

HEALTHY

MINDS COMMUNITY PROGRAMME



SPRING/SUMMER 2017

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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

LINK UP WITH A SPORTS BUDDY

4 STEP OUT AND GIVE IT A GO!

3 PLAN YOUR JOURNEY

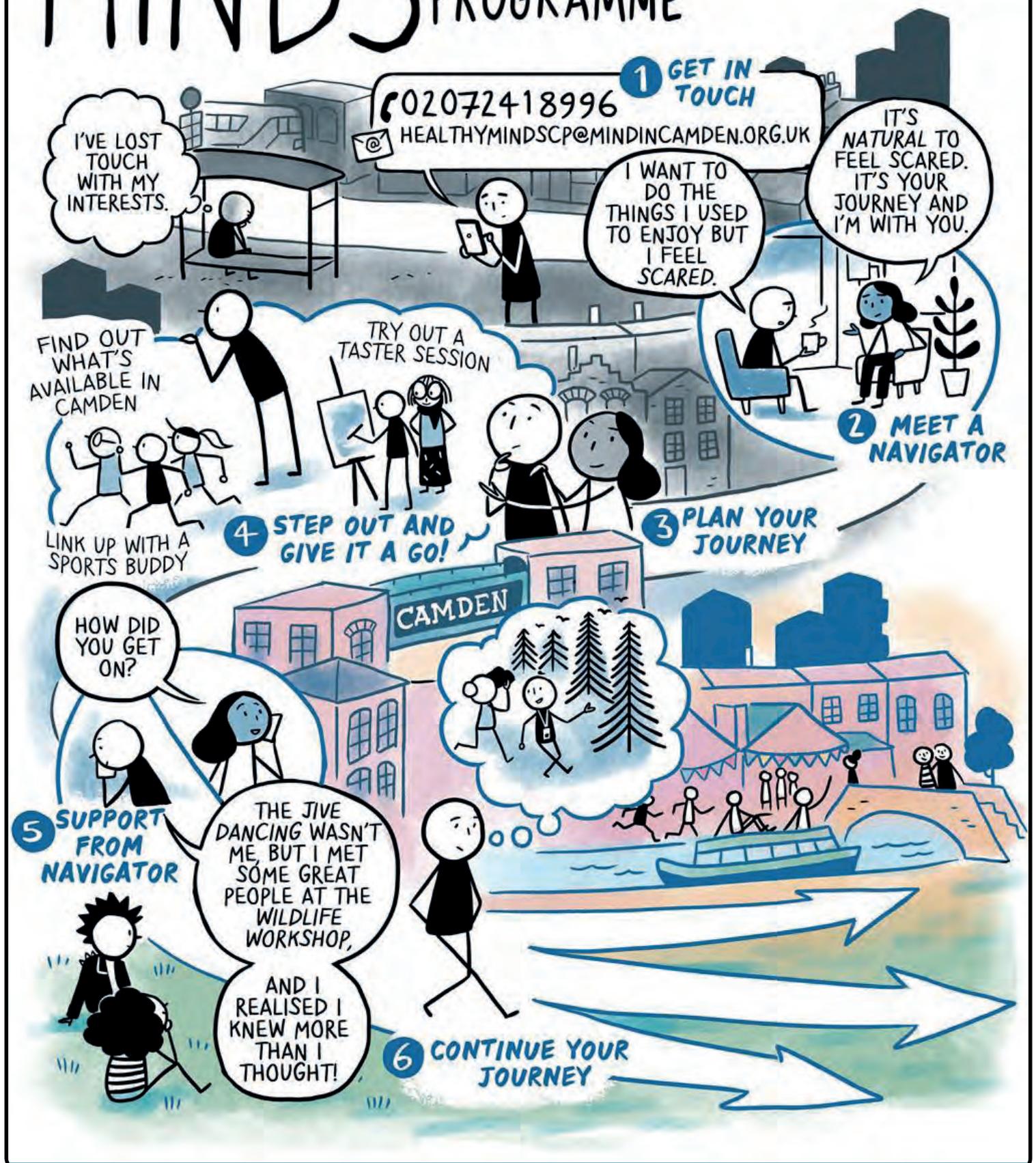
HOW DID YOU GET ON?

