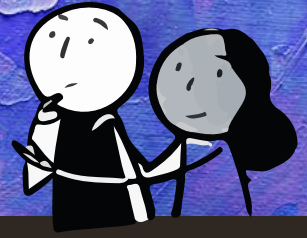


THE RESILIENCE NETWORK

LONDON BOROUGH OF CAMDEN



DIGITAL / COLLECTIVE // 21ST SEPTEMBER 2020

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.

The Advocacy Project

VoiceAbility



Likewise



MONDAY

6.30am, 12 noon & 8pm [Online Yoga](#)

> Swiss Cottage

8am until 08.30am [Qigong practice](#)

> College of Medicine

10.30am until 11am [Monday Support Group](#)

> Swiss Cottage

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

> Mobilise

6.30pm until 7.30pm [Zoom-ba](#)

> Abbey Community Centre

TUESDAY

6.30am, 12pm & 8pm [Online Yoga](#)

> Swiss Cottage

8am until 08.30am [Qigong practice](#)

> College of Medicine

12pm until 1pm [Online Gardening Workshop](#)

> Castlehaven

1pm until 2pm [Facial massage for women](#)

> Women+Health

2.30pm until 3.30pm [What's the most interesting experience you've had?](#) > North London Cares

3.30pm until 4.30pm [Colouring Calm](#)

> Abbey Community Centre

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

> Mobilise

6pm until 7pm [Cares Family Choir](#)

> North London Cares

6.30pm until 7.30pm [Zoom-ba](#)

> Abbey Community Centre

6:30pm until 7:30pm [Mindfulness practice](#)

> College of Medicine

7:30pm until 8:30pm [Art and Flow \(1 of 3\)](#)

> Recovery College

WEDNESDAY

6.30am, 12pm & 8pm [Online Yoga](#)

> Swiss Cottage

8am until 08.30am [Qigong practice](#)

> College of Medicine

1.45pm until 2.45pm [Online Tai Chi](#)

> West Euston Partnership

2pm until 2:45pm [Living With a Long-Term Condition part 2 of 2](#) > Recovery College

2pm until 3:30pm [Freedom to Make](#) (virtual knitting & textiles workshops) please email to book > Free Space Project

3.30pm until 4.30pm [Men's over 60's cooking club](#) > Abbey Community Centre

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

6.30pm until 7.30pm [Zoom-ba](#)

> Abbey Community Centre

8pm until 9pm **Qigong meditation**

>College of Medicine

THURSDAY

6.30am, 12pm & 8pm **Online Yoga**

> Swiss Cottage

8am until 08.30am **Qigong practice**

> College of Medicine

10:30am until 11am **Thought Field Therapy**

Sessions > College of Medicine

12pm until 1pm **Online Gardening Workshop**

> Castlehaven

1.45pm until 2.45pm **Online Tai Chi**

> West Euston Partnership

2pm until 2:45pm **How to cope with traumatic**

events part 3 of 3 > Recovery College

2:30 until 3:30 **European day of languages:**

Which language would you like to learn?

