

HEALTHY MINDS COMMUNITY PROGRAMME



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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

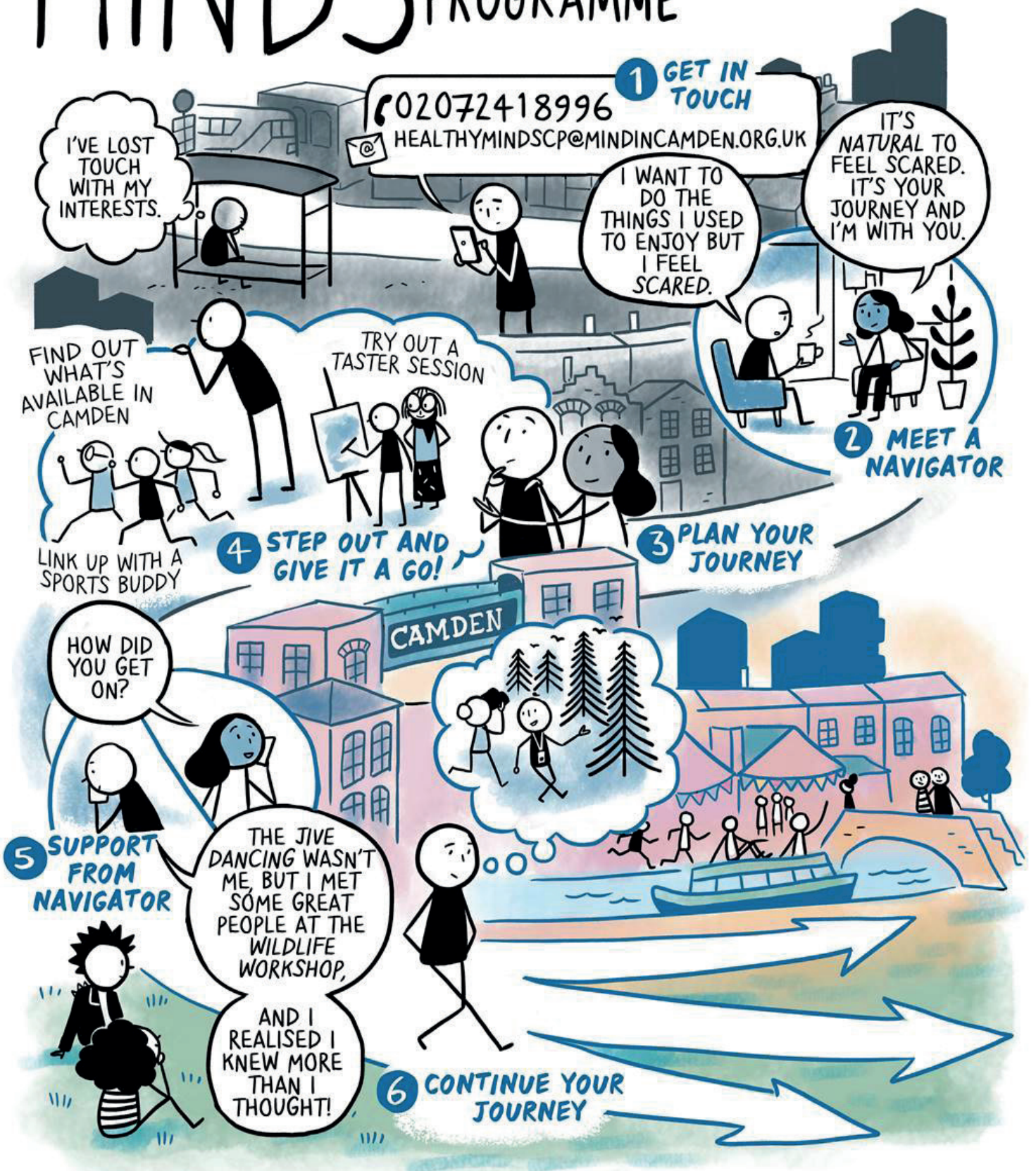
HOW DID YOU GET ON?

