8pm until 9pm **Qigong meditation**

> College of Medicine

## THURSDAY

7am until 8am **Online Yoga**

> Swiss Cottage

8am until 08.30am **Qigong practice**

> College of Medicine

11am until 11:45am **The Tree of Life** (2/2 sessions)

> Recovery College

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

2.30pm until 3.30pm **Songs for freedom: Listen along to incredible artists who used their music to inspire change** > North London Cares

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

> Abbey Community Centre

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

> Mobilise

6pm until 7pm **Mahlia Amatina Artist Talk**

> Free Space Project

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

> Abbey Community Centre

## 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

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

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

> Abbey Community Centre

## SATURDAY

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

> College of Medicine

10am until 11am **Zoom-ba**

> Abbey Community Centre

## SUNDAY

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

> Abbey Community Centre

TRY IT OUT



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

The Kindness Cup

On a Scale from 1 to 10 virtual exhibition





[Natural History Museum online](#)

[Online library](#)

[Creating a mindful garden](#)

[Musician video interviews and biographies](#)

[Mindfulness and meditation guides](#)

[Tate Britain's queer walk through British art](#)

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



ACCESS  
ANYTIME



[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](#)

[Get employment support in Camden](#)

[Mayor to continue in post until May 2021](#)

[Share your ideas for the future of Camden High Streets](#)



## 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.



**As Lockdown restrictions have eased, we are delivering a range of both in-person and virtual activities.**

## 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 (5/8):** An eight-week therapeutic art course delivered in-person. Morning group.

**1.30am until 4pm Portugal Prints (5/8):** Afternoon Group.

**1pm until 2pm Mood Music:** Pick a song or piece of music that sums up your current 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 Virtual Coffee Morning:** Pour yourself a hot brew, get comfy and set the world to rights from the comfort of your own sofa or wherever you happen to be joining us from.

### Thursday:

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

**4pm until 5pm Walk and Talk with Georgia:** Meet up for a socially distanced walk around a local park in Camden.

### 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)

