

HEALTHY MINDS COMMUNITY PROGRAMME

OCTOBER - DECEMBER 2021

 **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?

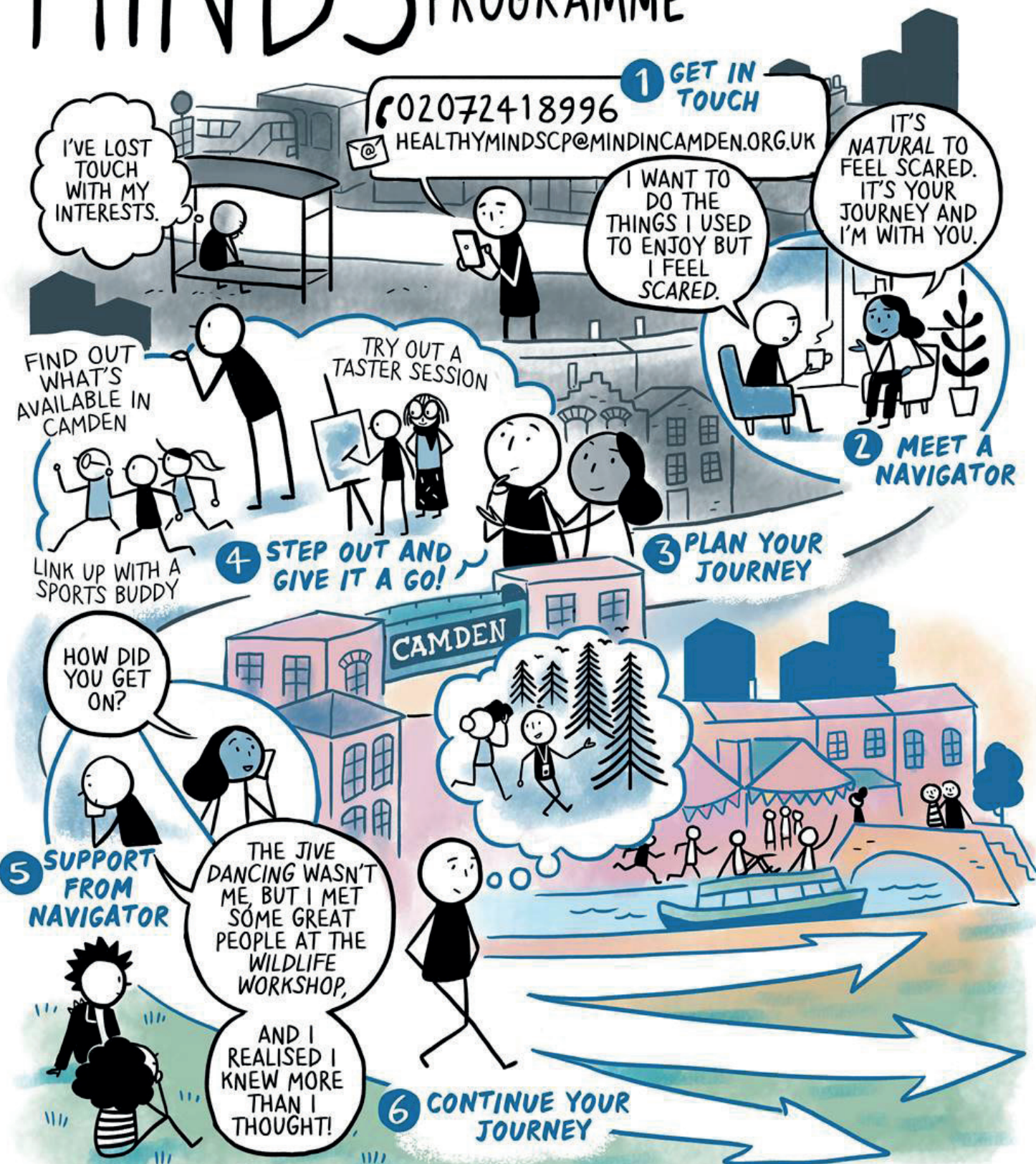
5 SUPPORT FROM NAVIGATOR

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



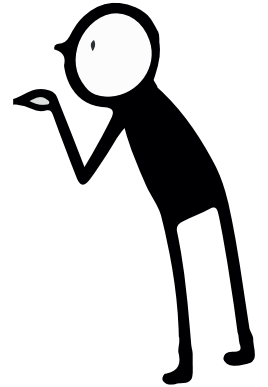
ABOUT THE HEALTHY MINDS COMMUNITY PROGRAMME

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 We may become withdrawn because of discrimination, trauma, mental health issues or social exclusion.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 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 and the Working Men's College to offer some opportunities for financial support to people who would like to access adult education courses as part of their development. The Mary Ward Centre and The Working Men's College offer a wide range of courses which could help you to progress into further education, volunteering, work or simply to 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.

