

HEALTHY MINDS COMMUNITY PROGRAMME

APRIL - JUNE 2022

 **mind**
for better mental health
in Camden

02072418996

HEALTHYMINDSCP@MINDINCAMDEN.ORG.UK

1 GET IN TOUCH

I'VE LOST TOUCH WITH MY INTERESTS.

I WANT TO DO THE THINGS I USED TO ENJOY BUT I FEEL SCARED.

IT'S NATURAL TO FEEL SCARED. IT'S YOUR JOURNEY AND I'M WITH YOU.

FIND OUT WHAT'S AVAILABLE IN CAMDEN

TRY OUT A TASTER SESSION

2 MEET A NAVIGATOR

LINK UP WITH A SPORTS BUDDY

4 STEP OUT AND GIVE IT A GO!

3 PLAN YOUR JOURNEY

HOW DID YOU GET ON?

5 SUPPORT FROM NAVIGATOR

THE JIVE DANCING WASN'T ME, BUT I MET SOME GREAT PEOPLE AT THE WILDLIFE WORKSHOP,

AND I REALISED I KNEW MORE THAN I THOUGHT!

6 CONTINUE YOUR JOURNEY

CAMDEN



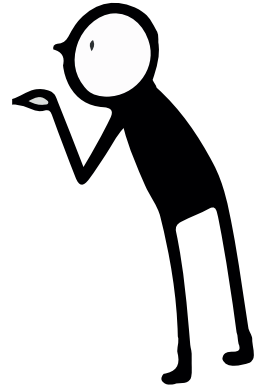
ABOUT THE HEALTHY MINDS COMMUNITY PROGRAMME

People can lose contact with their interests and communities for lots of reasons. We may become withdrawn because of discrimination, trauma, mental health issues or social exclusion. We may have been taught that we do not belong in our society or have survived a difficult time and are now ready to connect with life again.

The Healthy Minds Community Programme works to support local residents to reconnect with their interests and goals by engaging in meaningful group activities. With the support of our team you can begin to reclaim ownership of your life by connecting with likeminded people and finding out what your local community has to offer you.

IS THIS PROGRAMME FOR ME?

We've been collaborating with local people and organisations in Camden to create an inclusive programme for everyone. If you live in Camden, are 18+ and are looking for a supportive environment to get involved in community activities or courses that are right for you, then yes, this programme is for you! Even if you're not sure what you want to do, need help with building your confidence or have felt quite isolated for a long time, we can support you to build positive connections with your local community.



WHAT'S ON OFFER?

Access to Free Group Activities and Courses

You will have full access to all activities in our programme free for up to a year. The programme is designed to be flexible which means you can mix and match activities and tailor your experience to your own interests.

All activities are space limited so you will need to book your space with the team in advance.

The Healthy Minds, Healthy Relationships Personal Development Group

A free 12-week Gestalt Personal Development Group, which aims to support you in developing a greater awareness of how you relate to others and uncover the patterns you have developed for dealing with life.

The Group runs twice a year and we maintain a waiting list.

Coffee Mornings

Our coffee mornings run once a month to provide participants an opportunity to check in with the team regarding goals, hear about upcoming activities and offers, meet other Healthy Minds participants and share learning and tools.

Our Coffee Mornings take place on the 1st Wednesday of every month, and run from 11am - 12:30pm @ Mind in Camden, Barnes House, 9-15 Camden Road, NW1 9LQ



1:1 Support - Volunteer Navigators

For some people starting new activities and getting back out into their community can be a big and scary step in their recovery. That's why we offer 1:1 support from our trained Volunteer Navigators for those participants who would benefit from a bit of extra help building their confidence and identifying their interests and goals. This support is limited and can be accessed following your initial meeting if eligible.

