

HEALTHY MINDS COMMUNITY PROGRAMME



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

3 PLAN YOUR JOURNEY

4 STEP OUT AND GIVE IT A GO!

LINK UP WITH A SPORTS BUDDY

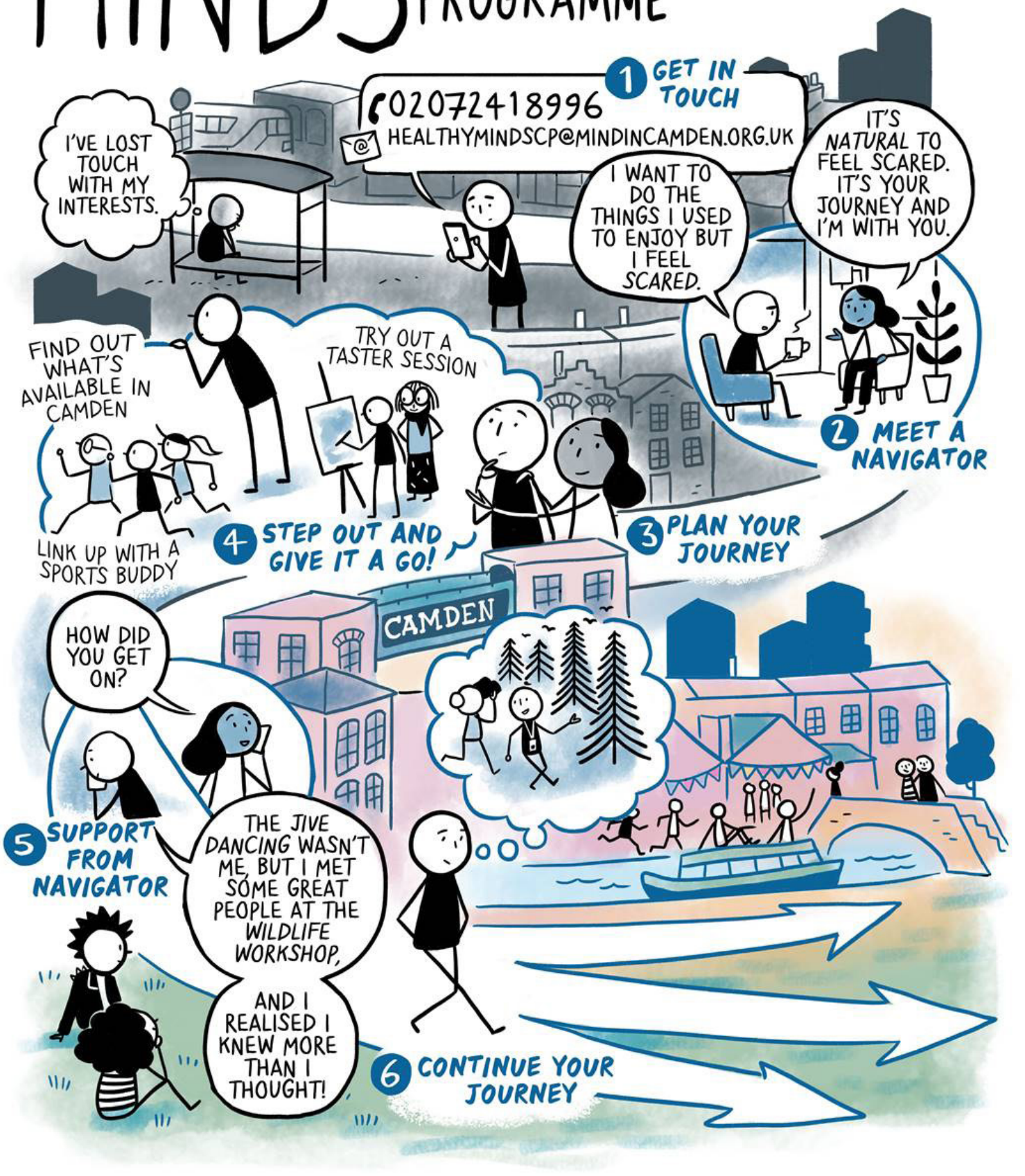
HOW DID YOU GET ON?

