

PEER SUPPORT

Community Living Well

September Calendar 2018

Meet The Team



Liz Duff

Team Leader

liz.duff@kcmind.org.uk

07976 244 589 (Working days; Mon - Thu)



Liam Pywell

Peer Support Development Worker

liam.pywell@kcmind.org.uk

07960 290 265



Whitney Shaw

Peer Support Coordinator

whitney.shaw-dale@kcmind.org.uk

07908 265 183



Yvonne Nelson

Peer Support Coordinator

yvonne.nelson@kcmind.org.uk

07964 376 928



Stuart Beck

Peer Support Coordinator

stuart.beck@kcmind.org.uk

07495 579 252

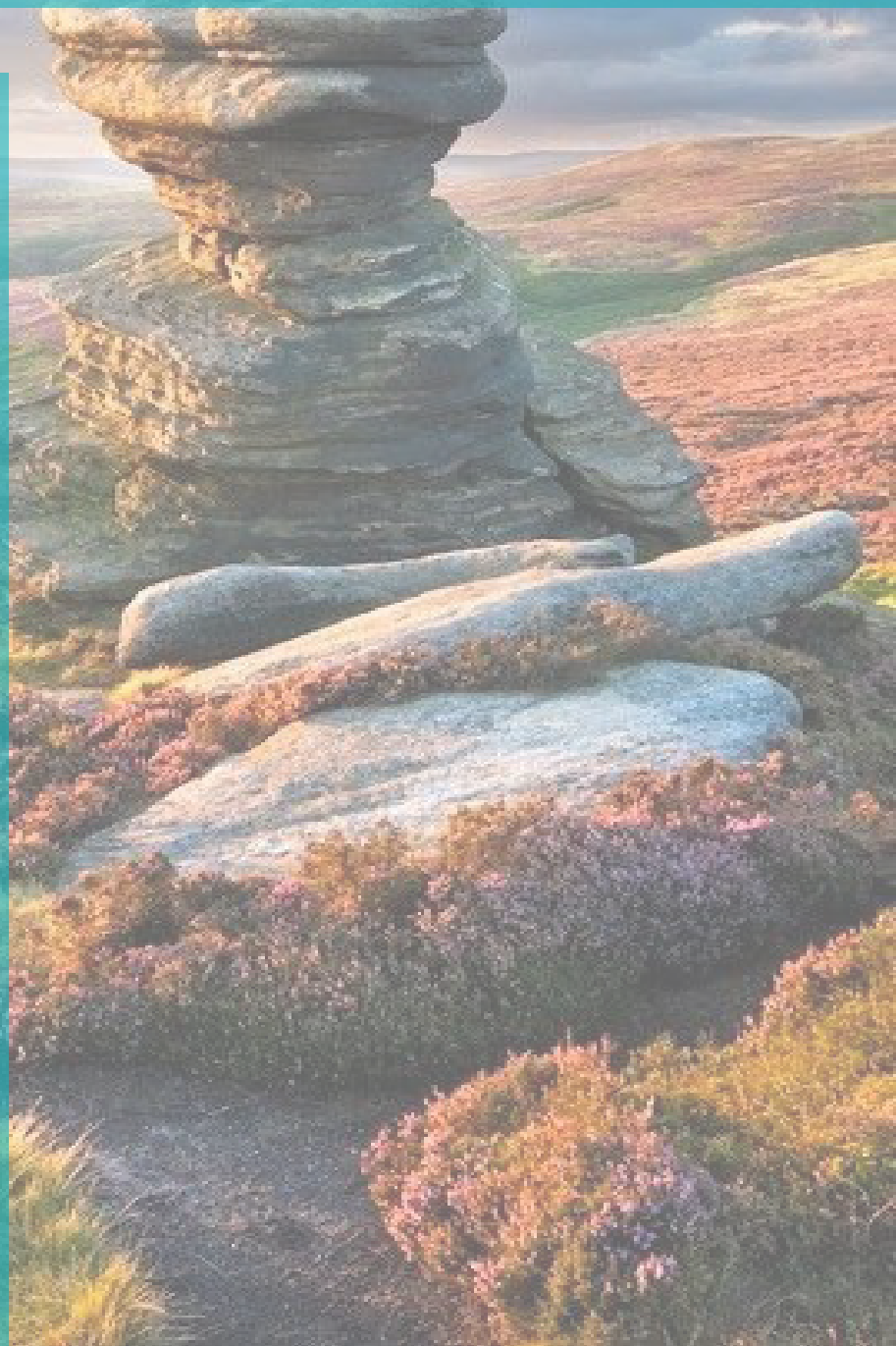


Tamsin Cogan

Marketing Coordinator

tamsin.cogan@kcmind.org.uk

07908 265 186



Community
LivingWell

Working together for your wellbeing

PEERSUPPORT WHO IS IT FOR?

