

HEALTHY

MINDS COMMUNITY PROGRAMME

 **mind**
for better mental health
in Camden

APRIL - JUNE 2019

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?

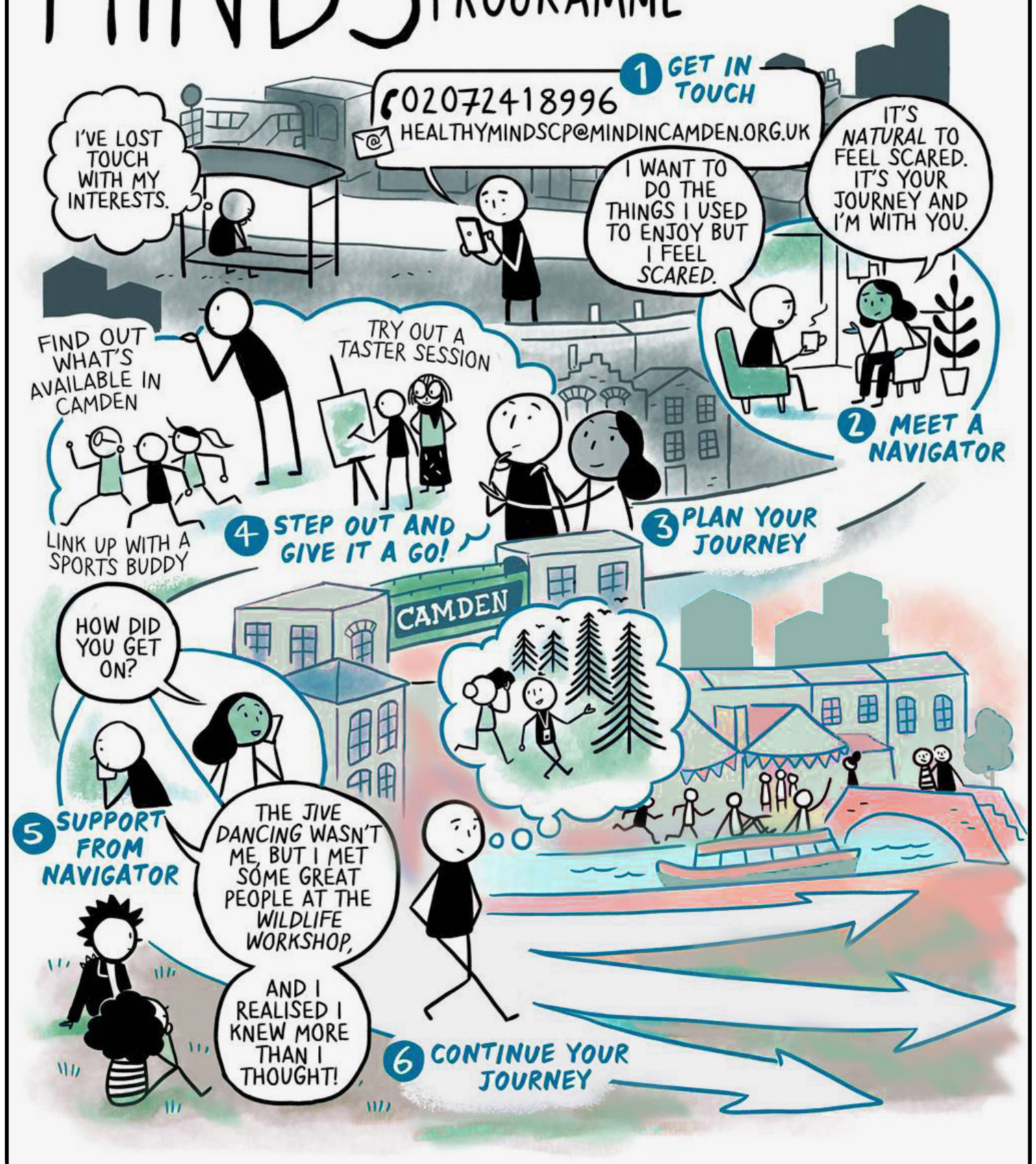
5 SUPPORT FROM NAVIGATOR

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 We may become withdrawn because of discrimination, trauma, mental health issues or social exclusion.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 group sessions and 1:1 support.