OCTOBER 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				Friday FEAST! 1pm - 2pm		
Mood Music 1pm - 2pm	Badminton 2pm - 3pm	Coffee Morning 11am - 12.30pm Photography 11am - 1pm	Healthy Relationships 11am - 1pm Walking Group 11am - 12pm	Friday FEAST! 1pm - 2pm	ONLINE OFFERS Look out for this icon. It highlights offers that are designed to be online.	
4	5	6	7	8		
Film Club 1pm - 2pm	Badminton 2pm - 3pm	Foundling Museum 1 10:30am - 1pm Gardening 11:30am - 12:30pm	Healthy Relationships 11am - 1pm Walking Group 11am - 12pm Wellbeing Day 11am - 4pm	Friday FEAST! 1pm - 2pm	9	10
11	12	13	14	15	• Adult Education • Arts & Media • Community • Culture • Nature • Sports & Fitness	
Mood Music 1pm - 2pm Yoga 2pm - 3pm	Badminton 2pm - 3pm	Foundling Museum 2 10:30am - 1pm Gardening 11:30am - 12:30pm	Healthy Relationships 11am - 1pm Hampstead Heath Walk 11am - 12pm	Friday FEAST! 1pm - 2pm	16	17
18	19	20	21	22	23	24
Film Club 1pm - 2pm Samsung Create 1:30pm - 3:30pm Yoga 2pm - 3pm	Samsung Create 10am - 12pm		Healthy Relationships 11am - 1pm Walking Group 11am - 12pm Samsung Create 2pm - 4pm	Friday FEAST! 1pm - 2pm	28	29
25	26	27	28	29	30	31

NOVEMBER 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<div>Portugal Prints (1/8)</div> <div>10am - 12:30</div> <div>Mood Music</div> <div>1pm - 2pm</div> <div>Yoga</div> <div>2pm - 3pm</div> <div>1</div>	<div>Forest Bathing</div> <div>11am - 12pm</div> <div>Badminton</div> <div>2pm - 3pm</div> <div>2</div>	<div>Foundling Museum 4</div> <div>10:30am - 1pm</div> <div>Gardening</div> <div>11:30am - 12:30pm</div> <div>Glass Fusion (1/5)</div> <div>2pm - 4pm</div> <div>3</div>	<div>Healthy Relationships</div> <div>11am - 1pm</div> <div>Walking Group</div> <div>11am - 12pm</div> <div>4</div>	<div>Friday FEAST!</div> <div>1pm - 2pm</div> <div>5</div>	<div>ONLINE OFFERS</div> <div>Look out for this icon.</div> <div>It highlights offers that are designed to be online.</div>	7
<div>Portugal Prints (2/8)</div> <div>10am - 12:30</div> <div>Film Club</div> <div>1pm - 2pm</div> <div>Yoga</div> <div>2pm - 3pm</div> <div>8</div>	<div>Badminton</div> <div>2pm - 3pm</div> <div>9</div>	<div>Foundling Museum 4</div> <div>10:30am - 1pm</div> <div>Gardening</div> <div>11:30am - 12:30pm</div> <div>Glass Fusion (2/5)</div> <div>2pm - 4pm</div> <div>10</div>	<div>Healthy Relationships</div> <div>11am - 1pm</div> <div>Walking Group</div> <div>11am - 12pm</div> <div>Comedy Taster</div> <div>2pm - 4pm</div> <div>11</div>	<div>Friday FEAST!</div> <div>1pm - 2pm</div> <div>12</div>		14
<div>Portugal Prints (3/8)</div> <div>10am - 12:30</div> <div>Mood Music</div> <div>1pm - 2pm</div> <div>Yoga</div> <div>2pm - 3pm</div> <div>15</div>	<div>Badminton</div> <div>2pm - 3pm</div> <div>16</div>	<div>Foundling Museum 5</div> <div>10:30am - 1pm</div> <div>Gardening</div> <div>11:30am - 12:30pm</div> <div>Glass Fusion (3/5)</div> <div>2pm - 4pm</div> <div>17</div>	<div>Healthy Relationships</div> <div>11am - 1pm</div> <div>Walking Group</div> <div>11am - 12pm</div> <div>18</div>	<div>Friday FEAST!</div> <div>1pm - 2pm</div> <div>19</div>		21
<div>Portugal Prints (4/8)</div> <div>10am - 12:30</div> <div>Film Club</div> <div>1pm - 2pm</div> <div>Yoga</div> <div>2pm - 3pm</div> <div>22</div>	<div>Badminton</div> <div>2pm - 3pm</div> <div>23</div>	<div>Foundling Museum 6</div> <div>10:30am - 1pm</div> <div>Gardening</div> <div>11:30am - 12:30pm</div> <div>Glass Fusion (4/5)</div> <div>2pm - 4pm</div> <div>24</div>	<div>Healthy Relationships</div> <div>11am - 1pm</div> <div>Walking Group</div> <div>11am - 12pm</div> <div>25</div>	<div>Friday FEAST!</div> <div>1pm - 2pm</div> <div>26</div>	<div>HEALTHY MINDS, HEALTHY RELATIONSHIPS SELF-DEVELOPMENT GROUP.</div> <div>A free 12-week personal development group co-facilitated by 2 Senior Gestalt trainee psychotherapists.</div> <div>The Group runs twice a year and we maintain a waiting list.</div> <div>For more info, contact Healthy Minds.</div>	28
<div>Portugal Prints (5/8)</div> <div>10am - 12:30</div> <div>Mood Music</div> <div>1pm - 2pm</div> <div>Yoga</div> <div>2pm - 3pm</div> <div>29</div>	<div>Badminton</div> <div>2pm - 3pm</div> <div>30</div>	<div>BOOKING ESSENTIAL</div> <div>You must book to attend our sessions. T: 020 7241 8996</div> <div>E: HealthyMindsCP@mindincamden.org.uk</div>				

