

# DIGITAL / COLLECTIVE // 22 JUNE 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.

## MONDAY

6.30am, 12 noon & 8pm [Online Yoga](#)

> Swiss Cottage

10.30am [Monday Support Group](#)

> Swiss Cottage

2.30pm [Alone Together over 65s phone-in club](#)

> North London Carers

6.30-7.30pm [Zoom-ba](#)

> Abbey Community Centre

7pm until 8.45pm [Fight Isolation Blues](#)

> Regent's Park Singers

## TUESDAY

6.30am, 12pm & 8pm [Online Yoga](#)

> Swiss Cottage

12pm [Making the Most of Now](#)

> West Euston Partnership

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

> Castlehaven

2.30pm [Lunchtime Chair Yoga](#)

> North London Carers

6.30-7.30pm [Zoom-ba](#)

> Abbey Community Centre

## WEDNESDAY

6.30am, 12pm & 8pm [Online Yoga](#)

> Swiss Cottage

11.30am until 12pm [Kundalini Yoga](#)

> The Recovery College

1.45pm [Online Tai Chi](#)

> West Euston Partnership

2.30pm until 3.30pm [Cooking](#)

> North London Carers

6pm until 8pm [Learn to Talk for a Fit Mind](#)

> A Talk for Health Taster

6.30pm until 7.30pm [Introduction to Mongolia](#)

> North London Carers

6.30-7.30pm [Zoom-ba](#)

> Abbey Community Centre

## THURSDAY

6.30am, 12pm & 8pm [Online Yoga](#)

> Swiss Cottage

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

> Castlehaven

1.45pm [Online Tai Chi](#)

> West Euston Partnership

6.30pm until 7.30pm [Pub Quiz](#)

> North London Carers

6.30-7.30pm [Zoom-ba](#)

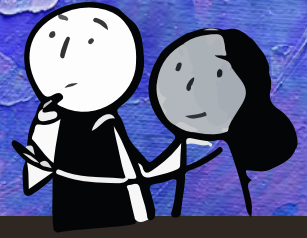
> Abbey Community Centre



0207 241 8996



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



## DIGITAL / COLLECTIVE // 22 JUNE 2020

### FRIDAY

6.30am, 12pm + 8pm **Online Yoga**  
> Swiss Cottage

12pm **Making the Most of Now**  
> West Euston Partnership

2pm **Nurturing Self-Compassion**  
> Recovery College

2pm until 3pm **Desert Island Discs**  
> North London Carers

6.30-7.30pm **Zoom-ba**  
> Abbey Community Centre

### SATURDAY

6.30-7.30pm **Zoom-ba**  
> Abbey Community Centre

5-8pm **Persecution, Shunning and Survival:**  
Being Ex-Muslim/Muslim and LGBT

### SUNDAY

6.30-7.30pm **Zoom-ba**  
> Abbey Community Centre



## EXTRA SUPPORT



**We know these are trying times.** It's normal to feel anxious, stressed, worried and all the other feelings which can overwhelm us. That's why we've compiled a list of numbers and websites where you will be able to find a bit of extra support.

**Camden & Islington Crisis Line:** 020 3317 6777

**Samaritans:** free confidential support 24/7: 116 123

**Saneline:** out-of-hours mental health helpline offering specialist emotional support, guidance and information to anyone affected by mental illness, including family, friends and carers. Opening hours: 4.30pm to 10.30pm. Call on 0300 304 7000.

**The Help Hub** is now up and running, connecting you with professional counsellors who are there to listen and support you through this crisis.

**Camden Council** has a **useful website** that can help you find support with things like getting groceries, book drops and entertainment, dog walking, financial support, prescription pickups, physical and mental wellbeing and staying social.