CAN I COME TO PEER SUPPORT?

CLW Peer Support is available to people:

- over the age of 16
- who are registered with a GP in Kensington and Chelsea, Queen's Park or Paddington areas of Westminster
- who have experienced or are affected by depression or other mental health difficulties
- whose mental health care is being looked after by primary care general practice services
- or to the carers of those who satisfy the above.

We can also take referrals for people transitioning from secondary mental health services through the Community Living Well Primary Care Liaison Nurse team.

CAN PEER SUPPORT HELP ME?

Peer Support can help you to feel less isolated and increase your confidence. It gives you a chance to gain knowledge about your mental health and to get or give support and talk to others who can empathise through a shared experience.

Peer Support offers peer co-facilitated activities which focus on your strengths, hopes and ambitions and can help you develop skills and strategies to self manage and maintain your emotional and physical wellbeing.

Peer support can help you through:

- feeling accepted by others who share your experience
- developing and sharing skills
- reducing feelings of isolation
- building confidence and emotional resilience
- building new relationships

Types of peer support on offer



One-to-one Peer Support

Meet with a peer, talk through emotional challenges and share coping suggestions.



Peer Support Groups

Structured self help peer support groups, co-facilitated by a peer, bringing people together who can share their experience.



Living Well Workshops

Our workshops aim to help you understand different topics and learn new things.



Timebank Peer Support

The timebank is a network of peers who support each other using time as if it were currency.



Social Peer Support

Social groups are a great way to meet like-minded people in a safe and supportive environment.



Community
LivingWell

Working together for your wellbeing



Values and Wellbeing Workshop

Our values represent what we stand for and the things most important to us. They relate to relationships, work, education, religious beliefs and leisure activities. Our values guide our behaviour and the way we view the world.

When we experience depression, anxiety, or a big life-changing event it can be helpful if we take a moment to remember our values so that we can get back in touch with things that are most important and rewarding to us.

In this workshop we will :

- Talk about values
- Support you to establish what your values are
- Discuss things that can stop us leading a valued life
- Introduce strategies helpful in managing barriers (e.g. low motivation)

Booking is essential for this workshop so if you'd like to come along then please get in touch.

Contact: Stuart Beck
stuart.beck@kcmind.org.uk
07495 579 252

Date: Wednesday 12th September 2018 | 3.30pm–5pm

Location: St Charles Centre for Health and Wellbeing, Exmoor St, W10 6DZ (group room)