Navigators can:

- » Offer up to 4 support sessions – flexible to suit your needs and around any commitments
- » Help you identify interests and create goal plans
- » Register you for Healthy Minds activities and send you text reminders
- » Help you to find more activities within the community
- » Attend activities with you
- » Support you to access voluntary and paid employment
- » Support you to engage with additional services if required
- » Support you with your physical activity goals and keeping fit

EDUCATION AND SKILLS BURSARY

We have partnered with the WM College to offer some opportunities for financial support to people who would like to access adult education courses as part of their development. WM College offer a range of courses which could help you progress into further education, volunteering, work, or expand your horizons.

ACTIVITIES - KEY



Adult Education



Culture



Arts & Media



Nature



Community



Sports & Fitness

ONLINE OFFERS



Look out for this icon. It highlights offers that are designed to be online.

HOW TO JOIN THE HEALTHY MINDS PROGRAMME

This programme is free for anyone over 18 living in Camden. You can refer yourself or be referred via an organisation. **Joining the programme is a simple 4 step process:**

- 1 Get in touch with us. We're a small friendly team and happy to answer any questions you might have before signing up. You can either give us a call on 0207 241 8996, email us at healthymindscp@mindincamden.org.uk or pop in to one of our coffee mornings!
- 2 Fill out our online referral form which can be found on our website www.mindincamden.org.uk. If you do not have internet access, or just prefer having a hard copy to fill out, please let us know and we can send you one in the post.
- 3 We'll then arrange a time for you to come in and meet with a member of our team – these are called initial meetings. We'd really like to get to know how we can best support you whilst you're with us.
- 4 You're now a Healthy Minds member.
From this point forward you'll have free access to our programme for a whole 12 months.

APRIL 2022

[illegible]

MAY 2022

[illegible]

JUNE 2022

MONDAY
TUESDAY
WEDNESDAY
THURSDAY
FRIDAY
SATURDAY
SUNDAY

IN MORE DETAIL

REGULAR FIXTURES

YOGA

Join our Yoga teacher Federica and Learn how to strengthen your body and improve your wellbeing.

@ Swiss Cottage, 19 Winchester Rd, NW3 3NR

BADMINTON

A volunteer-led, open access badminton session.

@ Talacre Sports Centre, Dalby St, NW5 3AF

ZEN IN MIND: WELLBEING FESTIVALS

A monthly festival celebrating community & wellbeing. Experience sound healing, tarot reading, massage, meditation, all onboard a touring Zen bus!

@ Various Locations throughout Camden.

WALKING GROUP

A volunteer-led social walk around Camden's parks and green spaces.

@ Mind in Camden, 9-15 Camden Rd, NW1 9LQ

GARDENING GROUP @ CASTLEHAVEN

A Healthy Minds volunteer-led group, joining Castlehaven's gardening and horticulture hub.

@ Castlehaven, 23 Castlehaven Rd, NW1 8RU

FRIDAY FEAST!

Communal dinning and volunteering options with the vegetarian food waste charity FEAST.

@ Mind in Camden, 9-15 Camden Rd, NW1 9LQ

OUTSIDERS UNITED FOOTBALL

A safe space for LGBTQ+ people who have difficulty accessing sports in inclusive spaces.

@ Castlehaven, 23 Castlehaven Rd, NW1 8RU

THURSDAY FILM CLUB @ KTCC

From British Blockbusters to Gifted Goddesses, there's something for everyone at Kentish Town community centres weekly film club.

@ Kentish Town CC, 17 Bushby Place, NW5 2SP

COURSES & WORKSHOPS & ONE OFFS

THE FOUNDLING ART CLUB (WORKSHOP)

This 8-week course will explore creative approaches to wellbeing through a range of activities both at the Foundling Museum and in the green spaces that surround it, connecting to the Museum's history and the stories it tells.

@ Foundling Museum, 40 Burnswick Sq, WC1N 1AZ

CREATIVE STORYTELLING (WORKSHOP)

A 10-week, multimedia workshop in creative storytelling. Work with various techniques to find your voice, share your stories and experiences.

@ Mind in Camden, 9-15 Camden Rd, NW1 9LQ

POTTERY MAKING 5-WEEK (COURSE)

Using hand clay building techniques, such as coiling & slab building, you will make, decorate and glaze your own unique herb or plant holders.

