

HEALTHY MINDS COMMUNITY PROGRAMME



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

3 PLAN YOUR JOURNEY

4 STEP OUT AND GIVE IT A GO!

LINK UP WITH A SPORTS BUDDY

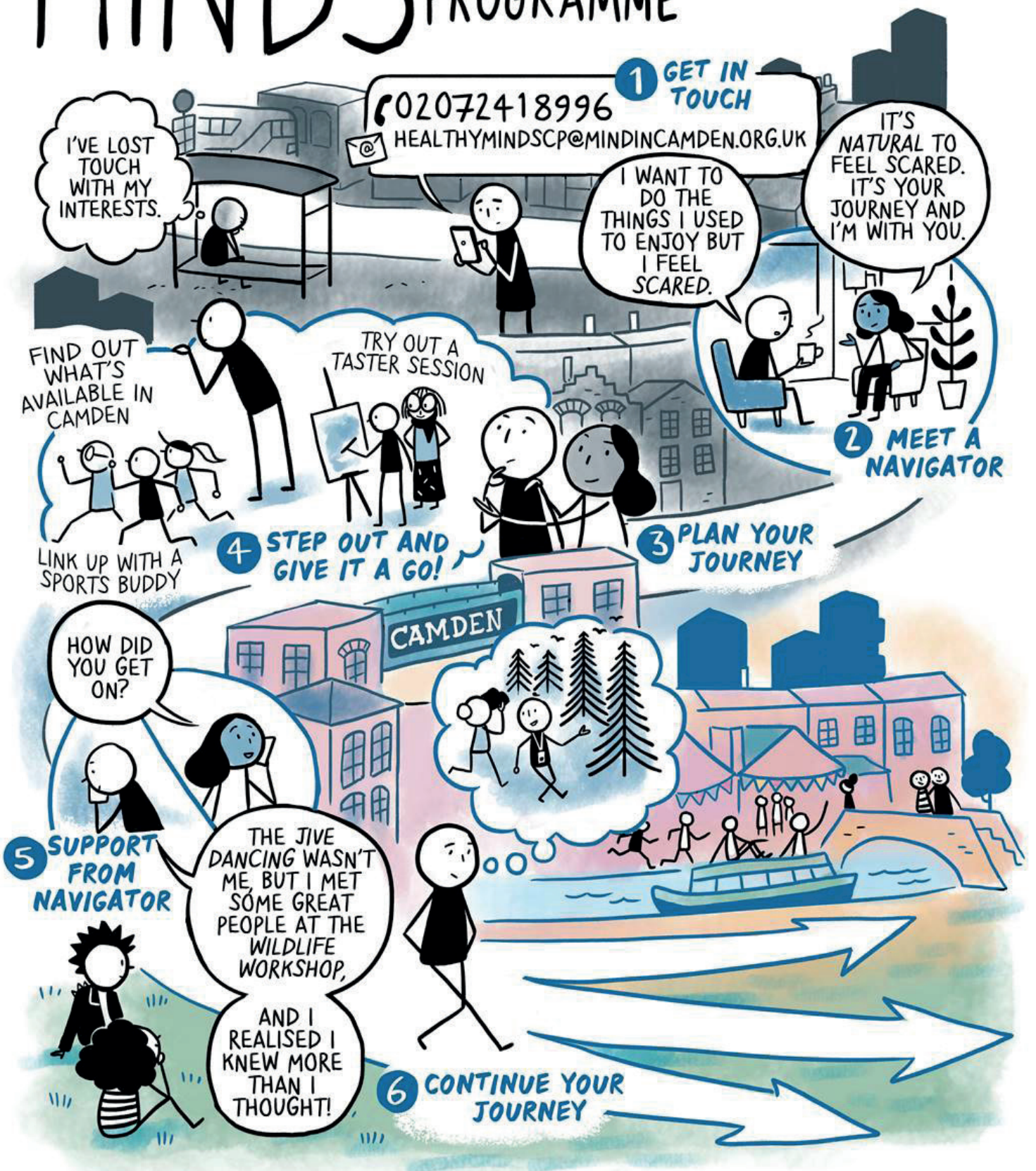
HOW DID YOU GET ON?

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



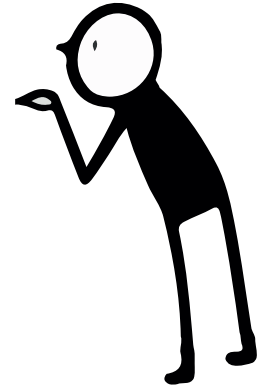
ABOUT THE HEALTHY MINDS COMMUNITY PROGRAMME

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 We may become withdrawn because of discrimination, trauma, mental health issues or social exclusion.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 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?

This Programme is a growing collaboration of partners and participants brought together by Mind in Camden to create and shape exciting offers for their local community.

We offer: Access to activities and courses, supported groups sessions, 1:1 support and access to join our personal development group.

Access to Free Activities and Courses

Once signed up to the programme 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.

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 group happens on the 1st Wednesday of every month, come along!