DECEMBER 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		Foundling Museum 7 10:30am - 1pm Gardening 11:30am - 12:30pm Glass Fusion (5/5) 2pm - 4pm	Healthy Relationships 11am - 1pm Walking Group 11am - 12pm	Friday FEAST! 1pm - 2pm		
					Adult Education 4	5
Portugal Prints (6/8) 10am - 12:30 Film Club 1pm - 2pm Yoga 2pm - 3pm	Badminton 2pm - 3pm	Foundling Museum 8 10:30am - 1pm Gardening 11:30am - 12:30pm	Healthy Relationships 11am - 1pm Walking Group 11am - 12pm	Friday FEAST! 1pm - 2pm	Arts & Media Community Culture Nature Sports & Fitness 18	12
Portugal Prints (7/8) 10am - 12:30 Mood Music 1pm - 2pm Yoga 2pm - 3pm	Badminton 2pm - 3pm	Gardening 11:30am - 12:30pm	Healthy Relationships 11am - 1pm Walking Group 11am - 12pm	Friday FEAST! 1pm - 2pm		19
Portugal Prints (8/8) 10am - 12:30		Festive Coffee Morning 11am - 12:30pm				26
WE WILL BE CLOSED FROM THE 23RD OF DECEMBER UNTIL 3RD OF JANUARY. SEE YOU IN THE NEW YEAR! If you need additional support during this time, please call the Crisis Line on 0800 917 3333					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

Our Coffee mornings run on the first Wednesday of each month from 11am until 12:30pm.

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

WALKING GROUP

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

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

GARDENING GROUP

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

@ Castlehaven Community Centre, 23 Castlehaven Road, NW1 8RU

FRIDAY FEAST!

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

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

COURSES & ONE OFFS

PORTUGAL PRINTS (WORKSHOP)

An 8-week art course providing a space to develop your creativity and personal growth.

@ 220 Arlington Road, London, NW1 7HE

FOUNDLING MUSEUM (WORKSHOP)

During this 8-week workshop, you will collaborate with a professional artist to create personal pieces inspired by the museum's stories and collections.

@ Foundling Museum, 40 Burnswick Sq, WC1N 1AZ

THE HEALTHY RELATIONSHIPS GROUP

A 12-week self-development group using Gestalt therapy techniques to explore relational dynamics. You must register in advance to join this group.

@ SPCA, 67 Plender Street, NW1 0LB

SAMSUNG CREATE (TASTER SESSIONS)

A relaxed series of one-off tasters in Video Gaming, Fitness and Digital Art. Share your feedback over a free coffee & help create a new course for 2022.

@ Samsung KX, Coal Drops Yard, NC1 4DQ

HEAD HELD HIGH (TASTER)

Build courage & confidence through comedy.

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

SPECIALIST FUSED GLASS (COURSE)

5-week course where you Learn to cut and melt glass to produce small bowls, pendants & objects

@ Mary Ward Centre, 42 Queens Sq, WC1N 3AQ

CELEBRATE WELLBEING DAY (FESTIVAL)

Free Workshops in mediation, sound healing, tarot & vision boarding. Friends & family welcome!

@ 19 Highgate Road, Kentish Town, NW5 1JY

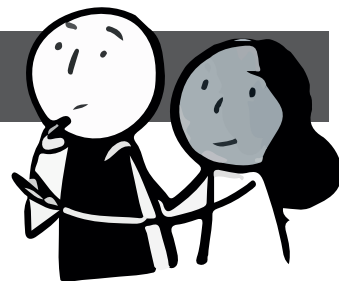
FOREST BATHING (TASTER)

Experience the healing power of trees with Heath Hands. Meeting point to be confirmed.

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 Autumn. 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 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

#SamsungKX

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.