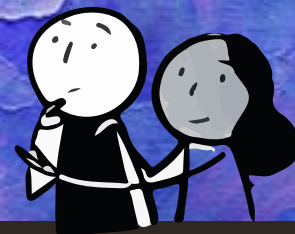


THE RESILIENCE

NETWORK

LONDON BOROUGH OF CAMDEN



DIGITAL / COLLECTIVE // 19TH APRIL 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

10:30am until 12:30 pm [LFB Community Engagement Event](#)

> London Fire Brigade

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

> Mobilise

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

> Abbey Community Centre

2pm until 3pm [Golden Years Singers](#)

> Golden Years

3:30pm until 4:30pm [Mindfulness Sessions](#)

> Healthy Minds CP

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 1pm [Coaching For Confidence](#)

> Issy Harvey

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

> Islington Mind

11am until 1pm [Older People Race Equity Collaborative](#)

> Race Equality Foundation

12:30pm until 2pm [Coping with Covid: Managing Low Mood](#)

> NHS

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

> Islington Mind

2pm until 3:30pm [Making Memories Together](#)

> Golden Years

2.30pm until 3.30pm [Colouring Calm 60+](#)

> Abbey Community Centre

4pm until 4.30pm [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 [Gentle Movement/Chair Based Exercise for BAME women](#)

> Pascal Theatre Company

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

> Abbey Community Centre

11am until 12.30pm [Coffee Morning](#)

> Healthy Minds CP

11:30am until 12:30pm [Men's Fitness](#)

> Abbey Community Centre

1pm until 2pm [Over 60s Book Club](#)

> Saint Pancras Community Association

1pm until 2pm **Book Group**

> Golden Years

1:30pm until 3:30pm **Campaigning for independent living, restore rights suspended under COVID** > Winvisible

2pm until 3pm **Dealing with low mood and depression** > Recovery College

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

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

4pm until 5pm **The Minded Clinic online classes**
> The Minded Clinic

THURSDAY

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

1pm until 2:30pm **Cooking Class**
> Abbey Community Centre

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

1:45pm until 2pm **Tai Chi**
> West Euston Partnership

3:30pm until 4.30pm **Re-cycle-art class**
> Abbey Community Centre

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

7pm onwards **London Bisexuals monthly social**
> London Bisexuals

FRIDAY

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

11am until 12pm **Wallace Collection**
> Golden Years

12pm until 1pm **Art History**
> Golden Years

12:30pm until 1pm **Virtual Cuppa for Carers**
> Mobilise

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



TRY IT OUT



Healthy Minds, Healthy Bods - weekly Mental Health Packs

The Hungry Squirrel

Trans Visibility Day

Easter crafts

Stress Awareness Month

Recycled Crafts

Creativity, nature and mental health activity

Walk and Talk course for older adults





Women + Health timetable

Camden's Virtual Tea Dance (29 April)

Talk For Health April and May events

West Euston Partnership activities and services

Camden Self-Care Sessions (28 April, 26 May)

WinVinsible workshops for disabled women and mums (19 May)

Camden Green Gym April programme



**UPCOMING
EVENTS**

**COMMUNITY
NEWS**



British Islamic Medical Association COVID-19 hub

Camden and Islington LGBTQ Residents COVID-19 Lockdown Experience Survey

Community journalism training for Camden disabled residents

Mentoring for BAME and migrant women

Camden community survey

Easy read Covid vaccination guide

Have your say in the training of future psychologists



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