

## DIGITAL / COLLECTIVE // 19TH JULY 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

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 [Tai chi 60+](#)

> Abbey Community Centre

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

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

> Abbey Community Centre

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

> Mobilise

6pm until 7:30pm [Post-Impressionist Artists in](#)

[London](#) > Camden Libraries

### 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 11:45am [Legs, Bums, and Tums](#)

> Central YMCA

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

> Abbey Community Centre

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

> Abbey Community Centre

12pm [LGBT+ Women & Non-Binary Network](#)

> Consortium

12pm until 12:45pm [Yin & Yang Yoga](#)

> Central YMCA

1pm until 1:45pm **Matwork Pilates**

> Central YMCA

2pm until 3pm **Nutrition Workshop with Nick**

**Owen** > Central YMCA

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

3pm until 4pm **Meditation & Relaxatio**

> Central YMCA

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

> Mobilise

1pm until 1:45pm **Matwork Pilates**

> Central YMCA

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

> The Minded Clinic

5:30pm until 6pm **Pilates Reformer**

> Central YMCA

6pm until 7pm **Hatha Yoga**

> Central YMCA

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

**women** > Women + Health

7:30pm **A Musical History of Modern Black**

**Britain in 28 Songs** > The National Archives

## THURSDAY

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

> Swiss Cottage

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

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

> Mobilise

## FRIDAY

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

> Swiss Cottage

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



[Loudest Whispers Exhibition](#)

[LGBTQ+ heritage map of Islington](#)

[Coping with loneliness](#)

[Camden Carers art exhibition](#)

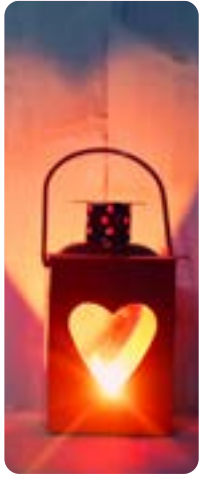
[A Guide To Gender Identity Terms](#)

[Training Link free courses](#)

[Free To Be project and film](#)

[Mental Health and Physical Activity Toolkit](#)





[Stress management for young women in the workplace 30th July](#)

[Cumberland Fun Fest - Regents Park Estate 31st July](#)

[Four Day Peer Mentor Training course August](#)

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

[Castlehaven July timetable](#)

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

[Golden Years July programme](#)

UPCOMING  
EVENTS

COMMUNITY  
NEWS

[Four Day Peer Mentor Training course](#)

[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](#)

[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.

**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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