



DIGITAL / COLLECTIVE // 9TH MAY 2022

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

> Swiss Cottage

10am until 12pm [Wellbeing Cafe](#)

> Third Age Project

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

> Mobilise

11am until 12pm [Men's Club 60+](#)

> Castlehaven

11am until 12pm [Women's zumba](#)

> Queen's Crescent Community Association

11am until 12:30pm [Close to home: objects from London](#) > British Museum

2pm until 3:45pm [Dance for Parkinson's](#)

> Free Space Project

TUESDAY

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

> Swiss Cottage

9:30am until 10:30am [Tai chi 60+](#)

> Abbey Community Centre

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

> Third Age Project

11am until 12pm [How to cope with traumatic events](#) > Recovery College

11am until 12:45pm [LGBT+ drop-in](#)

> Islington Mind

1:30pm until 4pm [Arts & Crafts](#)

> Third Age Project

2pm until 3pm [Understanding and coping with anxiety](#) > Recovery College

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

> Abbey Community Centre

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

> Mobilise

WEDNESDAY

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

> Swiss Cottage

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

> Holborn Community Association

10:30am until 1:30pm [Community Gardening Sessions](#) > Castlehaven

11am until 12pm [Dealing with difficult emotions](#)

> Recovery College

11am until 12pm [Seated exercise 60+](#)

> Abbey Community Centre

1pm [Free Meal](#)

> Food Cycle

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 **Legal Advice Drop in**
> Parish of Old St Pancras

8:15pm **Lesbian Discussion Group**
> LDG

1pm until 4pm **Understanding anger**
> Recovery College

1:30pm until 2pm **LGBT+ yoga**
> Islington Mind

3pm until 4pm **Re-cycle-art class 60+**
> Abbey Community Centre

7:30pm until 8:30pm **Online quiz**
> Healthy Minds, Healthy Bods

THURSDAY

6:30am until 7:30am **Online Yoga**
> Swiss Cottage

10am until 11:30pm **Discovering the digital world: tools to improve your wellbeing**
> Recovery College

10:30am until 11:30am **Yoga 60+**
> Castlehaven

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

11am until 12pm **Breathing for Wellbeing**
> Free Space Project

11am until 12pm **Health checks**
> Queen's Crescent Community Association

11:30am until 12:30pm **Women's yoga**
> Queen's Crescent Community Association

FRIDAY

6:30am until 7:30am **Online Yoga**
> Swiss Cottage

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

6:15pm until 7:45pm **Introduction to dance and movement for health and wellbeing**
> Recover College

6:30pm until 7:30pm or 8pm until 9pm **An enchanting evening with the English National Ballet School** > The Wallace Collection museum

SATURDAY

1pm **Free Meal**
> Food Cycle

TRY IT OUT



[Social activities for over 65s](#)

[Healthy Minds Healthy Bods monthly mental health packs](#)

[Learn a language for free](#)

[Community green space in Camden Town](#)

[City of Women London](#)

[Borrow Box library app](#)

[Pop-up Gallery - Our New World](#)

[Top tips on building and maintaining healthy relationships](#)





[A Mindful Tour of Dutch Landscapes 16th May \(email for details\)](#)

[Camden Job and Skills Event 19th May](#)

[Clothes swap 20th May](#)

[Castlehaven April timetable](#)

[Third Age Projecy weekly timetable](#)

[Golden Years March programme](#)

[Free Space Project upcoming events](#)



**UPCOMING
EVENTS**

**COMMUNITY
NEWS**



[Project Keep Well](#)

[Support to Quit Smoking](#)

[Equality and diversity in community mental health services - survey](#)

[Protect yourself against scams](#)

[Give your views on North London CCG's Fertility Policy](#)

[COVID-19 update from Camden Council](#)

[COVID-19 vaccination bus](#)

[Healthy meal boxes](#)



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)



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