

# DIGITAL / COLLECTIVE // 29 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 until 11:30am [Monday Support Group](#)  
> Swiss Cottage

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

6.30pm until 7.30pm [Zoom-ba](#)  
> Abbey Community Centre

7pm until 8.45pm [Fight Isolation Blues](#)  
> Regent's Park Singers

8pm until 9.30pm [Pride Month Quiz + Games night](#) > NAT, AKT & UK Black Pride

## TUESDAY

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

12pm until 1pm [Making the Most of Now](#) > West Euston Partnership

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

6.30pm until 7.30pm [Zoom-ba](#) > Abbey Community Centre

6.30pm until 7.30pm [Glastonbury Celebration](#) > North London Carers

## WEDNESDAY

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

1.45pm [Online Tai Chi](#)  
> West Euston Partnership

6.30pm until 7.30pm [Zoom-ba](#)  
> Abbey Community Centre

## THURSDAY

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

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

1.45pm [Online Tai Chi](#) > West Euston Partnership

3.30pm until 4.30pm [Re-cycle-art class](#) > Abbey Community Centre

6.30pm until 7.30pm [Zoom-ba](#)  
> Abbey Community Centre

## FRIDAY

6.30am, 12pm + 8pm [Online Yoga](#)  
> Swiss Cottage

12pm until 1pm [Making the Most of Now](#)  
> West Euston Partnership

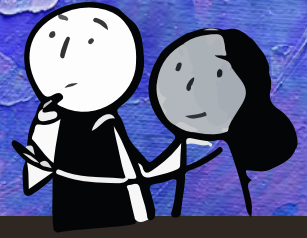
3.30pm until 4.30pm [Learn to Talk for a Fit Mind](#) > Talk for Health Taster



0207 241 8996



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



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## FRIDAY (CONTINUED)

4pm until 5pm **Community Drop in** > Black Thrive

6.30pm until 7.30pm **Urban Brider talk** > Tower Hamlets Cemetry Park

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

## SATURDAY

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

## SUNDAY

6.30pm until 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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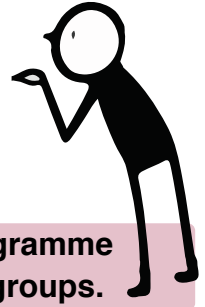


healthymindscp@mindincamden.org.uk



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:** 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 > Likewise**

### WEDNESDAY:

**11-12.30pm Virtual Coffee Morning:** Pour yourself a brew and join us for an informal chat

**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 > Advocacy Project**

**5.45-6.45pm Hearing Voices > The London Hearing Voices Network**

### THURSDAY:

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

**Anytime British Museum:** At home activity

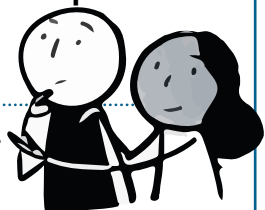
### FRIDAY:

**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 arts, crafts and wellbeing

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

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



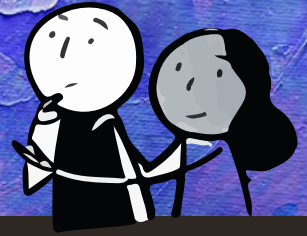
## FOR MORE INFORMATION:



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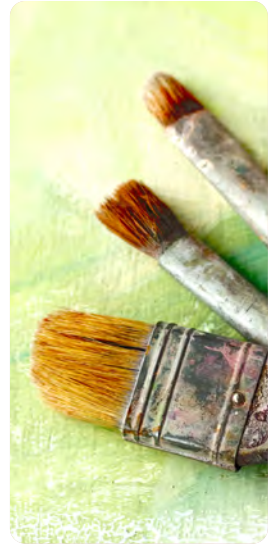


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## TRY IT OUT



- [Staying at home: 2020 summer art exhibition](#)
- [Online arts and crafts courses with the Working Men's College](#)
- [The British Museum's collection on desire, love & identity](#)
- [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](#)



- [Mental Health packs from Healthy Minds, Healthy Bods](#)
- [Samsung have put together this Digital Support Pack](#)
- [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](#)
- [Stay Active at Home with Public Health England's guide](#)
- [Thrive with Nature from Mental Health Foundation & WWF](#)



## ACCESS ANYTIME

## COMMUNITY NEWS



- [Starting Line is a group learning programme for disabled residents beginning work, training or volunteering](#)
- [Camden Council's new discretionary business grant fund](#)
- [Working safely during Covid-19: Guide for shops & branches](#)
- [West Euston Partnership is offering FREE online lessons for people at ESOL Entry 2 level. Email: \[info@westeuston.org\]\(mailto:info@westeuston.org\)](#)
- [Castlehaven's new food bank to help people experiencing hardship as a direct result of the pandemic.](#)

