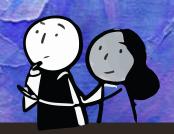
THE RESILIENCE
NETWORK

LONDONBOROUGHOFCAMDEN



DIGITAL / COLLECTIVE // 16TH AUGUST 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 <u>Level 1 exercise for stroke</u>

survivors > Different Strokes Charity

1.30pm until 3pm Men's cooking club

> Abbey Community Centre

TUESDAY

6:30am until 7:30am Online Yoga

> Swiss Cottage

10am until 11am De-Stressing and Relaxing 50+

> Third Age Project

10am until 11am <u>Tai chi 60+</u>

> Abbey Community Centre

11am until 12pm Level 2 exercise for stroke

survivors > Different Strokes Charity

11am until 1pm <u>Silver Cycling</u>

> West Euston Partnership

11am until 1pm LGBT+ drop-in

> Islington Mind

12pm until 1pm In person Gardening Workshops

> Women + Health

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

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

> Mobilise

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**

<u>for BAME women</u> > 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 30pm Men's Fitness

> Abbey Community Centre

2pm until 3:30pm <u>Freedom to Make</u> (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

<u>survivors</u> > 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

FRIDAY

6:30am until 7:30am Online Yoga

> Swiss Cottage

11am until 12pm Level 5 exercise for stroke

survivors > Different Strokes Charity

4pm until 4:30pm Virtual Cuppa for Carers

> Mobilise

5:30pm until 8pm T4H MEN'S GROUP Chair &

Share - Outdoors > Talk for Health

SATURDAY

11am until 2pm Ability Bikes

> West Euston Partnership





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

A Guide To Gender Identity Terms





Recovery College Autumn term

Summer activities for families, children + young people in Camden

Hilgrove Creates Arts Workshops

Hopscotch Women's Centre yoga and zumba classes

Castlehaven August timetable

What's On at West Euston Partnership

Golden Years August programme



COMMUNITY NEWS

Domestic Abuse Survey

<u>Upcoming COVID-19 Vaccine clinics</u>

Coronavirus vaccination information

Have your say on Mount Pleasant Pocket Park

Loneliness Awareness Week 2021

Free summer courses for young people

Camden Employment Support

Free art therapy





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)