**Camden Mutual Aid groups:** Voluntary groups supporting those who are vulnerable or in self-isolation with shopping, dog walking and other daily tasks:

**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)



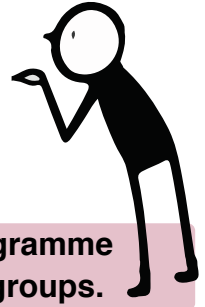
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healthymindscp@mindincamden.org.uk

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](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 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:

**11.45am-1pm Writing Group:** Use the power of words to express yourself in a relaxed environment

**12-1pm Self-care and Anxiety Management > CAP**

**2-3pm Camden Peer Mentoring Service:** come together with peers and share experiences on surviving (and thriving) in lockdown > **Voiceability**

**2-3pm MAKE Social:** A weekly programme focusing on wellbeing and discussing arts & craft

### TUESDAY:

**11-11.50am Film Club:** Each week we pick a film to watch over the weekend then meet to discuss

**12-1pm Hearing Voices Peer Support Group:** For those who hear, see or sense things other people don't

**12-1pm Talk to your GP:** Covid Q&A with CAP

**1-2pm Low Mood Peer Support Group:** For those who are struggling with low moods

**Various times 1-1 Art Therapy** with Likewise

### WEDNESDAY:

**11-12.30pm Virtual Coffee Morning:** Pour yourself a brew, get comfy and join us for a chat from your living room (or wherever you are)!

**12-1pm Needlecraft & Embroidery > CAP**

**2-3pm MAKE Social:** A weekly programme focusing on wellbeing and discussing arts & craft

**3-4pm Connect and Share session:** A session for people who feel isolated and would like to share experiences and exchange tips on surviving (and thriving) during lockdown > **Advocacy Project**

### THURSDAY:

**11-12noon Become an Immune warrior:** Food for Health > **CAP**

**Anytime British Museum:** At home activity

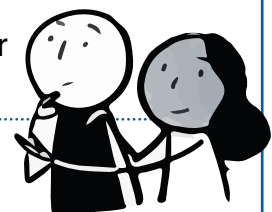
### FRIDAY:

**11-12noon Anxiety Peer Support Group:** For those looking to share their experiences and support one another with their anxiety

**2-3pm MAKE Social:** A weekly programme focusing on wellbeing and discussing arts & craft

**4-5pm My Beliefs Peer Support Group:** For those with paranoia or beliefs others may find unusual

**Various times 1-1 Art Therapy** with Likewise



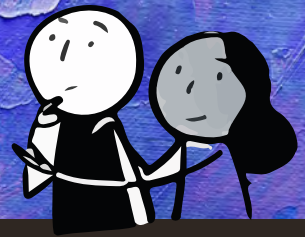
## FOR MORE INFORMATION:



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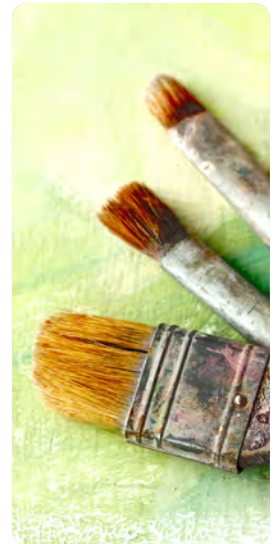


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## TRY IT OUT



- See some [instructional knitting videos](#)
- [Online arts and crafts courses](#) with the Working Men's College
- Make a [rainbow cake](#) with Love Camden
- Find out how to make an [embroidered postcard](#)
- Make a [papier-mâché](#) bird and then decorate it with [paint](#)
- [Camden Under Lockdown: a cure for boredom](#)
- [Take a virtual tour of the Central Park](#)
- [Walk and Talk at home activity](#) with the British Museum



- [Performances, video and podcast series, photography and articles](#) from the London Sinfonietta Channel
- Explore the British Library [collection of UK LGBTQ histories](#)
- Castlehaven's [resource list](#) in support of Black Lives Matter
- You can watch some [free films here](#)
- Healthy Minds, Healthy Bods - [weekly Mental Health Packs](#)
- Stay [Active at Home](#) with Public Health England's guide



## ACCESS ANYTIME

## COMMUNITY NEWS



- Camden Council are offering a [new discretionary grant fund](#) to support those businesses who are not eligible for the existing COVID related business grants scheme.
- Working safely during Covid-19: [Guide for shops & branches](#)
- Want to Improve Your English in the Workplace? West Euston Partnership is offering FREE one-to-one online lessons for people at ESOL Entry 2 level. Email: [info@westeuston.org](mailto:info@westeuston.org)
- Castlehaven have set up a [new food bank](#) to help people experiencing hardship as a direct result of the pandemic.