FREE ACTIVITIES

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 runs 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

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
- » Support you to identify interests and create goal plans
- » Support you to access voluntary and paid employment
- » Register you for Healthy Minds activities and send you text reminders
- » Help you to find more activities within the community
- » Support you to engage with additional services if required
- » Attend activities with you



'HEALTHY MINDS = HAPPY DAYS' - TERRY, HM PARTICIPANT

SPORTS BUDDY SUPPORT



If you're someone who would like to do more fitness activity but don't know how to start, feel self-conscious in groups or perhaps haven't found a way to keep fit that is affordable or enjoyable, a sports buddy may be a great way to start. Our sports buddies offer a mixture of 1:1 and group fitness sessions, tailored around your interests.

EDUCATION AND SKILLS BURSARY

We have partnered with Mary Ward Centre to offer some opportunities for financial support to people who would like to access a course at Mary Ward Centre as part of their development. 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.

HOW TO JOIN THE 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:

Step 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!

Step 2: 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 will complete your referral form and explain further how the programme works and what support you can access.

Step 3: Come along to your meeting and help us get to know you a bit more. We'd really like to get to know how we can best support you whilst you're with us. This is when we'll discuss support options to see which option would be most suitable for you.

Step 4: You're now a Healthy Minds participant and from this point forward you'll have free access to our programme for a whole 12 months.

WHAT OUR PARTICIPANTS SAY!



"Thank you for all your help and support over the last several weeks. You've got such a nice disposition, you really made me feel very relaxed. I feel so positive about starting the new courses." – Message from a participant to their Navigator

"I made it to the exhibition and I am so glad I did. It was wonderful and I could enjoy it fully because it was spacious and not many people. Perfect! Thank you for arranging the ticket for me :)"

"Thank you for the Kew garden trip- I had a lovely day. Most of my life seems to be hospital/treatment appointments these days, then home and rest, so it was really lovely to have a day out, especially somewhere so lovely." Lesley, HM participant



"I didn't know Woodberry Wetlands was there, and it blew my mind – it was fascinating"