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 Mary Ward Centre to offer some opportunities for financial support to people who would like to access a course at the Mary Ward Centre as part of their development. The Mary Ward Centre offers a wide range of courses which could help you to progress into further education, volunteering, work or simply to expand your horizons.

ACTIVITIES - KEY

The activities displayed in the monthly calendar are colour coded as follows:



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.

JULY 2021

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

BOOKING ESSENTIAL

You must book to attend our sessions. T: 020 7241 8996
E: HealthyMindsCP@mindincamden.org.uk

ONLINE OFFERS

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

Portugal Prints
10am-12.30 / 1.30-4pm

Mood Music
1pm - 2pm

Yoga
2pm - 3pm

5

Digital Storytelling
"Covid Stories"
11am - 4pm

Badminton
2pm - 3pm

6

Coffee Morning
11am - 12.30pm

7

Walking Group
11am - 12pm

Digital Storytelling
2pm - 4pm

Guided Tour
3pm

8

9

Adult Education

11

Portugal Prints
10am-12.30 / 1.30-4pm

Film Club
1pm - 2pm

Yoga
2pm - 3pm

12

Digital Storytelling
"Covid Stories"
2pm - 4pm

Badminton
2pm - 3pm

13

Mindfulness
1pm - 2pm

Photography (taster)
11am - 1pm

14

Walking Group
11am - 12pm

British Museum
2pm - 3.30pm

Digital Storytelling
2pm - 4pm

15

16

Arts & Media

Community

Culture

18

Portugal Prints
10am - 12.30pm, or
1.30pm - 4pm

Mood Music
1pm - 2pm

19

Digital Storytelling
"Covid Stories"
2pm - 4pm

Badminton
2pm - 3pm

20

Digital Storytelling
"Covid Stories"
4pm - 7pm

21

Walking Group
11am - 12pm

Head Held High
(taster)
12.30pm - 2.30pm

22

23

Nature

Sports & Fitness

24

25

Portugal Prints
10am - 12.30pm, or
1.30pm - 4pm

Film Club
1pm - 2pm

26

27

Mindfulness
1pm - 2pm

28

Walking Group
11am - 12pm

29

30

Acoustic Music Event
@ Talacre Park
12pm - 5pm

31

AUGUST 2021

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

<p>Portugal Prints 10am-12.30pm / 1.30-4pm</p> <p>Mood Music 1pm - 2pm</p> <p>Yoga 2pm - 3pm</p> <p>2</p>			<p>Walking Group 11am - 12pm</p> <p>5</p>	<p>Friday FEAST! 12pm - 2pm</p> <p>6</p>	
<p>Portugal Prints 10am-12.30pm / 1.30-4pm</p> <p>Film Club 1pm - 2pm</p> <p>Yoga 2pm - 3pm</p> <p>9</p>	<p>3</p> <p>10</p>	<p>Coffee Morning 11am - 12.30pm</p> <p>4</p> <p>11</p>	<p>Walking Group 11am - 12pm</p> <p>12</p>	<p>Friday FEAST! 12pm - 2pm</p> <p>13</p>	<p>8</p> <p>15</p>
<p>Portugal Prints 10am - 12.30pm, or 1.30pm - 4pm</p> <p>Mood Music 1pm - 2pm</p> <p>16</p>	<p>17</p>	<p>18</p>	<p>Walking Group 11am - 12pm</p> <p>British Museum 'Walk and Talk' 2pm - 3.30pm</p> <p>19</p>	<p>Friday FEAST! 12pm - 2pm</p> <p>20</p>	<p>22</p>
<p>Portugal Prints 10am-12.30pm / 1.30-4pm</p> <p>Film Club 1pm - 2pm</p> <p>Yoga 2pm - 3pm</p> <p>23</p>	<p>24</p>	<p>25</p>	<p>Walking Group 11am - 12pm</p> <p>26</p>	<p>Friday FEAST! 12pm - 2pm</p> <p>27</p>	<p>29</p>
<p>30</p>	<p>31</p>				

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HEALTHY MINDS, HEALTHY RELATIONSHIPS SELF-DEVELOPMENT GROUP.

A free 12-week personal development group co-facilitated by a Senior Gestalt trainee psychotherapist.

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

For more info, contact Healthy Minds.

