#### THE RESILIENCE NETWORK

LONDON BOROUGH OF CAMDEN



# DIGITAL / COLLECTIVE // 21ST MARCH 2022

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

- 11am until 11.30am<u>Virtual 'Cuppa' for Carers</u> > Mobilise
- 11am until 12pm <u>Women's zumba</u>
- > Queen's Crescent Community Association
- 1:30pm until 3:30pm Online Photography Course
- > Mind in Camden

1:30am until 4:30pm <u>Building healthy</u> <u>relationships</u> > Recovery College

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 <u>Tai chi 60+</u>
- > Abbey Community Centre

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

- > Third Age Project
- 11am until 2pm <u>Silver Cycling</u>
- > West Euston Project
- 11am until 12:45pm <u>LGBT+ drop-in</u> > Islington Mind

- 1:30pm until 4pm <u>Arts & Crafts</u> > Third Age Project
- 2.15pm until 3.30pm <u>Colouring Calm 60+</u> > Abbey Community Centre
- 2pm until 3:30pm <u>Mindful conversations around</u> <u>race</u> > Recovery College
- 8:15pm until 8:45pm Virtual 'Cuppa' for Carers
- > Mobilise

## WEDNESDAY

6:30am until 7:30am <u>Online Yoga</u> > Swiss Cottage

10am until 12pm <u>Carers art group</u> > Holborn Community Association

10am until 3:30pm <u>Tree of Life</u> > Recovery College

- 10:30am until 1:30pm <u>Community Gardening</u> <u>Sessions</u> > Castlehaven
- 11am until 12pm <u>Seated exercise 60+</u>
- > Abbey Community Centre
- 11:30am <u>Reflection at Kew Gardens</u> > Women + Health
- 2pm until 3pm <u>Nurturing self-compassion</u> > Recovery College

2pm until 3pm <u>Men's Fitness</u> > Abbey Community Centre 2pm until 3:30pm <u>Freedom to Make</u> (virtual knitting & textiles workshops) > Free Space Project

2pm until 4pm Men's space

> Recovery College

4pm until 4.30pm <u>Virtual 'Cuppa' for Carers</u> > Mobilise

8:15pm Lesbian Discussion Group > LDG

## THURSDAY

6:30am until 7:30am <u>Online Yoga</u> > Swiss Cottage

10am until 12pm<u>First Steps Digital Skills</u> > West Euston Project

10am until 3pm <u>Steps into peer role</u> > Recovery College

11am until 11:30pm <u>Virtual 'Cuppa' for Carers</u> > Mobilise

11am until 12pm <u>Breathing for Wellbeing</u>

> Free Space Project

11am until 12pm <u>Health checks</u>

> Queen's Crescent Community Association

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

11:30am until 1:30pm <u>New Year New You!</u> > We Make Camden & youmochaandstyle

1:30pm until 2pm LGBT+ yoga

> Islington Mind

1:30pm until 4pm <u>Green prescription: growing</u> plants for wellbeing > Recovery College 1:45pm <u>Tai Chi</u> > West Euston Project

3pm until 4pm Re-cycle-art class 60+

> Abbey Community Centre

6pm until 8pm The Tree of Life and Peer Working

> Talk For Health

7pm until 8pm OverABrew – knitting

> Camerados

7:30pm until 8:30pm Online quiz

> Healthy Minds, Healthy Bods

#### FRIDAY

6:30am until 7:30am <u>Online Yoga</u> > Swiss Cottage

10:30am <u>Feel Good Friday</u> > Camden Special Parents Forum

10am until 12:30pm <u>Finding Your Flow</u> > West Euston Project

10am until 4pm <u>Train the Chair</u> > Talk For health

2pm until 3pm Making the most of your money

> Recovery College

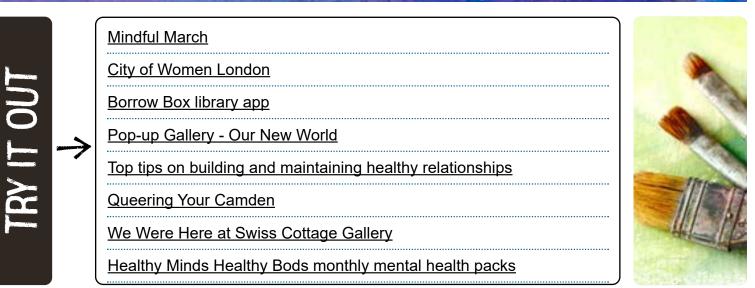
4pm until 4:30pm Virtual Cuppa for Carers

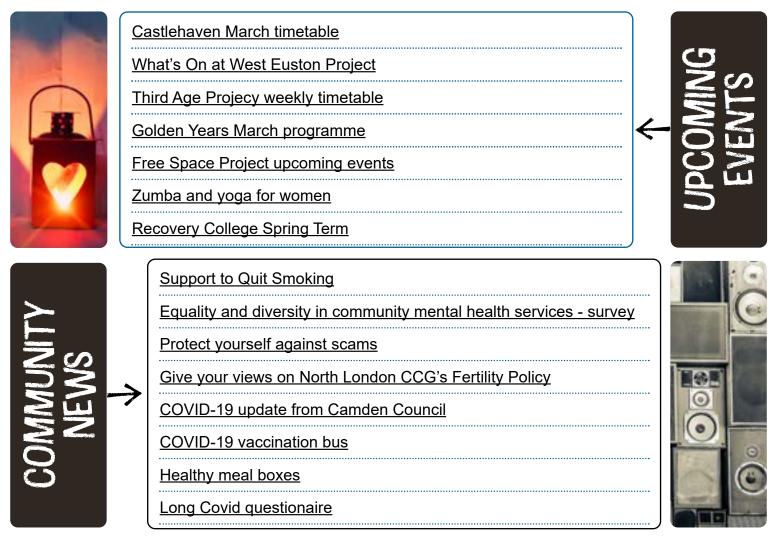
> Mobilise

## SATURDAY

11am until 1pm <u>Black Gay and Bisexual Men's</u> <u>Emotional Support Group</u> > Calvin Stovell

11am until 2pm <u>Ability Bikes</u> > West Euston Project







## 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 <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

0207 241 8996

**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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