APRIL

Check out the back of this booklet for venue addresses



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

	Portugal Prints 4 week course (1/4) 10am - 1pm @ Arlington House Active Strength Yoga 2pm - 3pm @ Swiss Cottage Womans Dance Exercise Group 11am - 12pm @ Surma Centre	1	Wild Wellbeing Taster Session 2pm - 4pm @ Woodberry Wetlands Badminton 2pm - 3pm @ Talacre Sports Centre	2	Healthy Minds Coffee Morning 11am - 12.30pm @ Mind in Camden (drop in) GoodGym Outdoor Exercise Group 12pm - 1.30pm @ Mind in Camden	3	Guided Tour, In the Mind 11.30am - 12.30pm @ the Free Space Project Mindful Yoga 3pm - 4pm @ St Pancras & Somers Town Living Centre Tai Chi 2pm-3pm @ SankTus	4	Creative Stories 2pm - 4pm @ the Hub (drop in session)	5		6
Exhibition: Edvard Munch: love and angst @ British Museum 12pm entry, limited tickets	Portugal Prints 4 week course (2/4) 10am-1pm @ Arlington House Active Strength Yoga 2pm - 3pm @ Swiss Cottage Womans Exercise Dance Group 11am - 12pm @ Surma Centre	7	Kew Gardens Trip 1.1am - 4pm @ Kew Gardens Walky Talky 2pm - 3pm @ the Hub (drop in session)	8	Get Fit, Get Active, Get Gardening 10.30am - 2.30pm @ Castlehaven (drop in) GoodGym Outdoor Exercise Group 12pm - 1.30pm @ Mind in Camden	9	Tai Chi 2pm-3pm @ SankTus Mindful Yoga 3pm - 4pm @ St Pancras & Somers Town Living Centre Creative Writing 10.30am - 12.30pm @ Charlie Ratchford Centre	10	Creative Stories 2pm - 4pm @ the Hub (drop in session)	11		12
	Portugal Prints 4 week course (3/4) 10am-1pm @ Arlington House Active Strength Yoga 2pm - 3pm @ Swiss Cottage Womans Exercise Dance Group 11am - 12pm @ Surma Centre	14	Walky Talky 2pm - 3pm @ the Hub (drop in session)	15	Get Fit, Get Active, Get Gardening 10.30am - 2.30pm @ Castlehaven (drop in) GoodGym Outdoor Exercise Group 12pm - 1.30pm @ Mind in Camden	16	Tai Chi 2pm-3pm @ SankTus Mindful Yoga 3pm - 4pm @ St Pancras & Somers Town Living Centre	17	Creative Stories 2pm - 4pm @ the Hub (drop in session)	18		19
	EASTER MONDAY Community Crosswords 11.30am - 12.30pm @ the Hub (drop in session)	21	Badminton 2pm - 3pm @ Talacre Sports Centre	22	Get Fit, Get Active, Get Gardening 10.30am - 2.30pm @ Castlehaven (drop in) Dance Movement Therapy 1.45pm - 2.35pm @ the Hub (drop in session)	23	Mindful Yoga 3pm - 4pm @ St Pancras & Somers Town Living Centre	24	Creative Stories 2pm - 4pm @ the Hub (drop in session)	25		26
	Portugal Prints 4 week course (4/4) 10am-1pm @ Arlington House Active Strength Yoga 2pm - 3pm @ Swiss Cottage Womans Exercise Dance Group 11am - 12pm @ Surma Centre	28	Badminton 2pm - 3pm @ Talacre Sports Centre	29		30						27

Printable A3 Copies of the calendar are available on our website: www.mindincamden.org.uk or email us for one in the post

Dont forget to book your space on our activities before turning up



MAY

"The yoga sessions are blinking amazing!"

