

# DIGITAL / COLLECTIVE // 06 JULY 2020

ABOUT D/C

Born out of a global pandemic, the digital collective is your weekly one-stop-shop, listing the very best FREE-to-access events, groups, classes and activities from the Camden Community. Just click on the [link](#) to access the FREE activity of your choice.

**Scroll down for:** Healthy Minds offers, community news and activities you can enjoy from home.

## MONDAY

6.30am, 12pm & 8pm **Online Yoga** > Swiss Cottage

10.30am until 11:30am **Monday Support Group** > Swiss Cottage

2.30pm until 3.30pm **Alone Together Club** > North London Carers

6.30pm until 7.30pm **Zoom-ba** > Abbey Community Centre

7pm until 8.45pm **Fight Isolation Blues** > Regent's Park Singers

## TUESDAY

6.30am, 12pm & 8pm **Online Yoga** > Swiss Cottage

12pm until 1pm **Making the Most of Now** > West Euston Partnership

12pm until 1pm **Online Gardening Workshop** > Castlehaven

1.30pm until 2.30pm **Chair Yoga** > North London Carers

6.30pm until 7.30pm **Zoom-ba** > Abbey Community Centre

## WEDNESDAY

6.30am, 12pm & 8pm **Online Yoga** > Swiss Cottage

1.45pm until 2.45pm **Online Tai Chi** > West Euston Partnership

6.30pm until 7.30pm **Radio Garden** > North London Cares

6.30pm until 7.30pm **Zoom-ba** > Abbey Community Centre

## THURSDAY

6.30am, 12pm & 8pm **Online Yoga** > Swiss Cottage

12pm until 1pm **Online Gardening Workshop** > Castlehaven

1.45pm until 2.45pm **Online Tai Chi** > West Euston Partnership

3.30pm until 4.30pm **Re-cycle-art class** > Abbey Community Centre

3.30pm until 4.30pm **Wellbeing hour** > North London Carers

6.30pm until 7.30pm **Zoom-ba** > Abbey Community Centre

## FRIDAY (CONTINUES ON NEXT PAGE)

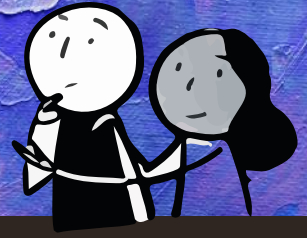
6.30am, 12pm + 8pm **Online Yoga** > Swiss Cottage



0207 241 8996



healthyminds@mindincamden.org.uk



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## FRIDAY (CONTINUED)

12pm until 1pm **Making the Most of Now** > West Euston Partnership

2pm until 3pm **Desert Island Discs** > North London Cares

4pm until 5pm **Community Drop in** > Black Thrive

6.30pm until 7.30pm **Zoom-ba** > Abbey Community Centre

## SATURDAY

6.30pm until 7.30pm **Zoom-ba** > Abbey Community Centre

## SUNDAY

6.30pm until 7.30pm **Zoom-ba** > Abbey Community Centre

## EXTRA SUPPORT



**We know these are trying times.** It's normal to feel anxious, stressed, worried and all the other feelings which can overwhelm us. That's why we've compiled a list of numbers and websites where you will be able to find a bit of extra support.

**Camden & Islington Crisis Line:** 020 3317 6777

**Samaritans:** free confidential support 24/7: 116 123

**Saneline:** out-of-hours mental health helpline offering specialist emotional support, guidance and information to anyone affected by mental illness, including family, friends and carers. Opening hours: 4.30pm to 10.30pm. Call on 0300 304 7000.

**The Help Hub** is now up and running, connecting you with professional counsellors who are there to listen and support you through this crisis.

**Camden Council** has a **useful website** that can help you find support with things like getting groceries, book drops and entertainment, dog walking, financial support, prescription pickups, physical and mental wellbeing and staying social.