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



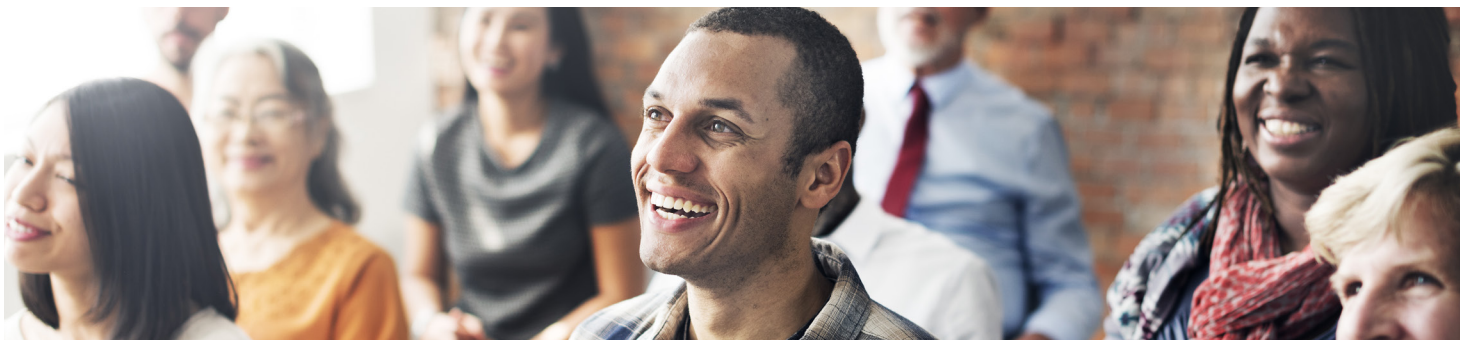
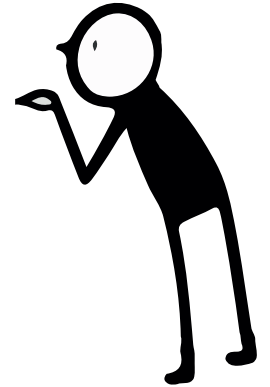
ABOUT THE HEALTHY MINDS COMMUNITY PROGRAMME

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 We may become withdrawn because of discrimination, trauma, mental health issues or social exclusion.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 twice 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 & 3rd Thursday of every month, come along!



SUPPORT

Our activity-based well-being groups are the perfect place for you to come and engage with a new activity without the pressure of making those initial conversations. They are safe places where relationships occur organically. We never pressure you to participate in anything you do not want to, and if you've just turned up for the activity and are not looking to make friends, that's fine with us too. We want you to come as you are.

We will invite you for quarterly check-in meetings with one of our community engagement volunteers to ensure you get what you want from the programme. These check-in meetings will take place every three months and are an opportunity to discover what offers are coming up. If you have a goal or aim but are struggling to reach it, our volunteers can help you view things differently.

To make our spaces as open and accessible as possible, our community engagement volunteers will be on hand to welcome you. We train our volunteers in mental health awareness and trauma-informed practice, so you will always have support when attending one of our groups.

HOW TO JOIN THE HEALTHY MINDS PROGRAMME

This programme is free for anyone over 18 living in Camden - you must have a Camden GP or . You can refer yourself or be referred via an organisation.

You can join the programme or help someone join the programme through the Reach Out single point of access

To join the programme, or help someone else join you reach us online by phone or in person

Website: <https://reachoutcamden.co.uk/>

Telephone: 02072418984

In Person: please drop into Coffee Morning 11am-12.30pm on the first and third Thursday of each month



Reach Out Camden

Wellbeing Alliance







The Healthy Minds Community Programme is now part of the **Camden Reach Out Alliance**, a collective of charities working closely together to provide connected community support across Camden. Reach Out links community groups, peer mentoring and one-to-one support through a single point of access. By contacting the Reach Out Camden alliance, you will have a chance to choose from a selection of services at Likewise, Voiceability and Mind in Camden