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<p>Healthy Minds Coffee Morning 11am - 12.30pm @ Mind in Camden (drop in)</p> <p>GoodGym Outdoor Exercise Group 12pm - 1.30pm @ Mind in Camden</p> <p>1</p>	<p>Tai Chi 2pm - 3pm @ SankTus</p> <p>Mindful Yoga 3pm - 4pm @ St Pancras & Somers Town Living Centre</p> <p>Creative Writing 10.30am - 12.30pm @ Charlie Ratchford Centre</p> <p>2</p>	<p>Creative Stories 2pm - 4pm @ the Hub (drop in session)</p> <p>3</p>	<p>4</p>
	<p>BANK HOLIDAY MONDAY</p> <p>Community Crosswords 11.30am - 12.30pm @ the Hub (drop in)</p> <p>6</p>	<p>Badminton 2pm - 3pm @ Talacre Sports Centre</p> <p>Nutrition Talks (Fats) 11am - 12.30pm @ Charlie Ratchford Centre</p> <p>7</p>	<p>Get Fit, Get Active, Get Gardening 10.30am - 2.30pm @ Castlehaven (drop in)</p> <p>GoodGym Outdoor Exercise Group 12pm - 1.30pm @ Mind in Camden</p> <p>8</p>	<p>Tai Chi 2pm-3pm @ SankTus</p> <p>Mindful Yoga 3pm - 4pm @ St Pancras & Somers Town Living Centre</p> <p>9</p>	<p>Creative Stories 2pm - 4pm @ the Hub (drop in session)</p> <p>10</p>	<p>11</p>
	<p>Active Strength Yoga 2pm - 3pm @ Swiss Cottage</p> <p>Womans Exercise Dance Group 11am - 12pm @ Surma Centre</p> <p>13</p>	<p>Wild Wellbeing Nature Walk 2pm - 3pm @ Camley Street</p> <p>Badminton 2pm - 3pm @ Talacre Sports Centre</p> <p>Nutrition Talks (Healthy Lifestyle) 11am - 12.30pm @ Charlie Ratchford Centre</p> <p>14</p>	<p>Get Fit, Get Active, Get Gardening 10.30am - 2.30pm @ Castlehaven (drop in)</p> <p>GoodGym Outdoor Exercise Group 12pm - 1.30pm @ Mind in Camden</p> <p>15</p>	<p>Tai Chi 2pm-3pm @ SankTus</p> <p>Mindful Yoga 3pm - 4pm @ St Pancras & Somers Town Living Centre</p> <p>Creative Writing 10.30am - 12.30pm @ Charlie Ratchford Centre</p> <p>16</p>	<p>Creative Stories 2pm - 4pm @ the Hub (drop in session)</p> <p>17</p>	<p>18</p>
<p>Manga Exhibition @ British Museum</p> <p>19</p>	<p>Active Strength Yoga 2pm - 3pm @ Swiss Cottage</p> <p>Womans Exercise Dance Group 11am - 12pm @ Surma Centre</p> <p>20</p>	<p>Badminton 2pm - 3pm @ Talacre Sports Centre</p> <p>Nutrition Talks (Superfoods) 11am - 12.30pm @ Charlie Ratchford Centre</p> <p>21</p>	<p>Get Fit, Get Active, Get Gardening 10.30am - 2.30pm @ Castlehaven (drop in)</p> <p>Dance Movement Therapy 1.45pm - 2.35pm @ the Hub</p> <p>22</p>	<p>Mindful Yoga 3pm - 4pm @ St Pancras & Somers Town Living Centre</p> <p>23</p>	<p>Creative Stories 2pm - 4pm @ the Hub (drop in session)</p> <p>24</p>	<p>25</p>
	<p>BANK HOLIDAY MONDAY</p> <p>Community Crosswords 11.30am - 12.30pm @ the Hub (drop in)</p> <p>27</p>	<p>Walky Talky 2pm - 3pm @ the Hub (drop in)</p> <p>28</p>	<p>Get Fit, Get Active, Get Gardening 10.30am - 2.30pm @ Castlehaven (drop in)</p> <p>Dance Movement Therapy 1.45pm - 2.35pm @ the Hub</p> <p>Creative Writing 10.30am - 12.30pm @ Charlie ratchford Centre</p> <p>29</p>	<p>Mindful Yoga 3pm - 4pm @ St Pancras & Somers Town Living Centre</p> <p>30</p>	<p>Creative Stories 2pm - 4pm @ the Hub (drop in session)</p> <p>31</p>	
<p>26</p>						

Join up to our newsletter for regular updates just call or email us!

