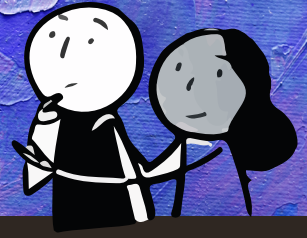


# THE RESILIENCE NETWORK

LONDON BOROUGH OF CAMDEN



## DIGITAL / COLLECTIVE // 25TH JANUARY 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

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

8am until 08.30am [Qigong practice](#)  
> College of Medicine

9:30am until 10am [Exercise for All](#)  
> College of Medicine

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

1.30pm until 3pm [Men's cooking club](#)  
> Abbey Community Centre

### TUESDAY

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

8am until 08.30am [Qigong practice](#)  
> College of Medicine

9:30am until 10am [Exercise for All](#)  
> College of Medicine

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

10am until 11am [Tai chi 60+](#)  
> Abbey Community Centre

10:45am until 2pm [Outdoor Volunteering](#)  
> TCV Camden Green Gym

1pm until 2pm [Facial massage for women](#)  
> Women+Health

2.30pm until 3.30pm [Interview your neighbour](#) >  
North London Cares

2.30pm until 3.30pm [Colouring Calm 60+](#)  
> Abbey Community Centre

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

6pm until 7pm [Chinese Fusion Dance Class](#) >  
North London Cares

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

7pm until 8pm [Reiki Art Therapy for women](#)  
> Women+Health

### WEDNESDAY

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

8am until 08.30am [Qigong practice](#)  
> College of Medicine

8am until 8:45am [Online Breath Practices](#)  
> College of Medicine

9:30am until 10am [Exercise for All](#)  
> College of Medicine

10am until 11am [Wake Up Wednesday for women](#)  
> Women+Health

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

2.30pm until 3.30pm **Kazoo Choir** > North London Cares

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

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

5pm until 7pm **Code Club (please email for details)** > West Euston Partnership

6:30pm until 7:30pm **Yoga Nidra Meditation**  
> Women+Health

6.30pm until 7.30pm **All Cares Family Disco** > North London Cares

## THURSDAY

7am until 8am **Online Yoga**  
> Swiss Cottage

8am until 08.30am **Qigong practice**  
> College of Medicine

9:30am until 10am **Exercise for All**  
> College of Medicine

10:45am until 2pm **Outdoor Volunteering**  
> TCV Camden Green Gym

11am until 12pm **How to cope with Traumatic Events** > Recovery College

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

> Abbey Community Centre

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 **Mixed Ability Hatha Yoga**

> Women+Health

## FRIDAY

7am until 8am **Online Yoga**

> Swiss Cottage

8am until 08.30am **Qigong practice**

> College of Medicine

9:30am until 10am **Exercise for All**

> College of Medicine

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

> Mobilise

1pm until 2pm **Sound Healing & Guided**

**Meditation** > Women+Health

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

> Mobilise

## SATURDAY

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

> College of Medicine



TRY IT OUT



Talk for Health winter programme

Walk and Talk course for older adults

Creativity, nature and mental health activity

DIY Christmas Ornaments

Stream sports live

Beach live cams

How to make cloud bread

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







[Jewish Museum online collections](#)

[Online jigsaws](#)

[Animals in winter - hibernation, migration and adaptation](#)

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

[Acts of kindness during the coronavirus outbreak](#)

[Watch online films here](#)

[How to improve your posture](#)



ACCESS  
ANYTIME



[Early Help for children and families](#)

[National lockdown guidance](#)

[Celebrating festivals and occasions during the COVID-19 restrictions](#)

[Mental Health and Money Toolkit](#)

[Tips to support someone with a mental health problem](#)

[Good Work Camden Job Hub](#)

[Test and Trace support payment](#)

[Council services and coronavirus](#)



## 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)



0207 241 8996



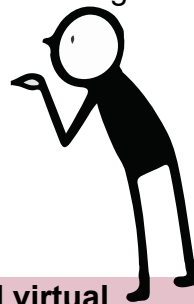
healthymindscp@mindincamden.org.uk

# 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** To become a Healthy Minds member, just fill out our **online referral form**.

**2** A team member will aim to call you within **1 week** to complete the referral process 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:

**1pm until 2pm Online Film Club:** Pick a film to review with the group.

**1pm until 4pm Telephone Drop in:** Call for a catch up with the Healthy Minds Team.

### Tuesday:

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

### Wednesday:

**No activities scheduled for today**

### Thursday:

**11am until 12pm Online Singing for Wellbeing (2/6):** Explore modern & folk music while learning vocal and body warm ups, breathing exercises & techniques for looking after your voice. You will learn how to sing with your whole body.

**Even if you were unable to join last week, you can still sign up - the more the merrier!**

### Friday:

**10.30am until 11.40am Online Drama Therapy** hosted by Likewise.

**1pm until 2pm Online Dance and Movement Therapy** hosted by Likewise.

**2.30pm until 4pm Online Writing Group:** Explore your creativity through the power of words.

## FOR MORE INFORMATION:



0207 241 8996

healthymindscp@mindincamden.org.uk