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



ABOUT HEALTHY MINDS COMMUNITY PROGRAMME

People can lose contact with their interests and communities for lots of reasons. We may have withdrawn because of bullying, racism, discrimination, trauma, poverty, mental health issues or social exclusion. We may have been taught that we do not belong in our society. We might be trying to build a new life in Camden, but not know where to begin. We might have survived a difficult time and not know how to connect with life again.

Whatever your story, if you live in Camden and want to access community based courses, workshops and activities - Healthy Minds welcomes you. **Call:** 020 7241 8996 | **Email:** healthyminds@mindincamden.org.uk

WHO'S INVOLVED?

This programme is a growing collaboration of partners and participants brought together by Mind in Camden. We are grateful to the following organisations for working with us to bring together a range of opportunities to help you experience some of what Camden has to offer:



The British Museum

The British Museum is a museum of the world for the world. It houses a vast collection of world art and artefacts and is free to all visitors. The British Museum supports a wide range of community organisations to engage with the Museum collections and access the special exhibitions through a variety of creative and collaborative programmes.

The Roundhouse is a hub of inspiration where artists and emerging talent create extraordinary work and where young people can grow creatively as individuals. Each year, the Roundhouse give thousands of 11–25 year-olds the chance to develop their skills and confidence through creativity – in music, media or the performing arts.



London Wildlife Trust is dedicated to protecting the capital's wild spaces and engaging London's diverse communities in the natural world through volunteering, outdoor education and access to our nature reserves.



Voluntary Action Camden (VAC) is Camden's Council for Voluntary Service. We are an independent charitable organisation and our mission is to work with the people of Camden to support, develop and promote voluntary and community activity.



Wandsworth & Westminster Mind (WW Mind) has been delivering services for over 40 years. Our aim is to help people in our local communities to have better mental health and wellbeing and to live the best lives possible. Portugal Prints, our creative arts service, provides people with a holistic, tailor made program of high quality creative arts workshops and art psychotherapy

GoodGym is a new way to get active in your community. Rather than sitting on machines in a gym, GoodGym gets people out into the local area and working up a sweat by helping organisations with physical tasks. With Good Gym you get to meet new people, explore where you live and receive expert fitness advice from a qualified trainer.



The **Mary Ward Centre** is London's Adult Education College with a difference. It prides itself on being the 'friendly place to learn' with staff ready to support you with your studies. 100's of course are on offer in a broad range of subjects at different levels to suit a wide variety of tastes and interests..

The Bengali Workers Association (BWA) is a 'community anchor' that, since 1990, has been based in the multi purpose Surma Community Centre. BWA provides a dynamic range of services in areas such as advice, advocacy, employment and health across a wide spectrum of age groups, gender and ethnicity.



Bengali Workers' Association
বেঙ্গলী ওয়ার্কার্স এসোসিয়েশন

WHAT'S ON

Sign up via Healthy Minds: 020 7241 8996 or healthymindscp@mindincamden.org.uk

The programme is divided up into areas of interest to help you find activities or workshops that may appeal to you. This is just a fraction of the **free and low cost** groups and workshops that are available in Camden, so if you can't find something you like, please **speak to a Navigator** who can help you find what you are looking for. **For adult education classes**, see the Mary Ward Centre Bursary Fund.



WILD WELLBEING TASTER SESSION

Date: 18 April, **Time:** 10am-1pm
Venue: CSNP, Camley Street Natural Park

Introduction to London Wildlife Trust (LWT) and wildlife in London. Brief history of Camley Street. Site tour with examples of volunteering tasks available. Introduction to John Muir Award (environmental award) which participants can achieve through the Practical Conservation course. Tool talk, including demonstration of tools used at the site. Participants will need strong footwear (other equipment will be provided). Bring your own lunch. Tea, coffee, drinking water and biscuits will be provided.

London Wildlife Trust



SPORTS & FITNESS



ARTS & MEDIA



COMMUNITY



CULTURE



ADULT EDUCATION



NATURE



WILD WELLBEING PRACTICAL CONSERVATION COURSE

Attendance at all dates required

Dates: 25 April, 9 May, 4 July, 5 & 26 Sept
Time: 10.30am - 4pm (sessions 1-4), 11am-1pm (session 5)

Venue: CSNP, Camley Street Natural Park

A four week introductory conservation course with a celebration at the end where participants will be presented with a recognised Environment Award.