OCTOBER 2024

MONDAY **TUESDAY** **WEDNESDAY** **THURSDAY** **FRIDAY** **SATURDAY** **SUNDAY**

	Tuesday FEAST! 1pm - 2pm Badminton 2pm - 3pm	Gardening @ Castlehaven 10:30am - 1:30pm	Coffee Morning (Drop In) 11am - 12:30pm Art Therapy 1/10 2pm-3:30pm	Friday FEAST! 1pm - 2pm Ceramics @ WMC 2/5 1.30pm-3.30pm		
30	1	2	3	4	Adult Education	9
Yoga 2pm - 3pm Songwriting 3.30pm - 4:30pm	Tuesday FEAST! 1pm - 2pm Badminton 2pm - 3pm	Gardening @ Castlehaven 10:30am - 1:30pm	Art Therapy 2/10 2pm-3:30pm	Friday FEAST! 1pm - 2pm Ceramics @ WMC 3/5 1.30pm-3.30pm	Arts & Media Community Culture	16
7	8	9	10	11		
Yoga 2pm - 3pm Songwriting 3.30pm - 4:30pm	Tuesday FEAST! 1pm - 2pm Badminton 2pm - 3pm	Gardening @ Castlehaven 10:30am - 1:30pm	Coffee Morning (Drop In) 11am - 12:30pm Art Therapy 3/10 2pm-3:30pm	Friday FEAST! 1pm - 2pm Ceramics @ WMC 4/5 1.30pm-3.30pm	Nature Sports & Fitness	23
14	15	16	17	18		
Yoga 2pm - 3pm Songwriting 3.30pm - 4:30pm	Tuesday FEAST! 1pm - 2pm Badminton 2pm - 3pm	Gardening @ Castlehaven 10:30am - 1:30pm	Regents Park - Nature Walk 10:30am-12pm Zen Wellbeing Day (Drop In) 12pm - 4pm	Friday FEAST! 1pm - 2pm Ceramics @ WMC 5/5 1.30pm-3.30pm		
21	22	23	24	25		
Yoga 2pm - 3pm Songwriting 3.30pm - 4:30pm	Tuesday FEAST! 1pm - 2pm -No Badminton-	Gardening @ Castlehaven 10:30am - 1:30pm	Art Therapy 4/10 2pm-3:30pm			30
28			31		<p>BOOKING ESSENTIAL All sessions require pre-booking, with the exception of our labelled drop-in events. To book: T: 020 7241 8996. HealthyMindsCP@mindincamden.org.uk.</p>	

NOVEMBER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BOOKING ESSENTIAL				Friday FEAST! 1pm - 2pm		
All sessions require pre-booking, with the exception of our labelled drop-in events. To book: T: 020 7241 8996. HealthyMindsCP@mindincamden.org.uk.						
Yoga 2pm - 3pm	Tuesday FEAST! 1pm - 2pm	Gardening @ Castlehaven 10:30am - 1:30pm	Coffee Morning (Drop In) 11am - 12:30pm	Friday FEAST! 1pm - 2pm	 Adult Education	6
Songwriting 3.30pm - 4:30pm	Badminton 2pm - 3pm		Art Therapy 5/10 2pm-3.30pm	8	 Arts & Media	13
4	5	6	7		 Community	12
Yoga 2pm - 3pm	Tuesday FEAST! 1pm - 2pm	Gardening @ Castlehaven 10:30am - 1:30pm	Drama Workshop 11am-1pm	Friday FEAST! 1pm - 2pm	 Culture	
Songwriting 3.30pm - 4:30pm	Badminton 2pm - 3pm	Foundling Museum Art Workshop 1/6 1.30pm-3pm	Art Therapy 6/10 2pm-3.30pm	Regents Park - Nature Walk 1.30pm-3.30pm	 Nature	20
11	12	13	14	15	 Sports & Fitness	19
Yoga 2pm - 3pm	Tuesday FEAST! 1pm - 2pm	Gardening @ Castlehaven 10:30am - 1:30pm	Coffee Morning (Drop In) 11am - 12:30pm	Friday FEAST! 1pm - 2pm		
Songwriting 3.30pm - 4:30pm	Badminton 2pm - 3pm	Foundling Museum Art Workshop 2/6 1.30pm-3pm	Zen Wellbeing Day (Drop In) 12pm - 4pm	Heath Hands Walk 1.30pm-3pm		26
18	19	20	21	22		27
Yoga 2pm - 3pm	Tuesday FEAST! 1pm - 2pm	Gardening @ Castlehaven 10:30am - 1:30pm	Art Therapy 7/10 2pm-3.30pm	Friday FEAST! 1pm - 2pm		
Songwriting 3.30pm - 4:30pm	Badminton 2pm - 3pm	Foundling Museum Art Workshop 3/6 1.30pm-3pm				
25	26	27	28	29		