**Camden Mutual Aid groups:** Voluntary groups supporting those who are vulnerable or in self-isolation with shopping, dog walking and other daily tasks:

**Hampstead and Kilburn Covid-19 Community Relief** (Facebook)

**Ravenshaw, Broomsleigh, Dornfell, Glastonbury Streets NW6** (WhatsApp)

**NW5** (Facebook)

**West Hampstead NW6 Community Help COVID 19** (WhatsApp)



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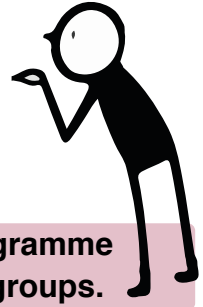
healthymindscp@mindincamden.org.uk

# HEALTHY MINDS COMMUNITY PROGRAMME

 mind in camden  
for better mental health

In ordinary times, the Healthy Minds Community programme is a growing collaboration of partners and participants brought together by Mind in Camden to create exciting members-only offers from the Camden community.

Members must be aged over 18 and a Borough of Camden resident or registered with a Camden GP.



**During lockdown we are running a special programme for members, including peer support & social groups.**

## HOW CAN I BECOME A HEALTHY MINDS DIGITAL MEMBER?

1

Please **email us** at [healthymindscp@mindincamden.org.uk](mailto:healthymindscp@mindincamden.org.uk) and we will arrange a referral meeting with you.

2

A team member will aim to call you within **1 week** to complete the referral form and talk you through what we offer.

**Once lockdown has ended and our usual programme has resumed, you will become a fully-fledged Healthy Minds Member and have access to all our offers for 1 year.**

### MONDAY:

**11.45am-1pm Writing Group:** Use the power of words to express yourself in a relaxed environment

**12pm-1pm Self-care and Anxiety Management > CAP**

**2pm-3pm Camden Peer Mentoring Service:** Virtual Peer Support Group > **Voiceability**

### TUESDAY:

**11am-11.50am Film Club:** Pick, watch and discuss films playing over the weekend

**12pm-1pm Hearing Voices Peer Support Group:** For those who hear, see or sense things other people do not

**12pm-1pm Talk to your GP:** Covid Q&A with CAP

**1pm-2pm Low Mood Peer Support Group:** For those who are struggling with low moods

**Various times 1-1 Art Therapy > Likewise**

### WEDNESDAY:

**11am-12.30pm Virtual Coffee Morning:** Pour yourself a brew and join us for an informal chat

**12pm-1pm Needlecraft & Embroidery > CAP**

**1pm-2pm Experimental Collage Making:** Session 1 of 4 > **Mary Ward Centre**

**3pm-4pm Connect and Share session > Advocacy Project**

**5.15pm-6.30pm Hearing Voices > The London Hearing Voices Network**

### THURSDAY:

**11am-12pm Become an Immune warrior:** Food for Health > **CAP**

### FRIDAY:

**11am-12pm Anxiety Peer Support Group:** Support and share experiences of anxiety

**4pm-5pm My Beliefs Peer Support Group:** For those with paranoia or beliefs others may find unusual

**Various times 1-1 Art Therapy > Likewise**

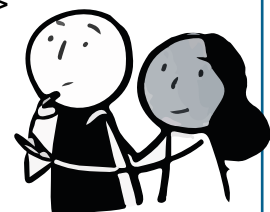
## FOR MORE INFORMATION:

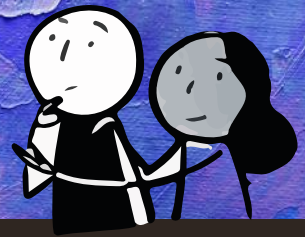


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## TRY IT OUT



On a budget Virtual Cooking course from Bags of Taste with free ingredients dropped to your door!

The Global Generation's stay at home garden

Online arts and crafts courses with the Working Men's College

The British Museum's collection on desire, love & identity

Find out how to make an embroidered postcard

Make a papier-mâché bird and then decorate it with paint

Walk and Talk at home activity with the British Museum



Mental Health packs from Healthy Minds, Healthy Bods

Art in Everyday Life with Somers Town Museum

Explore the British Library collection of UK LGBTQ histories

Castlehaven's resource list in support of Black Lives Matter

You can watch some free films here

Stay Active at Home with Public Health England's guide

Thrive with Nature from Mental Health Foundation & WWF



## ACCESS ANYTIME

## COMMUNITY NEWS



Self-Employment Income support scheme. Check your eligibility until the 13th of July

Government produced webinars for business support

Starting Line is a group learning programme for disabled residents beginning work, training or volunteering

West Euston Partnership is offering FREE online lessons for people at ESOL Entry 2 level. Email: [info@westeuston.org](mailto:info@westeuston.org)

Castlehaven's new food bank