25 April: The principles of conservation land management and what can be done to help wildlife in London.

9 May: Bird identification and surveying.

4 July: A practical conservation day at Baynes Street Garden.

5 September: A practical conservation day at Camley Street.

26 September: Celebrating achievements and presentation of John Muir Awards.

For all sessions: Participants will need strong footwear. Tea, coffee, drinking water and biscuits will be provided. **For sessions 1-4 participants** will need to bring their own lunch. Lunch will be provided on Session 5.

London Wildlife Trust



LET'S TALK ABOUT MENTAL HEALTH

This event is repeated at different venues

15 May: St Pancras and Somers Town Living Centre

22 May: South Hampstead and Kilburn Partnerships

23 May: West Euston Partnership

Time: 10am - 12 noon

We will look at a range of questions including: What is mental health and wellbeing? What might support good mental health and what can cause difficulties? What to do if you (or someone close to you) is struggling with their mental health?

We will debunk common myths about mental health and take into account different cultural perspectives. This session is designed to encourage people to talk about mental health in a way that is non-threatening and non-stigmatising.

Voluntary Action Camden



WILD WELLBEING NATURE WALK

Date: 23 May, **Time:** 11am-1pm
Venue: CSNP, Camley Street Natural Park

Introduction to London Wildlife Trust (LWT) and Walk along the Regent's Canal focusing on wildlife living on the canal (mainly birds).

Walk will start and finish at CSNP.

Participants will need comfortable footwear (other equipment will be provided) and to bring a snack with them. Tea, coffee and biscuits will be provided.

London Wildlife Trust



THE STRESS BUCKET

This event is repeated at different venues

29 May: St Pancras and Somers Town Living Centre

30 May: West Euston Partnership

5 June: South Hampstead and Kilburn Partnerships

Time: 10am - 12 noon

This interactive session introduces a simple visual tool we can all use to help us understand the impact of stress in our lives and ways of coping. We will discuss both helpful and unhelpful strategies for managing stress.

Voluntary Action Camden



MIDDLE EASTERN DANCE

Date: 8 June, **Time:** 11am-12 noon

Venue: West Euston Partnership (HPOD site)

Sign Up: Contact Healthy Minds or register in person at West Euston Partnership

An opportunity to learn a Middle Eastern Dance style with gentle and rhythmic flowing movements.

At the end of the class there will be individual information sessions available to respond to any questions on where you can continue to practice dance and more general enquiries on community resources.

Voluntary Action Camden



TAI CHI

Date: 1 June, **Time:** 11am-12 noon

Venue: West Euston Partnership (HPOD site)

Sign Up: Contact Healthy Minds or register in person at West Euston Partnership

An opportunity to have an introduction into the practice of Tai Chi, through learning some basic movements and hearing how it can help your overall wellbeing.

At the end of the class there will be individual information sessions available to respond to any questions on where you can continue to practice and more general enquiries on community resources.

Voluntary Action Camden



SLEEP HYGIENE: GETTING A GOOD NIGHT'S SLEEP

This event is repeated at different venues

12 June: St Pancras and Somers Town Living Centre

13 June: West Euston Partnership

19 June: South Hampstead and Kilburn Partnerships

Time: 10am - 12 noon

This interactive session looks at how we feel physically, mentally and emotionally when we are struggling to get a good night's sleep and the factors that might impact on our ability to sleep well. We will discuss some simple changes we can make to help establish a good sleep routine, along with what to do if problems persist.

Voluntary Action Camden



WILD WELLBEING TASTER SESSION

Date: 6 June, **Time:** 10am-1pm

Venue: CSNP, Camley Street Natural Park

Introduction to London Wildlife Trust (LWT) and wildlife in London. Brief history of Camley Street. Site tour with examples of volunteering tasks available. Introduction to John Muir Award (environmental award) which participants can achieve through the Practical Conservation course. Tool talk, including demonstration of tools used at the site.

Participants will need strong footwear (other equipment will be provided). Bring your own lunch. Tea, coffee, drinking water and biscuits will be provided.