> North London Cares

3:30pm until 4.30pm **Re-cycle-art class**

>Abbey Community Centre

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

> Mobilise

6:30pm until 7:30pm **NLC Collaboration Quiz**

> North London Cares

6.30pm until 7.30pm **Zoom-ba**

> Abbey Community Centre

FRIDAY

6.30am, 12pm + 8pm **Online Yoga**

> Swiss Cottage

8am until 08.30am **Qigong practice**

> College of Medicine

10am until 11am **Full Qigong practice**

> College of Medicine

10.30am until 12.30pm **Creative Writing** > Abbey

Community Centre

12pm until 1pm **Making the Most of Now**

> West Euston Partnership

12.30pm until 1pm **Virtual 'Cuppa' for Carers**

> Mobilise

4pm until 5pm **Black Thrive community zoom**

drop in

4pm until 5pm **Freddy's Free Friday Therapy**

> College of Medicine

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

Mobilise

6.30pm until 7.30pm **Zoom-ba**

> Abbey Community Centre

SATURDAY

10am until 10:30am **Lu Jong**

> College of Medicine

10am until 11am **Zoom-ba**

> Abbey Community Centre

SUNDAY

6.30pm until 7.30pm **Zoom-ba**

> Abbey Community Centre

TRY IT OUT



The Kindness Cup

On a Scale from 1 to 10 virtual exhibition

Self Care September

Sudoku online

5 day mindfulness challenge

Walk the heath with walk for health

Museum of Imagination

The Secret of Sourdough





[Musician video interviews and biographies](#)

[Mindfulness and meditation guides](#)

[Tate Britain's queer walk through British art](#)

[Healthy Minds, Healthy Bods - weekly Mental Health Packs](#)

[Thriving with Nature](#)

[Brain in Hand is a professional digital support system](#)

[Mindful Transformations art exhibition](#)



ACCESS
ANYTIME



[Get employment support in Camden](#)

[Mayor to continue in post until May 2021](#)

[Share your ideas for the future of Camden High Streets](#)

[Camden Cycle Skills are back up and running](#)

[The British Museum is now open and welcoming visitors](#)

[Five local hubs set up to tackle holiday hunger in Camden](#)

[Share your views about Camden's wildlife and green spaces](#)

[Residents invited to share experiences of Covid-19: get in contact](#)



EXTRA SUPPORT

Camden & Islington Crisis Line: 020 3317 6777

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

HEALTHY MINDS COMMUNITY PROGRAMME

 mind in camden
for better mental health

In ordinary times, the Healthy Minds Community programme is a growing collaboration of partners and participants brought together by Mind in Camden to create exciting members-only offers from the Camden community.

Members must be aged over 18 and a Borough of Camden resident or registered with a Camden GP.



As Lockdown restrictions have eased, we are delivering a range of both in-person and virtual activities.

HOW CAN I BECOME A HEALTHY MINDS DIGITAL MEMBER?

1 Please **email us** at healthymindscp@mindincamden.org.uk and we will arrange a referral meeting with you.

2 A team member will aim to call you within **1 week** to complete the referral form and talk you through what we offer.

Once our usual programme has resumed, you will become a fully-fledged Healthy Minds Member and have access to all of our offers for 1 year!

Monday:

10am until 12.30pm Portugal Prints (1/8): An eight-week therapeutic art course delivered in-person. Morning group.

1.30pm until 4pm Portugal Prints (1/8): Afternoon Group

Tuesday:

11am until 11.50am Virtual Film Club: Each week we pick a film to watch over the weekend and then meet to discuss our feelings and thoughts about it.

12pm until 1pm Virtual Hearing Voices Peer Support Group: For those who hear, see or sense things other people do not.

2pm until 3pm Virtual Mood Music: Share and respond to a song or piece of music that expresses how you feel.

Various times 1-1 Art Therapy: A creative therapy using different art forms to communicate feelings that are sometimes too difficult to say > **Likewise**

Wednesday:

11am until 12.30pm Virtual Coffee Morning

3pm until 4pm Virtual Connect and Share session: For people who feel isolated and want to connect during lockdown > **Advocacy Project**

Thursday:

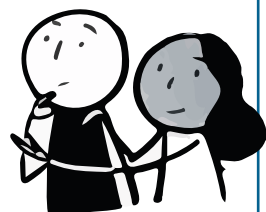
4pm until 5pm Walk & Talk with Georgia: Join Georgia for a leisurely walk around Primrose Hill Park. We will meet at the park and have a walk and a chat. All abilities welcome, please call to sign up – limited spaces.

Friday:

11am until 12pm Virtual Anxiety Peer Support Group: Share and support one another with anxiety.

2.30pm until 4pm Virtual Creative Writing Group: Express yourself through the power of words.

Various times 1-1 Art Therapy with Likewise



FOR MORE INFORMATION:



0207 241 8996



healthymindscp@mindincamden.org.uk