

Activities

For You

In Camden



Projects for adults with learning disabilities



LOTTERY FUNDED



Westminster Kingsway
central London's College



Camden and Islington
NHS Foundation Trust

SATURDAY Social Hub Club



LOTTERY FUNDED



THECAMDENSOCIETY

Every Saturday 1pm - 8pm

Meet friends, make new ones

Doing different activities each week

Chosen by you!



1:00

8:00

You can use the computers or play games



Chat with your friends



We do activities like karaoke, pottery, drama, art and crafts or anything you choose



And have a cookery group and dinner club



We also go on day trips



Membership is £25 for the year

Sessions are £1.50 - £4



WALKING GROUP

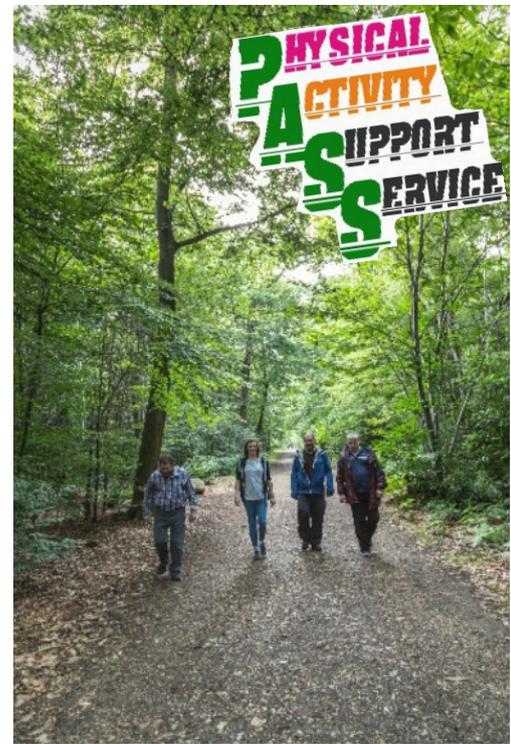
Every Saturday



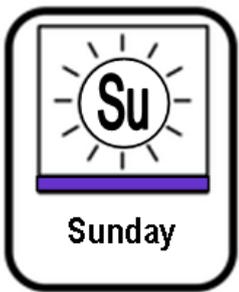
From 10:30am



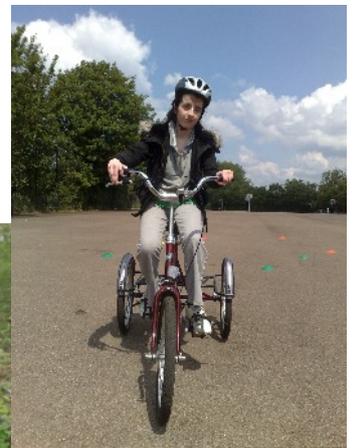
Exploring Green & urban spaces all over London



Lead each week by our lovely volunteers!



BIKE CLUB



Fully accessible bikes for everyone



Every Sunday 1.30pm - 3.30pm



Regents Park

ADULT LEARNING COURSES



Group activities



To learn new skills



Thinking about:



MyHealth

Managing different areas of your health



MyLife

**Developing your own skills
and finding new hobbies**



MyCommunity

**Travelling around
Meeting people
Connecting online
Finding new activities**

MY HEALTH



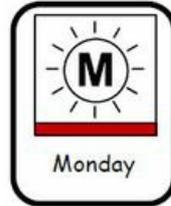
TAKE CONTROL

FEEL GOOD

ENJOY LIFE



Tai chi



wk
Westminster Kingsway
central London's College

Relax, manage stress and feel calm

In Camden Town



Cook Together Eat Together

8 week course to learn how to cook healthy meals and enjoy them with your friends



"This course put me on a pathway and got me thinking about my health. I started cooking fresh and healthy things at home and joined the gym. I have lost five stone since then." Roy



Staying Well

2 courses available:



Hearts & Bodies - looking after your physical health and being aware of conditions that can affect it



Mind & Well Being - managing your emotions, stress and anxiety



"I looked forward to coming to it. It was good being in a group with people you can talk with one at a time. It helps hearing from other people about their upsets so you don't feel on your own." Maureen





MY LIFE



● BUILD SKILLS

● DISCOVER HOBBIES

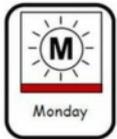
● FIND YOURSELF

Arts & Craft



Get creative and make your own folder of art or create your own project

Use different tools and fabrics



Mondays

4.30pm - 6.30pm

Kentish Town



Tuesdays

10am - 12pm

Camden

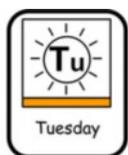


Dance & Performance



Two classes learning the craft of contemporary dance

First class for all abilities; 2nd class building up to performances



Dance

11am - 12pm



Performance

12.30pm - 1.30pm





Drama Therapy: Exploring Relationships



Thinking and understanding how we feel can be frustrating

Talking about how we feel can also be difficult



By doing drama, acting out different feelings and stories



It can help us to express ourselves better

Our groups will be exploring friendships including:

- gossiping
- bullying
- Making and keeping friends



We have groups for

Women Only



Men Only



Mixed men and women groups



Starting in January 2019

MY COMMUNITY



● TRAVEL ● CONNECT ● SHARE ● CONTRIBUTE

Digital World: Social Media



Feel connected to people and information through a computer, phone or tablet.

Feel confident and understand the dangers of being on the Internet

"I wanted to be more confident navigating different websites like games or football sites. I thought some parts were easy but the safety was hard.

I learnt new safety things too, but need to keep practising" J



Confidence in the Community



A choice of courses to attend that help with:

Feeling confident using public transport



Finding out what is going on in your local community

Learning about maps



Feeling safer community

Travel Confidence



Based around Camden

Exploring challenges that stop us going places

Learning local routes and feeling safe

Camden Explorers

Finding what's on that interests you



Looking at clubs to join



Events to take part in

My Local Community

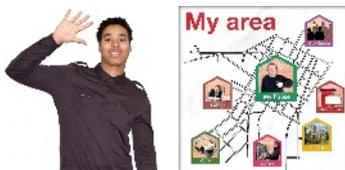


Focusing on different areas:

Camden, Kings Cross, Hampstead, Kilburn
Holloway or Islington



Getting to know routes



Meeting the local community centres and attractions

Soho to Southbank



Feeling confident in the west end and beyond



Finding activities and events to take part

PHYSICAL ACTIVITY SUPPORT SERVICE



Helping people who find doing physical activity challenging



We help you to find something you like doing



And then help you to find other people who like doing the same things

So you can make new friends



And feel strong and healthy

We run courses across Camden



And work with lots of other activities that are already running like:



Monday Night Talacre

Ability Bikes

Pedal Power

Swiss Cottage Saturday Club



To find out more information on any of these activities



You can contact the Camden Society



On **020 7485 8177**



Or email your questions to:

community@thecamdensociety.co.uk



Or for information on our other services including

1:1 support

Employment support

Training skills



Check out our website:

www.thecamdensociety.co.uk



Activities scheduled up until March 2019