

DIGITAL / COLLECTIVE // 6TH SEPTEMBER 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

6:30am until 7:30am [Online Yoga](#)

> Swiss Cottage

10am [Latin dance for BAME women](#)

> Pascal Theatre Company

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

> Mobilise

11am until 12pm [Level 1 exercise for stroke](#)

[survivors](#) > Different Strokes Charity

1.30pm until 3pm [Men's cooking club](#)

> Abbey Community Centre

11am until 1pm [LGBT+ drop-in](#)

> Islington Mind

1pm until 2pm [Facial Massage for women](#)

> Women + Health

2pm until 3pm [LGBT+ creative writing](#)

> Islington Mind

2.15pm until 3.30pm [Colouring Calm 60+](#)

> Abbey Community Centre

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

> Mobilise

7pm until 8pm [Reiki Art Therapy for women](#)

> Women + Health

8:15pm until 8:45pm [Virtual 'Cuppa' for Carers](#)

> Mobilise

TUESDAY

6:30am until 7:30am [Online Yoga](#)

> Swiss Cottage

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

> Third Age Project

10am until 11am [Tai chi 60+](#)

> Abbey Community Centre

11am until 12pm [Level 2 exercise for stroke](#)

[survivors](#) > Different Strokes Charity

11am until 1pm [Silver Cycling](#)

> West Euston Partnership

WEDNESDAY

6:30am until 7:30am [Online Yoga](#)

> Swiss Cottage

10am until 11am [Wake Up Wednesday for women](#)

> Women + Health

10am until 12pm [Carers art group](#)

> Holborn Community Association

10:30am [Gentle Movement/Chair Based Exercise for BAME women](#) > Pascal Theatre Company

11am until 12pm **Seated exercise 60+**

> Abbey Community Centre

11am until 12pm **Level 3 exercise for stroke**

survivors > Different Strokes Charity

2pm until 3pm **Men's Fitness**

> Abbey Community Centre

2pm until 3:30pm **Freedom to Make** (virtual knitting & textiles workshops) > Free Space Project

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

> Mobilise

6:30pm until 7:30pm **Yoga Nidra for men and**

women > Women + Health

THURSDAY

6:30am until 7:30am **Online Yoga**

> Swiss Cottage

11am until 11:30pm **Virtual 'Cuppa' for Carers**

> Mobilise

11am until 12pm **Level 4 exercise for stroke**

survivors > Different Strokes Charity

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

> Abbey Community Centre

1:30pm until 2pm **LGBT+ yoga**

> Islington Mind

1:45pm **Tai Chi**

> West Euston Partnership

3:30pm until 4.30pm **Re-cycle-art class**

> Abbey Community Centre

6pm until 8pm **Talk for Health: Taster Learn to**

Talk for a Fit Mind > Talk For Health

FRIDAY

6:30am until 7:30am **Online Yoga**

> Swiss Cottage

11am until 12pm **Level 5 exercise for stroke**

survivors > Different Strokes Charity

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

Meditation for women & men > Women + Health

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

> Mobilise

SATURDAY

11am until 2pm **Ability Bikes**

> West Euston Partnership



TRY IT OUT



[Antiuniversity Festival \(ongoing until 15th September\)](#)

[Invitation to co-create a Library for Justice \(paid opportunity\)](#)

[Volunteer with Royal Parks](#)

[Sleepio - for help with sleeping](#)

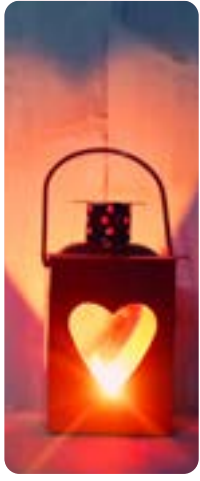
[Loudest Whispers Exhibition](#)

[LGBTQ+ heritage map of Islington](#)

[Coping with loneliness](#)

[Camden Carers art exhibition](#)





[Free Space Project Growing Communities Celebration! \(14 Sept\)](#)

[Recovery College Autumn term](#)

[Hilgrove Creates Arts Workshops](#)

[Hopscotch Women's Centre yoga and zumba classes](#)

[Castlehaven September timetable](#)

[What's On at West Euston Partnership](#)

[Golden Years September programme](#)



**UPCOMING
EVENTS**

**COMMUNITY
NEWS**



[Have your say on changes in Camden](#)

[Domestic Abuse Survey](#)

[Upcoming COVID-19 Vaccine clinics](#)

[Coronavirus vaccination information](#)

[Have your say on Mount Pleasant Pocket Park](#)

[Loneliness Awareness Week 2021](#)

[Free summer courses for young people](#)

[Camden Employment Support](#)



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