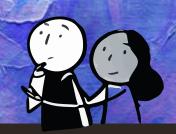
LONDON BOROUGH OF CAMDEN



# DIGITAL / COLLECTIVE // 8TH NOVEMBER 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







## **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 Women's zumba

> Queen's Crescent Community Association

11am until 12pm <u>Level 1 exercise for stroke</u>

**survivors** > Different Strokes Charity

11am until 12:30pm Mummies and Maps: how to

get to the ancient Egyptian afterlife

> British Museum

1.30pm until 3pm Men's cooking club

> Abbey Community Centre

2pm until 3pm Tree of Life

> Recovery College

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

10am until 12pm Mural painting workshop

> The Living Centre

11am until 12pm Level 2 exercise for stroke

survivors > Different Strokes Charity

11am until 12pm **Understanding and coping with** 

anxiety > Recovery College

11am until 1pm Silver Cycling

> West Euston Partnership

11am until 1pm LGBT+ drop-in

> Islington Mind

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

6pm until 8pm Learn to Talk for a Fit Mind

> Talk For Health

8:15pm until 8:45pm Virtual 'Cuppa' for Carers

> Mobilise

WEDNESDAY

6:30am until 7:30am Online Yoga

> Swiss Cottage

10am until 12pm Mural painting workshop

> The Living Centre

> Holborn Community Association **<u>survivors</u>** > Different Strokes Charity 10:30am Gentle Movement/Chair Based Exercise 1pm until 2:30pm Cooking Class for BAME women > Pascal Theatre Company > Abbey Community Centre 11am until 12pm **Nurturing self-compassion** 1:30pm until 2pm LGBT+ yoga > Recovery College > Islington Mind 11am until 12pm Seated exercise 60+ 1:45pm **Tai Chi** > Abbey Community Centre > West Euston Partnership 11am until 12pm Level 3 exercise for stroke 3:30pm until 4.30pm Re-cycle-art class **survivors** > Different Strokes Charity >Abbey Community Centre 7pm until 8pm Knitting over a brew 2pm until 3pm Men's Fitness > Abbey Community Centre > Camerados 2pm until 3:30pm Freedom to Make (virtual knitting **FRIDAY** & textiles workshops) > Free Space Project 6:30am until 7:30am Online Yoga 2pm until 4pm Men's Space > Recovery College > Swiss Cottage 4pm until 4.30pm Virtual 'Cuppa' for Carers 10.00am until 12.45pm **Discover Your Purpose** > Mobilise **Group Coaching Programme** > West Euston Partnership 7pm until 8:15pm Mixed/Other by Natalie Morris with special guest > Online Book Club 11am until 12pm Level 5 exercise for stroke **survivors** > Different Strokes Charity **THURSDAY** 4pm until 4:30pm Virtual Cuppa for Carers 6:30am until 7:30am Online Yoga > Mobilise > Swiss Cottage SATURDAY 11am until 11:30pm Virtual 'Cuppa' for Carers > Mobilise

11am until 2pm Ability Bikes

> West Euston Partnership

2pm until 9pm Black History and Culture appreciation day > The Rec Shop

11am until 12pm Level 4 exercise for stroke

# TRY IT OUT

Daily meditation sessions

**Dealing with stress** 

11am until 12pm Health checks

> Queen's Crescent Community Association

> Queen's Crescent Community Association

11:30am until 12:30pm Women's yoga

10am until 12pm Carers art group

Pronouns resource

Healthy Minds Healthy Bods monthly mental health packs

Invitation to co-create a Library for Justice (paid opportunity)

Volunteer with Royal Parks

Sleepio - for help with sleeping

**Loudest Whispers Exhibition** 





### Camden's Black History Season

Recovery College Autumn term

Hopscotch Women's Centre yoga and zumba classes

Castlehaven October timetable

What's On at West Euston Partnership

Golden Years November programme

British Museum very short courses (December)



# COMMUNITY NEWS

Covid19 vaccination bus

Free 2 week business course (November)

Long Covid questionaire

Your views on winter vaccinations: Covid-19 Booster and Flu

Let's talk about sex and consent

Make the most of your food

Have your say on changes in Camden

**Domestic Abuse Survey** 





# 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.

<u>The Help Hub</u> connects you with professional counsellors who are there to listen and support

**Camden Council** has a <u>useful website</u> that can help you find support

<u>Silver Cloud</u> 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)