JUNE

02072418996
HEALTHYMINDSCF@MINDINCAMDEN.ORG.UK



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

	Portugal Prints 8 week course (1/8) 10am-1pm @ Arlington House Community Crosswords 11.30am - 12.30pm @ the Hub (drop in) Active Strength Yoga 2pm - 3pm @ Swiss Cottage	Wild Wellbeing Taster Session 2pm - 4pm @ Woodberry Wetlands Badminton 2pm - 3pm @ Talacre Sports Centre	Healthy Minds Coffee Morning 11am - 12.30pm @ Mind in Camden (drop in) GoodGym Outdoor Exercise Group 12pm - 1.30pm @ Mind in Camden	Mindful Yoga 3pm - 4pm @ St Pancras & Somers Town Living Centre	Creative Stories 2pm - 4pm @ the Hub (drop in)	8
9	Portugal Prints 8 week course (2/8) 10am-1pm @ Arlington House Community Crosswords 11.30am - 12.30pm @ the Hub (drop in) Active Strength Yoga 2pm - 3pm @ Swiss Cottage	Wild Wellbeing Nature Walk 2pm - 4pm @ Camley Street Badminton 2pm - 3pm @ Talacre Sports Centre	Get Fit, Get Active, Get Gardening 10.30am - 2.30pm @ Castlehaven (drop in) GoodGym Outdoor Exercise Group 12pm - 1.30pm @ Mind in Camden	Mindful Yoga 3pm - 4pm @ St Pancras & Somers Town Living Centre Creative Writing 10.30am - 12.30pm @ Charlie Ratchford Centre	Creative Stories 2pm - 4pm @ the Hub (drop in)	15
16	Portugal Prints 8 week course (3/8) 10am-1pm @ Arlington House Community Crosswords 11.30am - 12.30pm @ the Hub (drop in) Active Strength Yoga 2pm - 3pm @ Swiss Cottage	Badminton 2pm - 3pm @ Talacre Sports Centre Walky Talky 2pm - 3pm @ the Hub (drop in)	Henna Workshop 1pm - 3pm @ Saint Pancras Community Association GoodGym Outdoor Exercise Group 12pm - 1.30pm @ Mind in Camden	Mindful Yoga 3pm - 4pm @ St Pancras & Somers Town Living Centre	Creative Stories 2pm - 4pm @ the Hub (drop in)	22
23	Portugal Prints 8 week course (4/8) 10am-1pm @ Arlington House Community Crosswords 11.30am - 12.30pm @ the Hub (drop in) Active Strength Yoga 2pm - 3pm @ Swiss Cottage	Badminton 2pm - 3pm @ Talacre Sports Centre Walky Talky 2pm - 3pm @ the Hub (drop in)	Get Fit, Get Active, Get Gardening 10.30am - 2.30pm @ Castlehaven (drop in) Dance Movement Therapy 1.45pm - 2.35pm @ the Hub (drop in)	Mindful Yoga 3pm - 4pm @ St Pancras & Somers Town Living Centre Creative Writing 10.30am - 12.30pm @ Charlie Ratchford Centre	Creative Stories 2pm - 4pm @ the Hub (drop in)	29

Portugal Prints 8 week course continues every Monday through to 22nd July.

Please book onto Healthy Minds sessions to ensure you receive the information in advance. If you do not book you may not receive important information related to your session. You can book over the phone or email.

Please note that activities delivered by the Hub and Castlehaven Community Association are drop in sessions open to the general public.

HEALTHY MINDS ACTIVITY DESCRIPTIONS

PORTUGAL PRINTS ART COURSE

This creative arts course provides a welcoming and relaxing space to develop your creativity and help personal development through your art. Sessions will be run in a flexible way introducing different guided art techniques or allowing you to work on your own pieces of art.

CREATIVE WRITING

Would you say you're a creative person? Or would you like to find a new way of expressing yourself? We have new creative writing sessions to help develop your skills and build confidence through a series of writing exercises. Work through some of the basic techniques and learn how to help others through constructive critiquing and editing.

WILD WELLEBEING SESSIONS

Come along to Woodberry Wetlands for an introduction to our nature and wildlife reserves. Explore the natural surroundings and see what wildlife you can spot through walks, workshops and trips to Kew Gardens.

GET FIT, GET ACTIVE, GET GARDENING

Fancy getting your fingers green? Join in this local volunteer gardening group at Castlehaven Community Association. Get stuck in planting and maintaining the community park and work with other local community gardens to help them improve their green spaces too.

NUTRITION TALKS

This series will be about Fats, maintaining a Healthy Lifestyle and Superfoods. Come along to find out more about what these food types are, how to use them as part of a balanced diet and how this can affect your health and support weight loss.

TAI CHI

Part of a 6 week block and an introduction into the practice of Tai Chi. You will learn some basic movements and how the practice can help your overall wellbeing.

