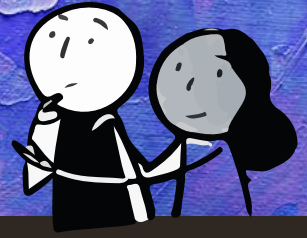


THE RESILIENCE NETWORK

LONDON BOROUGH OF CAMDEN



DIGITAL / COLLECTIVE // 26TH 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

2:30pm until 3:30pm [London Black History Landmarks](#)

> North London Cares

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

1:30pm until 2:30pm [Lunchtime Chair Yoga](#)

> North London Cares

2.30pm until 3.30pm [What do you love most about yourself?](#) > North London Cares

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

> Abbey Community Centre

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

> Mobilise

5.30pm until late [Being your best with Bipolar](#)

> Bipolar UK

6pm until 7pm [Cares Family Choir](#)

> North London Care

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

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 **Share special memories of friends and family members who have died**

> North London Cares

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 **Cares Family Disco**

> North London Cares

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



[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](#)

[The Kindness Cup](#)





[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](#)

[Mindfulness and meditation guides](#)



ACCESS
ANYTIME



[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](#)

[Get employment support in Camden](#)

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



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 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 (6/8): An eight-week therapeutic art course delivered in-person. Morning group.

1.30am until 4pm Portugal Prints (6/8): Afternoon Group.

1pm until 2pm Film Club: Pick a film over the weekend to discuss and review in 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 (3/4): 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

