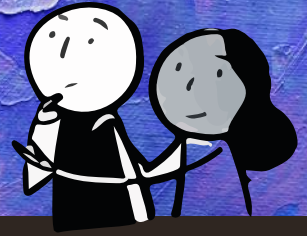


THE RESILIENCE NETWORK

LONDON BOROUGH OF CAMDEN



DIGITAL / COLLECTIVE // 21ST 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

1pm until 2pm [Film Club](#) > North London Cares

4pm until 5:30pm [Quiz with Manchester Cares](#) > North London Cares

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

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

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

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

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

6:30pm until 7:30pm [Karaoke](#) > 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

10am until 5pm [Castle Haven Food bank](#) > Castle Haven

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

6:30pm until 7:30pm [Acoustic hour with South London Cares](#) > North London Cares

8pm until 9pm [Qigong meditation](#) > College of Medicine

THURSDAY (CHRISTMAS EVE)

7am until 8am Online Yoga

> Swiss Cottage

8am until 08.30am Qigong practice

> College of Medicine

12pm until 1pm Online Gardening Workshop

> Castlehaven

2pm until 3pm Phone in club with Liverpool

Cares > North London Cares

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

12am until 12pm Outsidermas LGBTIQ Christmas

celebration > Castlehaven

FRIDAY (CHRISTMAS DAY)

11am until 12pm **Christmas Carols & Group chat. Call 0330 606 0414, when prompted enter 5419622 followed by #** > Saint Pancras Community Association

11am until 12pm Virtual Christmas Cuppa for Carers > Mobilise

2.30pm onwards **In-person Mince pies & a Film: call 07435806240 to book** > St Mary Brookfield Church

SATURDAY

2.30pm onwards **In-person Homemade Deserts & Bingo: call 07435806240 to book** > St Mary Brookfield Church

SUNDAY

2.30pm onwards **In-person Afternoon Tea Sponsored by unite community: call 07435806240 to book** > St Mary Brookfield Church



TRY IT OUT



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

Life on a Spectrum interactive exhibition





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



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

Get support if you're clinically extremely vulnerable to coronavirus



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 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:

11am until 12pm Virtual Coffee Morning: Pour yourself a brew, get cosy and set the world to rights from the comfort of your own sofa.

Thursday:

11am until 12pm Virtual Christmas Cuppa: Join the Healthy Minds team for a festively themed coffee morning.

Friday:

Christmas Day

FOR MORE INFORMATION:



0207 241 8996



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