HENNA WORKSHOP

A creative workshop exploring ancient henna art techniques as a way to improve wellbeing by helping you find peace and tranquillity. You will learn to create and follow intricate henna designs to relax your mind whilst creating beautiful artistic pieces.

MINDFUL YOGA

Gentle yoga class of mindful movement and stretching. Including calming breathing techniques and relaxation for mental wellbeing. All levels welcome, including beginners and those with limited mobility.

ACTIVE STRENGTH YOGA

Energising class to build strength and stability in a fun and supportive environment. Learn how yoga can help strengthen your body and improve mental wellbeing. All levels welcome, including beginners.

BADMINTON

Led by our Sports Buddies come along to our new Badminton sessions for a fun and friendly game with others.

WOMANS EXERCISE DANCE GROUP

This fun full body workout includes basic Latin and Bollywood style dance and Aerobic and Pilates stretches.

GOODGYM OUTDOOR EXERCISE GROUP

Join our group at Mind in Camden and combine community volunteering with exercise! We complete a brisk walk to a local community space where you will work on a light helpful task such as gardening or community work. This is followed by an optional fitness session and brisk walk back.

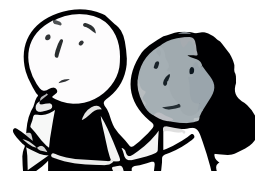
HEALTHY MINDS COFFEE MORNING

Pop in to our new group held on the 1st Wednesday of every month, we'll provide the tea, coffees and biscuits! You'll have the opportunity to meet other Healthy Minds participants, find out about what's happening around Camden and talk through some of your goals with the team.

COMMUNITY PREVIEWS

Be the first to see a new exhibition at the British Museum with these community previews. Register for a ticket and be part of an exclusive group granted access to these exhibitions before they're opened up to the general public.

"Thank you so much. You're amazing. I really appreciate all of your help and support and the fact that I can still work with Healthy Minds, as I know I've not engaged. It's really nice to know the support is still there. I really look forward to Thursday, it's very random and something I'll enjoy."



VENUES

If you have any questions about our venues, accessibility or directions, please do get in touch with us.

Call: 020 7241 8996

Email: healthymindscp@mindincamden.org.uk

MIND IN CAMDEN

Barnes House, 9-15 Camden Road
London, NW1 9LQ

SWISS COTTAGE COMMUNITY CENTRE 19 Winchester Rd, NW3 3NR

WOODBERRY WETLANDS

New River Path Lordship Road
London, N16 5HQ

SANKTUS Our Lady of Christians Church, 4 Lady Margaret Road, London NW5

SURMA CENTRE

1 Robert Street, Kings Cross NW1 3JU

CAMLEY STREET

Camley Street Natural Street, 12
Camley, Kings Cross N1C 4PW

ST PANCRAS AND SOMERS TOWN LIVING CENTRE

2 Ossulston Street London,
NW1 1DF

PORTUGAL PRINTS

220 Arlington Rd, London, NW1 7HE

THE BRITISH MUSEUM

Great Russell St, Bloomsbury
London, WC1B 3DG

CASTLEHAVEN COMMUNITY ASSOCIATION

The Haven, 23 Castlehaven Road, London, NW1 8RU

FREE SPACE PROJECT

Kentish Town Health Centre
2 Bartholomew Road NW5 2BX

SAINT PANCRAS COMMUNITY ASSOCIATION (SPCA)

67 Plender Street NW1 0LB

CENTRAL SAINT MARTINS

Granary Building, 1 Granary Square, Kings Cross, London N1C 4AA

MARY WARD CENTRE

42 Queen Square, London WC1N 3AQ

THE CHARLIE RATCHFORD CENTRE

Belmont St, NW1 8HF

TALACRE SPORTS CENTRE

Dalby Street, London NW5 3AF

THE HUB

8 Fairhazel Gardens, NW6 3SG

'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, HM PARTICIPANT



SPCA



The British Museum

CONTACT HEALTHY MINDS

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