PLEASE NOTE: You will need to attend an enrollment session @ WMC on Wednesday 8th of June from 3pm-5pm to join this group.

@ WMC, 44 Crowndale Rd, NW1 1TR

COMEDY IMPROV 4-WEEK (WORKSHOP)

A 4-week introduction to the basic skills of comedy improv. Learn how to create spontaneous group stories & sketches in a positive, playful environment that's fun, friendly and supportive.

@ Mind in Camden, 9-15 Camden Rd, NW1 9LQ

BRITISH MUSEUM WALK & TALK (GUIDED)

A volunteer-led walk and talk around one of the museums current exhibitions. Each walk and talk has a different theme & ends with a social space.

@ The British Museum, Great Russell St, WC1B 3DG

GESTALT HEALTHY RELATIONSHIPS GROUP

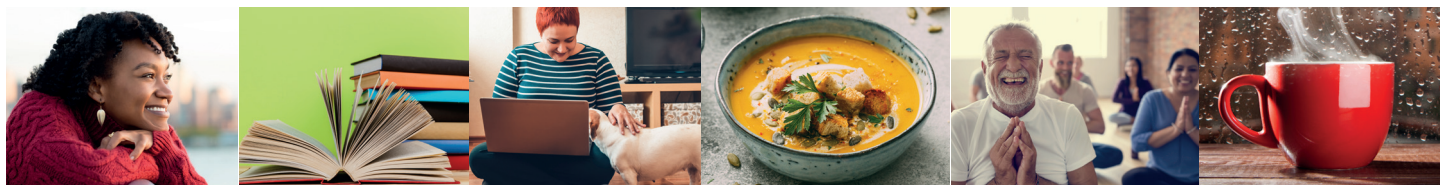
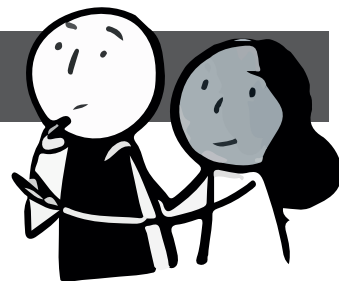
An experiential 12-week group focusing on your here and now experiences of relating to others. A safe space to process difficult emotions.

@ SPCA, 67 Plender St, NW1 0LB

WHAT IS HEALTHY MINDS?

The Healthy Minds Community Programme at Mind in Camden works to support local residents to reconnect with their interests and goals by engaging in meaningful group activities.

With the support of our team you can begin to reclaim ownership of your life by connecting with likeminded people and finding out what your local community has to offer you.



A WORD ABOUT COVID-19

We have all had a tough time over the past few years and, with winter coming and new variants of Covid-19 in circulation, it looks like we will have to live with disruptions to our daily lives for sometime to come. We at the Healthy Minds Community Programme will continue to deliver in-person community offers as long as it is safe to do so, but we need your help with this. Regardless of your vaccination status, please take a lateral flow test before attending one of our sessions, and do not attend if you are feeling unwell. We all have a responsibility to protect ourselves and each other.

While we endeavour to run everything in our programme, we cannot guarantee our in-person sessions will go ahead and they may have to be cancelled at short notice if new restrictions are introduced. We will only run our offers if we believe they are safe to do so. You will always be notified as soon as possible should we have to cancel anything. We will endeavour to provide online and telephone offers in the result of full or partial lockdowns. Please do get in touch if you have any concerns or want to know more about our Covid policy.

"I thought the Healthy Minds Programme would help me to be less isolated, but I what I really didn't expect is to make new friends. There is nothing nicer than turning up to activities and seeing familiar faces. It has been wonderful".

- Helen, Healthy Minds participant

The British
Museum



The — Zen — Project*



CONTACT HEALTHY MINDS:

020 7241 8996 | healthymindscp@mindincamden.org.uk | www.mindincamden.org.uk

If you have any questions about our venues, accessibility or directions, please contact us.