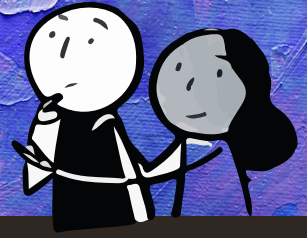


# THE RESILIENCE NETWORK

LONDON BOROUGH OF CAMDEN



## DIGITAL / COLLECTIVE // 11TH JANUARY 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.



**VoiceAbility**



**Likewise**



### MONDAY

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

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

9:30am until 10am **Exercise for All**  
> College of Medicine

11am until 11.30am **Virtual 'Cuppa' for Carers**  
> Mobilise

1.30pm until 3pm **Men's cooking club**  
> Abbey Community Centre

### TUESDAY

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

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

9:30am until 10am **Exercise for All**  
> College of Medicine

10am until 11am **De-Stressing and Relaxing 50+**  
> Third Age Project

10am until 11am **Tai chi 60+**  
> Abbey Community Centre

10:45am until 2pm **Outdoor Volunteering**  
> TCV Camden Green Gym

1pm until 2pm **Facial massage for women**  
> Women+Health

2.30pm until 3.30pm **Colouring Calm 60+**  
> Abbey Community Centre

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

6:30pm until 7:30pm **Mindfulness practice**  
> College of Medicine

7pm until 8pm **Reiki Art Therapy for women**  
> Women+Health

### WEDNESDAY

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

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

8am until 8:45am **Online Breath Practices**  
> College of Medicine

9:30am until 10am **Exercise for All**  
> College of Medicine

10am until 11am **Wake Up Wednesday for women**  
> Women+Health

11am until 12pm **Seated exercise 60+**  
> Abbey Community Centre

11:30am until 12:30pm **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

4pm until 5pm [The Minded Clinic online classes](#)  
> The Minded Clinic

5pm until 7pm [Code Club \(please email for details\)](#) > West Euston Partnership

6:30pm until 7:30pm [Yoga Nidra Meditation](#)  
> Women+Health

## THURSDAY

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

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

9:30am until 10am [Exercise for All](#)  
> College of Medicine

10:45am until 2pm [Outdoor Volunteering](#)  
> TCV Camden Green Gym

11am until 12pm [Cultivating Mindful Presence](#)  
> Recovery College

1pm until 2:30pm [Cooking Class](#)  
> Abbey Community Centre

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 [Mixed Ability Hatha Yoga](#)  
> Women+Health

## FRIDAY

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

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

9:30am until 10am [Exercise for All](#)  
> College of Medicine

12:30pm until 1pm [Virtual Cuppa for Carers](#)  
> Mobilise

1pm until 2pm [Sound Healing & Guided Meditation](#) > Women+Health

4pm until 4:30pm [Virtual Cuppa for Carers](#)  
> Mobilise

## SATURDAY

10am until 10:30am [Lu Jong](#)  
> College of Medicine



TRY IT OUT



[Walk and Talk course for older adults](#)

[Creativity, nature and mental health activity](#)

[DIY Christmas Ornaments](#)

[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](#)







Online jigsaws

Animals in winter - hibernation, migration and adaptation

Healthy Minds, Healthy Bods - weekly Mental Health Packs

Acts of kindness during the coronavirus outbreak

Watch online films here

How to improve your posture

Learn about race and anti-racism



ACCESS  
ANYTIME



National lockdown guidance

Celebrating festivals and occasions during the COVID-19 restrictions

Mental Health and Money Toolkit

Tips to support someone with a mental health problem

Good Work Camden Job Hub

Test and Trace support payment

Council services and coronavirus

Live socially distanced concerts for people shielding during the crisis



## 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



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 with the group.

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

### Tuesday:

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

### Wednesday:

**2pm until 3pm Freestyle Dance Taster:** Come and dance the January blues away with a freestyle dance taster session.

### Thursday:

**There are no activities scheduled for this day.**

### Friday:

**10.30am until 11.40am Online Drama Therapy** hosted by Likewise.

**1pm until 2pm Mindfulness with Joanna:** Our popular mindfulness sessions with Joanna return for two sessions in January.

**1pm until 2pm Online Dance and Movement Therapy** hosted by Likewise.

## FOR MORE INFORMATION:



0207 241 8996

[healthymindscp@mindincamden.org.uk](mailto:healthymindscp@mindincamden.org.uk)