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



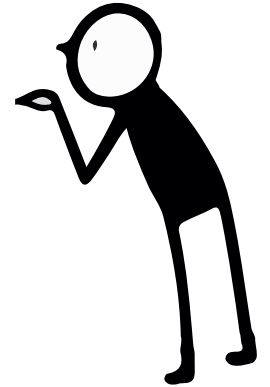
ABOUT THE HEALTHY MINDS COMMUNITY PROGRAMME

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 We may become withdrawn because of discrimination, trauma, mental health issues or social exclusion.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

MARCH 2022

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

Portugal Prints (5/8)
10am - 12:30
Yoga
2pm - 3pm

7

Badminton
2pm - 3pm
TTP: Ceramics
Workshop (2/4)
2pm - 4pm

1

The Foundling
Museum (2/6)
10:30am - 1pm
Coffee Morning
11am - 12:30pm

2

Walking Group
11am - 12pm

3

Friday FEAST!
1pm - 2pm
Glass Painting (2/5)
2pm - 4pm

4

Adult Education

5

Arts & Media

6

Portugal Prints (6/8)
10am - 12:30
Yoga
2pm - 3pm

14

Badminton
2pm - 3pm
TTP: Ceramics
Workshop (3/4)
2pm - 4pm

15

The Foundling
Museum (3/6)
10:30am - 1pm
Gardening @
Castlehaven
10:30am - 2pm

9

Walking Group
11am - 12pm

10

Friday FEAST!
1pm - 2pm
Glass Painting (3/5)
2pm - 4pm

11

Community

12

Culture

13

Portugal Prints (7/8)
10am - 12:30
Yoga
2pm - 3pm

21

Badminton
2pm - 3pm
TTP: Ceramics
Workshop (4/4)
2pm - 4pm

22

The Foundling
Museum (4/6)
10:30am - 1pm
Gardening @
Castlehaven
10:30am - 2pm

16

Walking Group
11am - 12pm

17

Friday FEAST!
1pm - 2pm
Glass Painting (4/5)
2pm - 4pm

18

Nature

19

Sports & Fitness

20

Portugal Prints (8/8)
10am - 12:30
Yoga
2pm - 3pm

28

Badminton
2pm - 3pm
TTP: Ceramics
Workshop (4/4)
2pm - 4pm

29

The Foundling
Museum (5/6)
10:30am - 1pm
Gardening @
Castlehaven
10:30am - 2pm

23

Walking Group
11am - 12pm

24

Friday FEAST!
1pm - 2pm
Glass Painting (5/5)
2pm - 4pm

25

27

Portugal Prints (8/8)
10am - 12:30
Yoga
2pm - 3pm

28

Badminton
2pm - 3pm
TTP: Ceramics
Workshop (4/4)
2pm - 4pm

29

The Foundling
Museum (6/6)
10:30am - 1pm
Gardening @
Castlehaven
10:30am - 2pm

30

Walking Group
11am - 12pm
The British Museum
Walk and Talk
2pm - 4pm

31

25

27

DON'T FORGET TO BOOK!
You must book to attend
our sessions.
Call: 020 7241 8996

IN MORE DETAIL

REGULAR FIXTURES

YOGA

Join our Yoga teacher Federica and Learn how Yoga can help strengthen your body and improve your wellbeing. This session is 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. They are a chance for you to meet other members, hear about what's coming up in the programme and share your feedback with us.

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

WALKING GROUP

Join us for a volunteer-led social walk around Camden's 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 dining and volunteering options with the vegetarian food waste charity FEAST.

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

BRITISH MUSEUM WALK & TALK

A volunteer-led walk around one of the Museum's many exhibitions.

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

COURSES & ONE OFFS

PORTUGAL PRINTS (COURSE)

An 8-week art course providing a safe space to learn new techniques, develop your creativity & experience personal growth through expression.

@ 220 Arlington Road, London, NW1 7HE

THE FOUNDLING MUSEUM (WORKSHOP)

This 6-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

DIGITAL POETRY & STORYTELLING (WORKSHOP)

The charity Stretch and Poet in the City bring you this 4-week workshop in digital storytelling. You will learn to create poems inspired by Camden and turn them into short digital films.

@ The Living Centre, 2 Ossulston St, NW1 1DF

PAINTING ON GLASS (COURSE)

In this 5-week course you will learn kiln fired glass painting techniques to create a piece of glass art with lead edging and copper hoops - perfect for hanging in a window.

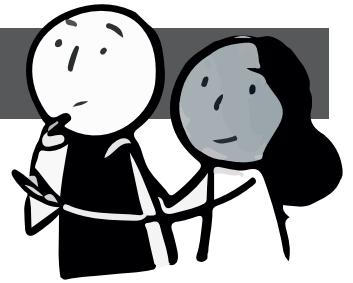
@ Mary Ward Centre, 42 Queens Sq, WC1N 3AQ

POTTERY & CERAMICS (WORKSHOP)

The Thames Discovery Programme (TDP) have teamed up with Clayground Collective to deliver this archeology for wellbeing series of workshops. Learn to identify pottery, go mudlarking on the Thames to discover ancient pieces of pottery, visit a museum to see how pottery develops through the ages, before attending a 4-week ceramics course where you will learn to make your own.

@ Various locations

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 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

#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.