DECEMBER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Yoga 2pm - 3pm Songwriting 3.30pm - 4:30pm 2	Tuesday FEAST! 1pm - 2pm Badminton 2pm - 3pm 3	Gardening @ Castlehaven 10:30am - 1:30pm Foundling Museum Art Workshop 4/6 1.30pm-3pm 4	Coffee Morning (Drop In) 11am - 12:30pm Art Therapy 8/10 2pm-3.30pm 5	Friday FEAST! 1pm - 2pm Regents Park - Nature Walk 1.30pm-3.30pm 6	 Adult Education  Arts & Media  Community  Culture  Nature  Sports & Fitness 7	3
Yoga 2pm - 3pm Songwriting 3.30pm - 4:30pm 9	Tuesday FEAST! 1pm - 2pm Badminton 2pm - 3pm 10	Gardening @ Castlehaven 10:30am - 1:30pm Foundling Museum Art Workshop 5/6 1.30pm-3pm 11	Art Therapy 9/10 2pm-3.30pm 12	Friday FEAST! 1pm - 2pm Heath Hands Walk 1.30pm-3pm 13	9	10
Yoga 2pm - 3pm 16	Tuesday FEAST! 1pm - 2pm Badminton 2pm - 3pm 17	Gardening @ Castlehaven 10:30am - 1:30pm Foundling Museum Art Workshop 6/6 1.30pm-3pm 18	Coffee Morning (Drop In) 11am - 12:30pm Art Therapy 10/10 2pm-3.30pm 19	Friday FEAST! 1pm - 2pm 20	16	17
Service Closed 23	Service Closed 24	Service Closed 25	Service Closed 26	Service Closed 27	23	24
Service Closed 30	Service Closed 31	BOOKING ESSENTIAL All sessions require pre-booking, with the exception of our labelled drop-in events. To book: T: 020 7241 8996. HealthyMindsCP@mindincamden.org.uk.		30	30	30

ACTIVITY LOCATIONS & MORE DETAIL

WHEELCHAIR ACCESSIBLE = 

DROP-INS (FOR HEALTHY MINDS MEMBERS)

COFFEE MORNINGS

A great way for you to meet other Healthy Minds members in a safe and facilitated environment. Drop in and find out what is coming up in our programme.

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

ZEN PROJECT: WELL-BEING FESTIVAL

A mobile well-being festival. Expect sound healing, breathwork, meditation & alternative therapies all delivered on a converted yellow bus.

@ Various locations throughout Camden

Nature Walk @ Regents Park

A series of gentle strolls through the park exploring different animal habitats & connect with nature.

@ Gloucester Gate playground, Regents Park, 11 Gloucester Gate, London NW1 4HG

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

All levels badminton sessions hosted by our lovely volunteers.

@ Talacre Sports Centre, Dalby Street, NW5 3AF

Heath Hands Walk

A gentle 30-45 minute stroll through the park to explore nature and the different habitats.

@ The Hive, Hampstead Heath, Nassington Road NW1 2TY

Drama Work Shop

This workshop will explore 3 main elements: drama, improv and storytelling. No prior experience required. This space will be full of play, creativity and fun

@ Kentish Town Community Centre 17 Busby Place NW5 2SP

LIMITED SPACES: PRE-BOOKING ESSENTIAL

WMC: POTTERY - PLANT HOLDERS

Using clay hand building techniques, such as coiling and slab-building, you will make, decorate and glaze your own unique herb or plant holders.

@ WM College, 44 Crowndale Rd, NW1 1TR

SONGWRITING

5-weeks: Facilitated by a music therapist dedicated to exploring Songwriting. This will involve singing songs together and creating a song as a group. No musical experience required.

@ Location provided once your place is confirmed

ART THERAPY

Art Therapy is a form of psychotherapy that uses Art as a form of communication. These sessions will be facilitated by a qualified art therapist. No experience needed and the art materials you need for the sessions will be provided. New applicants will be given priority over those who have attended before

@ Location provided once your place is confirmed

FEAST!

A free healthy and vegetarian community dining experience with the food waste charity FEAST!

@ Mind in Camden, 9-15 Camden Road, NW1 9LQ7

Maker's Space @ Foundling Museum

A 6-week creative workshop, exploring art-making and the Museum's unique story of care. The museum was previously a children's hospital/ orphanage.

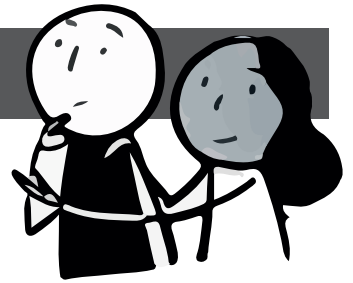
@ 40 Brunswick Square, London WC1N 1AZ

GARDENING @ CASTLEHAVEN

These sessions are physical & sometimes messy, so wear clothing you don't mind getting a bit dirty. This session is run by Castlehaven and supported by a Mind in Camden volunteer

@ Castlehaven Horticultural Hub, 23 Castlehaven Rd, NW1 8RU

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

Covid-19 is still around, and we all have a duty of care to one another to keep each other safe. We recommend all our members, staff and volunteers do not attend any of our activities 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 facilitators or staff become unwell. 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.

"I thought the Healthy Minds Programme would help me to be less isolated, but 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



ual: central
saint martins

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.