London Wildlife Trust



St-ART THE WEEK. REFLECTIVE ART SPACE IN MUSEUMS & GALLERIES

Attendance at all dates required

Dates: 12th, 19th, 26th June & 3rd July

Times: 10am to 4pm

Venue/Meeting Point: To be agreed with participants a week before the course starts

As a group, we will visit museums and galleries and spend the day looking at, making, and discussing, art as a reflection of ourselves and our relationships with others. The course will involve time in galleries/museums and also studio time at Portugal Prints.

Wandsworth and Westminster Mind



THE FIVE WAYS TO WELLBEING

This event is repeated at different venues

20 June: West Euston Partnership
26 June: St Pancras and Somers Town Living Centre
3 July: South Hampstead and Kilburn Partnerships

Time: 10am - 12 noon

This interactive session looks at what the Five Ways to Wellbeing are and how we might incorporate them into our daily lives to help improve and maintain our sense of wellbeing. Participants will have the opportunity to discuss what works for them and hear new ideas from others.

Voluntary Action Camden



WILD WELLBEING NATURE WALK

Date: 27 June, **Time:** 11am-1pm
Venue: CSNP, Camley Street Natural Park

Walk along the Regents Canal towards Camden with a stop at Baynes Street Garden.

Participants will need comfortable footwear (other equipment will be provided) and bring a snack with them. Tea, coffee, drinking water and biscuits will be provided. Walk will start and finish at CSNP.

London Wildlife Trust



GOODGYM BEGINNER'S RUNNING GROUP

Dates: 4, 11 & 18 July (all dates required)
Time: 11.00am - 12.30pm
Venue: Meet at Mind in Camden

Come and experience a new way to get fit and explore the local Camden community. GoodGym combines exercise with doing something good.

At each session a personal trainer will lead the group on a short jog to a local charity or community organisation. We'll then work hard on a physical task for 30-45 minutes before heading back to Mind in Camden. On the way back there will be a chance to up the exercise intensity if you want to!

The group will cater for all abilities so don't worry if you are new to exercise. GoodGym never leaves anyone behind.

GoodGym



WILD WELLBEING NATURE WALK

Date: 25 July, **Time:** 10am-1pm
Venue: CSNP, Camley Street Natural Park

Trip to Woodberry Wetlands which is an operating reservoir, originally constructed in 1833 and closed to the public ever since. Working with Thames Water, London Wildlife Trust has carefully built an urban wetland oasis rich in wildlife. The site offers great opportunities for people to enjoy nature in the heart of London. Participants will have a chance to explore the site with a London Wildlife Trust Educator. Meeting point - CSNP from where a LWT staff member will drive participants to the site. Participants will need comfortable footwear and bring a lunch and flask with tea/coffee and a bottle of water with them. The trip will start and finish at CSNP.

London Wildlife Trust



St-ART THE WEEK. REFLECTIVE ART SPACE IN MUSEUMS & GALLERIES

Dates: 7, 14 & 21 August, 4, 11, 18 & 25 September & 2 October (all dates required)
Times: 10am to 4pm
Venue/Meeting Point: To be agreed with participants a week before the course starts

As a group, we will visit museums and galleries and spend the day looking at, making, and discussing, art as a reflection of ourselves and our relationships with others. The course will involve time in galleries/museums and also studio time at Portugal Prints.

Wandsworth and Westminster Mind



WILD WELLBEING TASTER SESSION

Date: 8 August, **Time:** 10am-1pm
Venue: CSNP, Camley Street Natural Park

Introduction to London Wildlife Trust (LWT) and wildlife in London. Brief history of Camley Street. Site tour with examples of volunteering tasks available. Introduction to John Muir Award (environmental award) which participants can achieve through the Practical Conservation course. Tool talk, including demonstration of tools used at the site. Participants will need strong footwear (other equipment will be provided). Bring your own lunch. Tea, coffee, water and biscuits will be provided.

London Wildlife Trust



COLLECTING AND THE BRITISH MUSEUM OF THE WORLD

Dates: 17 & 18 August (both dates required)
Times: 10.30am - 4.00pm
Venue: British Museum

Why do people collect? Museum collections are made up by people who were keen collectors. But we all have collections of some sort, big or small.

