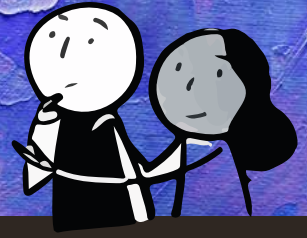


THE RESILIENCE NETWORK

LONDON BOROUGH OF CAMDEN



DIGITAL / COLLECTIVE // 03 AUGUST 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.

The Advocacy Project

VoiceAbility



Likewise



MONDAY

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

> Swiss Cottage

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

10.30am until 11am [Monday Support Group](#)

> Swiss Cottage

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

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

2pm until 4pm [Printmaking at home with plants](#)

> Free Space Project

4pm until 5:30pm 6 week course Introduction to Drawing with Free Space Project @ 4pm until 5:30pm email info@freespaceproject.org to book

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

> Mobilise

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

> Abbey Community Centre

6:30pm until 7:30pm [Late Summer Wildflowers](#) >

Friends of Tower Hamlets Cemetery Park

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

College of Medicine

TUESDAY

6.30am, 12pm & 8pm [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 [Chair Yoga](#) > North London Cares

2.30pm until 3.30pm [Do you have family traditions telephone drop in](#) > North London Cares

WEDNESDAY

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

> Swiss Cottage

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

1.45pm until 2.45pm [Online Tai Chi](#)

> West Euston Partnership

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

> Free Space Project

2.30pm until 3.30pm [Life Hack Club](#) > North London Cares

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

Mobilise

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

8pm until 9pm **Qigong meditation**

>College of Medicine

THURSDAY

6.30am, 12pm & 8pm **Online Yoga**

> Swiss Cottage

8am until 08.30am **Qigong practice**

> College of Medicine

10:30am until 11am **Thought Field Therapy**

Sessions > College of Medicine

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

> Castlehaven

1.45pm until 2.45pm **Online Tai Chi**

> West Euston Partnership

2.30pm until 3.30pm **What gift have you received you will always treasure telephone drop in** >

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 **Zoom-ba**

> Abbey Community Centre

FRIDAY

6.30am, 12pm + 8pm **Online Yoga**

> Swiss Cottage

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

10am until 11am **Full Qigong practice** > College of Medicine

12pm until 1pm **Making the Most of Now**

> West Euston Partnership

12.30pm until 1pm **Virtual 'Cuppa' for Carers** >

Mobilise

2.30pm until 3.30pm **Indigenous film screening** >

North London Cares

4pm until 5pm **Black Thrive community zoom drop in**

4pm until 5pm **Freddy's Free Friday Therapy**

> College of Medicine

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

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

> Abbey Community Centre

SUNDAY

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

> Abbey Community Centre

TRY IT OUT



[How to wear and make a cloth face covering](#)

[Concerts and operas available to stream online](#)

[Colouring Activity Pack for Older Kids and Adults](#)

[How to create a mindful garden](#)

[Online arts and crafts courses with the Working Men's College](#)

[Make a papier-mâché bird and then decorate it with paint](#)

[Camden Under Lockdown: a cure for boredom](#)

[Walk and Talk at home activity with the British Museum](#)





[How to look after your mental health during the coronavirus outbreak](#)

[Posture tips for laptop users](#)

Five in Five: [customisable mini workout](#)

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

Book a free 30min chat with a [Carer's Coach](#) from Mobilise

[Performances, video and podcast series, photography and articles from the London Sinfonietta Channel](#)



ACCESS
ANYTIME

COMMUNITY
NEWS



[Pop Up Business School](#)

[The Euston Engagement Hub](#): share your views to help improve your neighbourhood in Euston

[Life After Hummus](#) are providing cooked meals and help filling out welfare benefit forms

Watch Camden Council's [Climate Action Plan Launch](#)

Sign up for [Covid-19 updates](#) from Camden Council

[Clear practical advice](#) for people experiencing issues with mental health and money



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



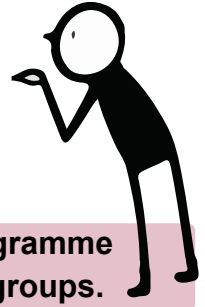
healthymindscp@mindincamden.org.uk

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.



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 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:

2pm until 3pm Camden Peer Mentoring

Service: A Virtual Peer Support group to share experiences in lockdown > **Voiceability**

Tuesday:

11am until 11.50am Film Club: Each week we pick a film to watch over the weekend and then meet to discuss our feelings and thoughts about it.

12pm until 1pm Hearing Voices Peer Support

Group: For those who hear, see or sense things other people do not

1pm until 2pm Low Mood Peer Support Group:

For those who are struggling with low moods

Various times 1-1 Art Therapy: A creative therapy using different art forms to communicate feelings that are sometimes too difficult to say > **Likewise**

Wednesday:

11am until 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)!

3pm until 4pm Connect and Share session:

For people who feel isolated and want to connect during lockdown > **Advocacy Project**

5.15pm until 6.30pm Hearing Voices Group > The London Hearing Voices Network

Thursday:

There are currently no activities on this day

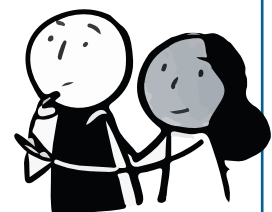
Friday:

11am until 12pm Anxiety Peer Support Group: Share and support one another with anxiety

2.30pm until 4pm Creative Writing Group

4pm 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:



0207 241 8996



healthymindscp@mindincamden.org.uk