SEPTEMBER 2021

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

Mood Music
1pm - 2pm

Yoga
2pm - 3pm

6

Badminton
2pm - 3pm

7

Thames Walk (taster)
2pm - 5pm

Coffee Morning
11am - 12.30pm

1

Walking Group
11am - 12pm

2

Friday FEAST!
12pm - 2pm

3

Walking Group
11am - 12pm

9

Friday FEAST!
12pm - 2pm

10

Mood Music
1pm - 2pm

Yoga
2pm - 3pm

6

Badminton
2pm - 3pm

7

Photography
- Short course 1/4
11am - 1pm

15

Walking Group
11am - 12pm

British Museum
'Walk and Talk'
2pm - 3.30pm

16

Friday FEAST!
12pm - 2pm

17

Walking Group
11am - 12pm

9

Friday FEAST!
12pm - 2pm

10

Film Club
1pm - 2pm

13

Badminton
2pm - 3pm

14

Photography
- Short course 2/4
11am - 1pm

22

Walking Group
11am - 12pm

23

Friday FEAST!
12pm - 2pm

24

Walking Group
11am - 12pm

9

Friday FEAST!
12pm - 2pm

10

Mood Music
1pm - 2pm

Yoga
2pm - 3pm

20

Badminton
2pm - 3pm

21

Photography
- Short course 3/4
11am - 1pm

29

Walking Group
11am - 12pm

30

Friday FEAST!
12pm - 2pm

24

Walking Group
11am - 12pm

9

Friday FEAST!
12pm - 2pm

10

Film Club
1pm - 2pm

Yoga
2pm - 3pm

27

Badminton
2pm - 3pm

28

Photography
- Short course 1/4
11am - 1pm

15

Walking Group
11am - 12pm

16

Friday FEAST!
12pm - 2pm

17

Walking Group
11am - 12pm

9

Friday FEAST!
12pm - 2pm

10

ONLINE OFFERS
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Adult Education

11



Arts & Media



Community



Culture

18



Nature

19



Sports & Fitness

25

DON'T FORGET TO BOOK!

You must book to attend our sessions.

Call: 020 7241 8996

IN MORE DETAIL

REGULAR FIXTURES

MOOD MUSIC



A space for music lovers to come together and share their favourite songs. All genres welcome.

FILM CLUB



Members select their favourite scenes from an agreed upon film and watch them together, sharing the moments that captured you.

YOGA

Learn how Yoga can help strengthen your body and improve your wellbeing. Open to all levels.

@ Swiss Cottage Community Centre,
19 Winchester Road, NW3 3NR

BADMINTON

Pick up a racket and get involved. Even if you've never played before, one of our lovely volunteers will happily show you the ropes.

@ Talacre Sports Centre, Dalby Street, NW5 3AF

COFFEE MORNINGS

A great way for you to meet other Healthy Minds members in a safe and facilitated environment.

@ Various locations (in July we will meet online)

WALKING GROUP

Join us for a volunteer lead social walk around various Camden parks and green spaces.

BRITISH MUSEUM WALK & TALK

A personalised volunteer led tour of current exhibitions.

@ British Museum, Great Russell St, WC1B 3DG

FRIDAY FEAST!

In partnership with the food waste Charity FEAST! Help create and serve vegetarian meals to other community members.

@ Mind in Camden, Barnes House
9-15 Camden Road, NW1 9LQ

COURSES & ONE OFFS

PORTUGAL PRINTS

This creative arts course provides a welcoming and relaxing space to develop your creativity and supports personal development through your art.

@ 220 Arlington Road, London, NW1 7HE

DIGITAL STORYTELLING WORKSHOP "COVID STORIES"

This three-week project run by the charity Stretch is an opportunity for you to learn new digital skills to animate your own Covid story and well-being journey. It culminates in an exhibition evening where you can watch your animation up on the big screen!

@ Samsung KX, Coal Drops Yard, N1C 4DQ

GUIDED TOUR @ FREESPACE PROJECT

A free guided tour of the Seeing Sound exhibition feat. visual responses by people living with aphasia.

@ Kentish Town Health Centre,
2 Bartholomew Road, NW5 2BX

MINDFULNESS WITH JOANNA



Joanna delivers her ever popular virtual mindfulness sessions where she explores breathing techniques paired with gentle movement.

HEAD HELD HIGH (TASTER)

A creative comedy workshop focusing on courage and confidence building, while supporting you to find the humour in life.

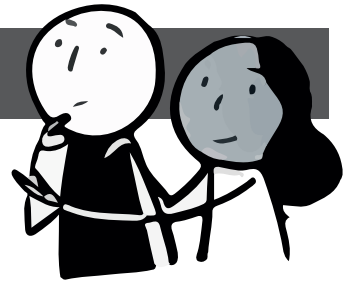
PHOTOGRAPHY (TASTER & COURSE)

Using your phone, camera or our ipad's, learn tips and skills to try different photography themes from nature to urban landscapes, as you explore the waterway and open spaces of Regents Park.

THAMES WALK TASTER SESSION

Explore how archaeology can support your well-being with The Thames Discovery programme. Help us design a course with transferable skills (e.g. creating 3D models) or simply explore the Thames.

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 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.

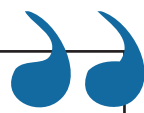


A WORD ABOUT COVID-19

We know this past year has been a heavy one and most of us will be looking forward to some normality this summer. But with Covid predicted to be with us for some time, it is important we look out for one another in the months ahead. We have worked together with our partners to provide a range of safe summer offers, which take into consideration the threat posed by Covid-19.

We all have a duty of care to one another and we recommend all our members, staff and volunteers regularly test themselves at least twice a week and do not attend anything if they are feeling unwell.

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 brought into place. 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 provide online social groups and will adapt some of our offers to do online.



"I thought the Healthy Minds Programme would help me to be less isolated, but 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



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 do get in touch with us.