Join us on this two day workshop exploring what people have collected throughout history and what these collections mean to them, while delving into collections at the British Museum and some of the key people behind them. We'll be asking you to share what you collect and put together an imaginary museum collection of your own!

The British Museum



GOODGYM BEGINNER'S RUNNING GROUP

Dates: 5, 12 & 19 September (all dates req)
Time: 11.00am - 12.30pm
Venue: Meet at Mind in Camden

Come and experience a new way to get fit and explore the local Camden community. GoodGym combines exercise with doing something good. At each session a personal trainer will lead the group on a short jog to a local charity or community organisation. We'll then work hard on a physical task for 30-45 minutes before heading back to Mind in Camden. On the way back there will be a chance to up the exercise intensity if you want to! **The group will cater for all abilities** so don't worry if you are new to exercise. GoodGym never leaves anyone behind.

GoodGym



POETRY AT THE BRITISH MUSEUM

Dates: 24 & 25 August (both dates required)
Time: 10.30am - 4.00pm
Venue: British Museum

The British Museum is full of fascinating objects with many stories to tell about where they have been and what they have seen. Join us on this two day workshop, exploring the British Museum's collection and looking at objects in greater detail to write your own pieces of poetry.

The workshop will involve a number of group and individual activities to assist you in writing poetry inspired by the collection, exploring links between the past, present, London and the world.

The British Museum



INTRODUCTION TO SPOKEN WORD AND LYRICISM

Dates: 7 & 14 September
Times: 2 - 4.30pm
Venue: The Clore, Roundhouse Studios
Ages: 18-25

Are you an aspiring singer looking to improve your lyric writing? Or are you interested in writing or improving your poetry? This series of two workshops is an introduction to spoken word and lyricism, and a chance to find your voice, tell your story and work with words and with music. The workshop will be facilitated by a professional poet/songwriter. You will need to wear clothes that are easy to move about in and bring a notepad and pen.

Roundhouse



WILD WELLBEING NATURE WALK

Date: 29 August, **Time:** 7.45pm - 10pm
Venue: CSNP, Camley Street Natural Park

Bat walk at CSNP. Participants will explore the nocturnal world of bats in the heart of King's Cross. With special, out-of-hours access we'll investigate which bats are making the reserve their home once the gates have closed and the sun is setting. Bat detectors and sound recordings will be provided. Please bring sturdy footwear fit for uneven paths and gentle inclines, and clothing suitable for the weather conditions.

London Wildlife Trust



COMMUNITY SURVIVAL

Dates: 21 & 28 September (both dates req.)
Times: 2 - 4.30pm
Venue: The Clore, Roundhouse Studios
Ages: 18-25

Sometimes life can feel so hard we just want to hide away. How can we find the inner strength to carry on doing what matters to us when it feels like life is against us? This workshop will explore how to find the inner resources and the right support for us to get through challenges, and stay true to ourselves.

Roundhouse

GET SET TO GO PROJECT



MEET UP WITH A SPORTS BUDDY

Are you interested in exploring ways to get fitter or to take up a sports activity, but don't know where to start? Would you like to do more fitness activity but feel self-conscious in groups, or perhaps you haven't found a way to keep fit that is affordable or enjoyable? If this sounds like you, then you may be interested in meeting up with a Sports Buddy from our Get Set to Go Project.

A Sports Buddy can offer support to explore and participate in sports options with you, and help you look at ways of incorporating fitness into your daily life. Our Buddies are trained to work around your personal needs to support you to find ways to get fit which work just for you.

ACCESSING THE 'GET SET TO GO' PROJECT:

If you are interested in having the support of a Get Set to Go Sports Buddy alongside other Healthy Minds activities then you can discuss this with your Navigator who will be able to link you up with someone.

Otherwise, if you are interested in just Get Set to Go then you can sign up directly through the Healthy Minds Community Programme main number or email.

