LONDON BOROUGH OF CAMDEN



# DIGITAL / COLLECTIVE // 20TH JUNE 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.



# VoiceAbility







### **MONDAY**

6:30am until 7:30am Online Yoga

> Swiss Cottage

10am until 12pm Wellbeing Cafe

> Third Age Project

10am until 12:30pm Building healthy

<u>relationships</u> > Recovery College

10am until 1pm <u>Community Gardening at Elm</u> <u>Village Open Space</u> > Castlehaven

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

11:30am until 1:30pm <u>Self-compassion for parents</u> > Recovery College

2pm until 3:45pm Dance for Parkinson's

> Free Space Project

4:30pm until 5:30pm Gardening Club

> Castlehaven

# 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 Mindfulness 55+ (in person)

> Queen's Crescent Community Association

11am until 12:45pm LGBT+ drop-in

> Islington Mind

11:30am until 1pm Tabletop Gardening

> Castlehaven

1:30pm until 4pm Arts & Crafts

> Third Age Project

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 Seated exercise 60+

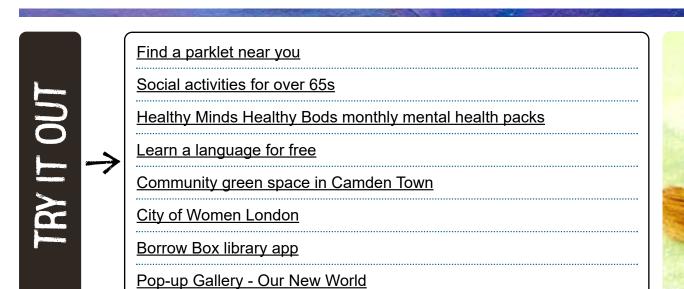
> Abbey Community Centre

1pm <u>Free Meal</u> > Food Cycle	12pm until 5:30pm <b>Zen in Mind day of wellbeing</b> > Mind in Camden and The Zen Project
2pm until 3pm <u>Men's Fitness</u> > Abbey Community Centre	1:30pm until 2pm <u>LGBT+ yoga</u> > Islington Mind
2pm until 3:30pm <u>Freedom to Make</u> (virtual knitting & textiles workshops) > Free Space Project	1:30pm until 4pm <u>Green prescription – growing</u> plants for wellbeing > Recovery College
4pm until 4.30pm <u>Virtual 'Cuppa' for Carers</u> > Mobilise	2pm until 3:30pm <u>Mindful conversations around</u> Race > Recovery College
6:30pm until 7:30pm <u>Legal Advice Drop in</u> > Parish of Old St Pancras	2pm until 4pm <u>History Wellbeing Walk</u> > Recovery College
8:15pm <u>Lesbian Discussion Group</u> > LDG	3pm until 4pm <u>Re-cycle-art class 60+</u> > Abbey Community Centre
THURSDAY	7:30pm until 8:30pm <u>Online quiz</u> > Healthy Minds, Healthy Bods
6:30am until 7:30am <u>Online Yoga</u> > Swiss Cottage	FRIDAY
10:30am until 11:30am <u>Yoga 60+</u> > Castlehaven	6:30am until 7:30am <u>Online Yoga</u> > Swiss Cottage
11am until 11:30pm <u>Virtual 'Cuppa' for Carers</u> > Mobilise	11am until 12pm <u>Mindfulness 55+ (online/phone)</u> > Queen's Crescent Community Association
11am until 12pm <u>Breathing for Wellbeing</u> > Free Space Project	1pm until 4pm <u>Finding your Mental Wealth</u> > Recovery College
11am until 12pm <u>Health checks</u> > Queen's Crescent Community Association	4pm until 4:30pm <u>Virtual Cuppa for Carers</u> > Mobilise

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

12pm until 5pm Sensory Seed Plant 1pm Free Meal > Food Cycle

> Castlehaven





Pride Month book club 30th June

Castlehaven June timetable

Third Age Project weekly timetable

Golden Years monthly programme

Free Space Project upcoming events

Zumba and yoga for women

Recovery College Spring Term



# COMMUNITY NEWS

Camden Youth Safety Fortnight

COVID-19 vaccination bus

Report LGBTQI+ hate crime

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





# 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)



