

DIGITAL / COLLECTIVE // 22ND NOVEMBER 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.



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

11am until 12pm [Women's zumba](#)

> Queen's Crescent Community Association

11am until 12pm [Level 1 exercise for stroke survivors](#)

> Different Strokes Charity

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

> Abbey Community Centre

2pm until 3pm [Making the most of your memory](#)

> Recovery College

11am until 1pm [Silver Cycling](#)

> West Euston Partnership

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

> Islington Mind

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

> Islington Mind

2pm until 3pm [Relationships and self-care](#)

> Recovery College

2pm until 3pm [Art and flow](#)

> Recovery College

2.15pm until 3.30pm [Colouring Calm 60+](#)

> Abbey Community Centre

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

> Mobilise

8:15pm until 8:45pm [Virtual 'Cuppa' for Carers](#)

> Mobilise

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 12pm [Level 2 exercise for stroke survivors](#)

> Different Strokes Charity

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

10:30am until 2:30pm [Get Fit, Get Active, Get Gardening!](#)

> Castlehaven

11am until 12pm **Seated exercise 60+**

> Abbey Community Centre

11am until 12pm **Level 3 exercise for stroke**

survivors > Different Strokes Charity

2pm until 3pm **Building your assertiveness**

toolbox > Recovery College

2pm until 3pm **Men's Fitness**

> Abbey Community Centre

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

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

> Mobilise

THURSDAY

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

> Swiss Cottage

11am until 11:30pm **Virtual 'Cuppa' for Carers**

> Mobilise

11am until 12pm **Health checks**

> Queen's Crescent Community Association

11:30am until 12:30pm **Women's yoga**

> Queen's Crescent Community Association

11am until 12pm **Level 4 exercise for stroke**

survivors > Different Strokes Charity

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

3:45pm until 5:45pm **The Sunset Classroom - African Folklore The Hausa of Nigeria**

> Working Men's College

7pm until 8pm **LGBT Book Club with author Q&A**

> Forum+

7pm until 8pm **Knitting over a brew**

> Camerados

FRIDAY

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

> Swiss Cottage

11am until 12pm **Level 5 exercise for stroke**

survivors > Different Strokes Charity

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

> Mobilise

6pm until 9pm **Deniz Unal and Eburn Sodipo**

(Live) > Camden Arts Centre

SATURDAY

11am until 2pm **Ability Bikes**

> West Euston Partnership

TRY IT OUT



WHAT I'VE LEARNED FROM YOU AND MYSELF art exhibition

Tomorrow's Home 2050 exhibition

Camden Black History Season online book club (Nov & Dec)

Daily meditation sessions

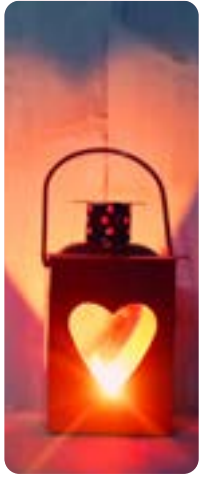
Dealing with stress

Pronouns resource

Healthy Minds Healthy Bods monthly mental health packs

Invitation to co-create a Library for Justice (paid opportunity)





[Camden's Black History Season](#)

[Recovery College Autumn term](#)

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

[Castlehaven October timetable](#)

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

[Golden Years November programme](#)

[British Museum very short courses \(December\)](#)



UPCOMING
EVENTS

COMMUNITY
NEWS



[Healthy meal boxes](#)

[Q&A session on long COVID 30th Nov](#)

[Covid19 vaccination bus](#)

[Free 2 week business course \(November\)](#)

[Long Covid questionnaire](#)

[Your views on winter vaccinations: Covid-19 Booster and Flu](#)

[Let's talk about sex and consent](#)

[Make the most of your food](#)



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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