CONTACT HEALTHY MINDS

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

VENUES

Healthy Minds Community Programme activities will take place at the following Camden venues during Spring and Summer:

BRITISH MUSEUM

Great Russell St
Bloomsbury
London, WC1B 3DG

CAMLEY STREET NATURAL PARK

12 Camley Street
London
N1C 4PW

MARY WARD CENTRE

42 Queen Square
London
WC1N 3AQ

MIND IN CAMDEN

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

ROUNDHOUSE STUDIOS

Chalk Farm Rd
Camden
London, NW1 8EH

SOUTH HAMPSTEAD AND KILBURN PARTNERSHIPS

Shell Centre (Shell 2), Fielding House
Boundary Rd, London, NW8 0HS

ST PANCRAS AND SOMERS TOWN LIVING CENTRE

2 Ossulston Street
London
NW1 1DF

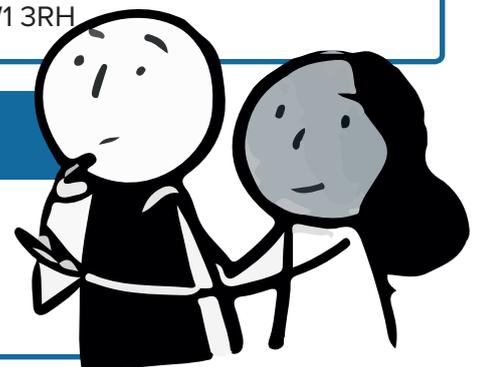
WEST EUSTON PARTNERSHIP

Hpod
Cumberland Market
London, NW1 3RH

BURSARIES & OFFERS:

We are happy to be able to offer a bursary towards courses at the Mary Ward centre, and exclusive exhibition offers for the British Museum.

Try something new. See the back page for more information.



BURSARIES AND OTHER OFFERS



HEALTHY MINDS BURSARY

We are offering some opportunities for financial support to people who would like to access any course at Mary Ward Centre as part of their development, up to the value of £125 per person.

Mary Ward Centre offers a wide range of courses which could help you progress into further education, volunteering or work or just expand your horizons.

Opportunities for the bursary are limited. In order to be considered you will need to have used mental health services in the last year, have signed up to at least one Healthy Minds Community Programme activity, and to be able to demonstrate that the course is aligned with your overall Personal Development Plan, drawn up with your Navigator.

If you are interested in applying for this, please discuss further with your Navigator or just to see the range of courses available, search, call or visit Mary Ward Centre:

Website: www.marywardcentre.ac.uk, **Tel:** 020 7269 6000, **Address:** 42 Queen Square, WC1N 3AQ

Please note: *The bursary is potentially applicable to any course on offer. Applications must be discussed with a Navigator as they cannot be made directly to the Mary Ward Centre.*

Mary Ward Centre



EXCLUSIVE EXHIBITION OFFER: FREE TICKETS FOR THE BRITISH MUSEUM

We have up to 10 free tickets for each of the following exhibitions at the British Museum.

Hokusai: Sunday 21 May | **Community Evening View:** Saturday 17 June | **Russia:** Sunday 10 September

Please note: *To ask about these tickets, please speak to a Navigator. The British Museum are unable to provide them, directly.*

The British Museum

YOU ARE NOT ALONE ... SOME IDEAS & EXPERIENCES FROM OTHERS



“Often you will find the world dangerous. You will see no friendly face in the crowd. When you are in that state, alone in your room for weeks, months, even years, know that somewhere out there someone is waiting to be your friend. It will take some effort on your part, a large deal of it probably, and some of his. But know that there is at least another soul out there for you to meet”.

“If they’re a 24 volt charger and you’re a 12 volt battery, it’s not going to work. Find out what you’re good at or natural and look for people with similar interests”.

“Being accepted for who I am. What I think, feel and increasingly know - who I am - (or need to create and become) is everything. Not being accepted, perhaps just being tolerated, is devastating. Having the courage to be truly myself - even in a generally hostile world, has generated healing, growth, and self love. An appetite for life”.

“One friend will do, one chance encounter, one unexpected smile, when I take the courage to step out and walk amongst strangers, knock on a door, make a call, to find that many I probably forgot are as lonely as me”.

“A saying goes that life throws stones at you in spite of yourself. The important things is what you do with those stones. Do you use them to build a bridge or a wall? I decided to use those stones to build a bridge to my future rather than a wall to hold me in my past. I also decided to leave my past in the past and embrace the uncertainty of the future with hope and the desire to fight and love myself and my environment and the others with me on this life’s journey”.

