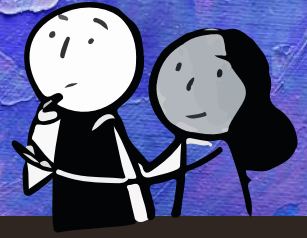


THE RESILIENCE NETWORK

LONDON BOROUGH OF CAMDEN



DIGITAL / COLLECTIVE // 7TH DECEMBER 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.



VoiceAbility



Likewise



MONDAY

7am until 8am [Online Yoga](#) > Swiss Cottage

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

> College of Medicine

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

> Mobilise

11am until 11:45am [Overcoming Chronic Fatigue](#)

> Recovery College

1pm until 2pm [Healthy Baking Sweet Treats](#)

> Women+Health

2pm until 3pm [Festive Wreath Making](#)

> WinterFEST

3pm until 3:45pm [Light-hearted Quiz](#) > Likewise

5pm until 6pm [Christmas Carol Sing-along](#)

> WinterFEST

6.30pm until 8pm [Regent's Park Singers](#)

> West Euston Partnership

TUESDAY

7am until 8am [Online Yoga](#) > Swiss Cottage

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

> College of Medicine

10am until 11am [De-Stressing and Relaxing 50+](#)

> Third Age Project

11am until 12pm [Mindfulness](#)

> Mind in Camden & Samsung KX

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

1pm until 2pm [Facial massage for women](#)
> Women+Health

2pm until 3pm [Line Dancing class](#) > WinterFEST

3pm until 4pm [Festive Wreath Making](#)
> WinterFEST

3.30pm until 4.30pm [Colouring Calm](#)
> Abbey Community Centre

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

6:30pm until 7:30pm [Tony's Poetry Club](#)
> North London Cares

6:30pm until 7:30pm [Mindfulness practice](#)
> College of Medicine

WEDNESDAY

7am until 8am [Online Yoga](#) > Swiss Cottage

8am until 08.30am [Qigong practice](#)
> College of Medicine

11am until 12pm [Chi Kung class 1](#) > WinterFEST

2pm until 2:45pm [Nurturing self-compassion](#)
> Recovery College

2pm until 3:30pm [LGBTIQ Flag Making Workshop](#)
> WinterFEST

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

2:30pm until 3:30pm **Men's Fitness (please email to book)** > Abbey Community Centre

3.30pm until 4.30pm **Men's over 60's cooking club**
> Abbey Community Centre

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

5pm until 7pm **Code Club (please email for details)** > West Euston Partnership

8pm until 9pm **Qigong meditation**
> College of Medicine

THURSDAY

7am until 8am **Online Yoga** > Swiss Cottage

8am until 08.30am **Qigong practice**
> College of Medicine

11am until 11:45am **Dealing With Debt**
> Recovery College

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

11am until 12pm **Chi Kung class 1** > WinterFEST

2:30 until 3:30pm **Random Recipes**
> North London Cares

1pm until 2:30pm **Cooking Class**
> Abbey Community Centre

1:45pm until 2:45pm **Online Tai Chi**
> West Euston Partnership

2pm until 2:45pm **Nurturing self-compassion**
> Recovery College

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 **Dance With Lizzie**
> North London Cares

FRIDAY

7am until 8am **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

3pm until 4pm **Afternoon Tea**
> Abbey Community Centre

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

6:30pm until 7:30pm **The Cares Family Disco**
> North London Cares

SATURDAY

10am until 10:30am **Lu Jong**
> College of Medicine

2pm until 4pm **Poetry vs Colonialism**
> Keats House

TRY IT OUT



Full Castlehaven WinterFEST programme

Stream sports live

Beach live cams

How to make cloud bread

Mind Angels QiGong Set#1 (45mins) with Narrated Instructions

Virtual tour of the Science Museum

Life on a Spectrum interactive exhibition

Join us in celebrating Black History Month





[Watch online films here](#)

[How to improve your posture](#)

[Learn about race and anti-racism](#)

[Power of Presence](#)

[Lunchtime Concerts](#)

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

[Natural History Museum online](#)



ACCESS
ANYTIME



[Test and Trace support payment](#)

[Council services and coronavirus](#)

[Live socially distanced concerts for people shielding during the crisis](#)

[Get support if you're clinically extremely vulnerable to coronavirus](#)

[Energy experts offer free consultations about saving money](#)

[Camden Job Hunt employment support](#)

[Lockdown info and support](#)

[How to take part in Remembrance this year](#)



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)



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.



We are currently delivering both in-person and virtual offers.

HOW CAN I BECOME A HEALTHY MINDS DIGITAL MEMBER?

1 To become a Healthy Minds member, just fill out our **online referral form**.

2 A team member will aim to call you within **1 week** to complete the referral process 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:

1pm until 2pm Virtual Film Club: Pick a film to watch and review it with the group.

1pm until 4pm Telephone Drop: Call for a catch up with the Healthy Minds Team.

2pm until 3.30pm: Cart & Craft (2/3): Experiment with different materials to generate ideas for an outdoor art studio on wheels.

Tuesday:

11am until 12pm Virtual Mindfulness with Emily Mitchell: A meditation session with soothing breathing exercises.

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

Wednesday:

11am until 12.30pm Virtual Coffee Morning: Pour yourself a brew, get cosy and set the world to rights from the comfort of your own sofa.

Thursday:

2pm until 3pm Walk and Talk with Georgia: Catch up for a socially distanced walk around primrose hill.

Friday:

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

2pm until 2.30pm: Cart & Craft (2/3): Catch up and reflect on the work done this week.

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

FOR MORE INFORMATION:



0207 241 8996



healthymindscp@mindincamden.org.uk

