

# DIGITAL / COLLECTIVE // 13 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

8am until 8.30am [Qigong Practice](#) > College of Medicine

10.30am until 11:30am [Monday Support Group](#) > Swiss Cottage

2.30pm until 3.30pm [Alone Together Club](#) > North London Carers

2.30pm until 3.30pm [Art at Home](#) > 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

8am until 8.30am [Qigong Practice](#) > College of Medicine

11am until 12pm [Art and Flow](#) > The Recovery College

12pm until 1pm [Online Gardening Workshop](#) > Castlehaven

6.30pm until 7.30pm [Zoom-ba](#) > Abbey Community Centre

6.30pm until 7.30pm [London's Urban Forest](#) > The Friends of Tower Hamlets Cemetery Park

6.30pm until 7.30pm [Mindfulness Practice](#) > College of Medicine

## WEDNESDAY

6.30am, 12pm & 8pm [Online Yoga](#) > Swiss Cottage

8am until 8.30am [Qigong Practice](#) > College of Medicine

1.45pm until 2.45pm [Online Tai Chi](#) > West Euston Partnership

6.30pm until 7.30pm [Contemporary Dance](#) > North London Cares

6.30pm until 7.30pm [Zoom-ba](#) > Abbey Community Centre

8pm until 9pm [Qigong Meditation](#) > Collage of Medicine

## THURSDAY

6.30am, 12pm & 8pm [Online Yoga](#) > Swiss Cottage

8am until 8.30am [Qigong Practice](#) > College of Medicine

10.30am until 11am [Thought Field Therapy Sessions](#) > College of Medicine

12pm until 1pm [Online Gardening Workshop](#) > Castlehaven

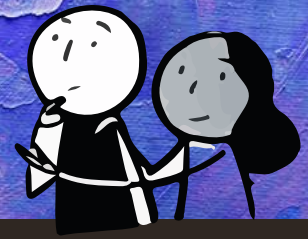
1.45pm until 2.45pm [Online Tai Chi](#) > West Euston Partnership



0207 241 8996



[healthymindscp@mindincamden.org.uk](mailto:healthymindscp@mindincamden.org.uk)



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

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

6.30pm until 7.30pm **Dance Class** > North London Carers

### FRIDAY

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

8am until 8.30am **Qigong Practice** > College of Medicine

10am until 11am **Full Qigong Practice** > College of Medicine

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

2.30pm until 3.30pm **Mandela Day** > North London Cares

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

4pm until 5pm **Freddy's Free Friday Therapy** > College of Medicine

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

### SATURDAY

10am until 10.30am **Lu Jong** > College of Medicine

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

### SUNDAY

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

## EXTRA SUPPORT

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

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

**Saneline:** out-of-hours mental health helpline: 4.30pm to 10.30pm. Call on 0300 304 7000.

**The Help Hub** connects you with professional counsellors who are there to listen and support

**Camden Council** has a **useful website** that can help you find support

**SilverCloud** have free programmes to help manage stress, sleep better, build resilience and cope during Covid-19. Use the pin CAMDEN to access

**Camden Mutual Aid groups:** Voluntary support for those who are vulnerable or self-isolating

**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)



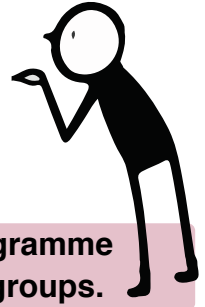
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healthymindscp@mindincamden.org.uk

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:** Express yourself through the power of words

**12pm-1pm Self-care and Anxiety Management > The Cultural Advocacy Project (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 > **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 2 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**

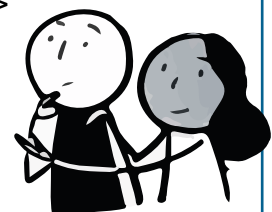
## FOR MORE INFORMATION:

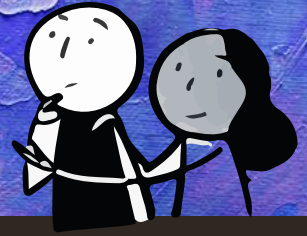


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## TRY IT OUT



Develop new skills with top educators through [Future Learn](#)

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](#)



[Mental Health packs](#) from Healthy Minds, Healthy Bods

Explore the [Jewish Museum](#) online collection

[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

Stay [Active at Home](#) with Public Health England's guide

[Thrive with Nature](#) from Mental Health Foundation & WWF



## ACCESS ANYTIME

## COMMUNITY NEWS



Clear, practical advice for people experiencing issues with [mental health and money](#)

'Think & Do' is a community space for the people of Camden to develop ideas and projects tackling the climate crisis.

Government produced [webinars](#) for business support

Starting Line is a [group learning programme](#) for disabled residents beginning work, training or volunteering

Castlehaven's [new food bank](#)

