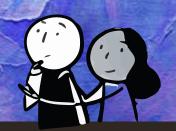
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DIGITAL / COLLECTIVE // 28TH MARCH 2022

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

11am until 11.30am Virtual 'Cuppa' for Carers

> Mobilise

11am until 12pm Women's zumba

> 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> relationships > 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 Tai chi 60+

> 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 LGBT+ drop-in

> Islington Mind

1:30pm until 4pm Arts & Crafts

> Third Age Project

2.15pm until 3.30pm Colouring Calm 60+

> Abbey Community Centre

2pm until 3:30pm <u>Mindful conversations around</u> race > Recovery College

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

2pm until 3pm **Nurturing self-compassion**

> 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

8pm until 9:15pm **Spoon Room**

> Camerados

8:15pm Lesbian Discussion Group

> LDG

THURSDAY

6:30am until 7:30am Online Yoga

> Swiss Cottage

10am until 12pm First Steps Digital Skills

> West Euston Project

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

> Mobilise

11am until 12pm Breathing for Wellbeing

> Free Space Project

11am until 12pm Health checks

> Queen's Crescent Community Association

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

> Queen's Crescent Community Association

11:30am until 1:30pm New Year New You!

> We Make Camden & youmochaandstyle

1:30pm until 2pm LGBT+ yoga

> Islington Mind

1:30pm until 4pm <u>Green prescription: growing</u> <u>plants for wellbeing</u> > Recovery College

1:45pm <u>Tai Chi</u>

> West Euston Project

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

> Abbey Community Centre

7pm until 8pm OverABrew - knitting

> Camerados

7:30pm until 8:30pm Online quiz

> Healthy Minds, Healthy Bods

FRIDAY

6:30am until 7:30am Online Yoga

> Swiss Cottage

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 Ability Bikes

> West Euston Project



IRY IT OUT

Mindful March

City of Women London

Borrow Box library app

Pop-up Gallery - Our New World

Top tips on building and maintaining healthy relationships

Queering Your Camden

We Were Here at Swiss Cottage Gallery

Healthy Minds Healthy Bods monthly mental health packs





Castlehaven March timetable

What's On at West Euston Project

Third Age Projecy weekly timetable

Golden Years March programme

Free Space Project upcoming events

Zumba and yoga for women

Recovery College Spring Term



COMMUNITY NEWS

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

COVID-19 update from Camden Council

COVID-19 vaccination bus

Healthy meal boxes

Long Covid questionaire





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)