Monday	Tuesday	Wednesday	Thursday	Friday	
27	28	29	30	31	SAT 1 SUN 2
3 2:30-6pm Community Hub SB 6-7.30pm A&D Group North WS	4 10-11am 1-to-1 Peer Support South LP 11:30am-1pm A&D Group South LP YN 12-1.30pm Design Museum SB 1:30-2.30pm 1-to-1 Peer Support South LP 2.15-4.15pm Crafts for Wellbeing YN	5 12-1.30pm City Walkers SB 2-4pm Art for Wellbeing WS 5:30-7pm Coffee Break Club YN	6 10am-3pm 1-to-1 Peer Support North LP 11.45-2.30pm Kensington Palace Tour WS 6-7.30pm New Members Meet Up SB	7 10.30am-1.30pm Peer Bank - Refresher Training LP 11am-12.30pm Morning Coffee Break WS 12.45-2pm Stay Calm Meditation Session WS 2-4pm Park Life SB 3-5pm 1-to-1 Peer Support North LP	SAT 8 SUN 9
10 12.45-2:30pm Lunchtime Concert WS 2:30-6pm Community Hub SB	11 10-11am 1-to-1 Peer Support South LP 11:30am-1pm A&D Group South LP YN 1:30-2.30pm 1-to-1 Peer Support South LP 2.15-4.15pm Crafts for Wellbeing YN	12 2-4pm Art for Wellbeing WS 3.30-5pm Values & Wellbeing Workshop SB 5:30-7pm Coffee Break Club WS	13 10am-3pm 1-to-1 Peer Support North LP 6-8pm Meal Out SB	14 11am-12.30pm Morning Coffee Break WS 12.45-2pm Stay Calm Meditation Session WS 1.30-5pm City Walkers SB 3-5pm 1-to-1 Peer Support North LP	SAT 15 SUN 16 1-2pm Sunday Coffee SB 2-3pm Park Life SB
17 2:30-6pm Community Hub SB 6-7.30pm A&D Group North WS	18 10-11am 1-to-1 Peer Support South LP 11:30am-1pm A&D Group South LP YN 1:30-2.30pm 1-to-1 Peer Support South LP 2.15-4.15pm Crafts for Wellbeing YN	19 2-4pm Mindful Jewellery WS 5:30-7pm Coffee Break Club SB	20 10am-3pm 1-to-1 Peer Support North LP 6-7.30pm City Walkers SB	21 11am-12.30pm Morning Coffee Break WS 12.45-2pm Stay Calm Meditation Session WS 2.30-4.30pm City Walkers SB 3-5pm 1-to-1 Peer Support North LP 5.30-7pm Music and Wellbeing: Bach SB	SAT 22 SUN 23
24 2:30-6pm Community Hub SB	25 10-11am 1-to-1 Peer Support South LP 11:30am-1pm A&D Group South LP YN 1:30-2.30pm 1-to-1 Peer Support South LP 2.15-4.15pm Crafts for Wellbeing YN	26 1-2.30pm Park Life SB 2-4pm Mindful Jewellery WS 5:30-7pm Coffee Break Club WS 6.45pm-late Music and Wellbeing: Hadyn SB	27 10am-3pm 1-to-1 Peer Support North LP 11am-1pm British Museum Tour WS 6-8.30pm Film Club SB	28 11am-12.30pm Morning Coffee Break WS 12.45-2pm Stay Calm Meditation Session WS 3-5pm Park Life SB 3-5pm 1-to-1 Peer Support North LP	SAT 29 SUN 30

NORTH - St Charles Centre for Health and Wellbeing, Exmoor Street W10 6DZ
 SOUTH - Violet Melchett Health Centre, Community Living Well, 2nd Floor
 Flood Walk, Chelsea, SW3 5RR

LD Liz Duff 07976 244 589
 LP Liam Pywell 07960 290 265
 SB Stuart Beck 07495 579 252
 WS Whitney Shaw 07908 265 186
 YN Yvonne Nelson 07964 376 928

Peer Support Community Hub One to One Peer Support Social Peer Support Peer Support Training Timebank Peer Support Group

Activity A-Z

Anxiety and Depression Support Group

Structured self-help peer support groups aim to bring people together who can share their experiences. It's your chance to talk without being judged, an opportunity to learn about how others in similar situations manage their symptoms and to connect with people who know what it's like to feel the way you do. Please get in touch with Liam to find out if there is space in either group.

Art for Wellbeing - 10 Acklam Road, W10 5QZ

Join us this month as we use pastels and chalk to make our own still life creations and reproduce depictions of famous still life paintings and drawings.

City Walkers

Weds 5th - Join us for a leisurely stroll along Regent's Canal. As one of London's best kept secrets hidden by its surrounding buildings, Regent's Canal is tucked away from the big city and offers a peaceful haven that is well-loved by boaters, walkers and cyclists alike. Meet outside Westbourne Park tube station at 12pm.

Fri 14th - Join us for a walk along the River Thames as we admire Wandsworth Park, Bell Lane Creek, Battersea Park and finish at Sloane Square. We will meet outside Putney Bridge tube station exit at 1.30pm.

Thurs 20th - Join us for a riverside walk along Southbank. We will be treated to views of the National Theatre and Shakespeare's Globe, with the walk finishing at London Bridge. Please meet outside Embankment tube station (exit facing the river) at 6pm.

Crafts for Wellbeing - Chelsea Methodist Church, 115A King's Road, Chelsea, SW3 5TX

Our crafts group is a great way for you to express yourself creatively, meet new people and benefit from a different environment. We have an array of materials and resources for you to work with.

Morning Coffee Break - Costa Coffee, Unit 1, Whiteleys Shopping Centre, W2 4YQ

Evening Coffee Break - Wholefoods, 63-97 Kensington High Street, W8 5SE, 1st Floor Cafe

Connect with others over a weekly coffee, tea or refreshment. We encourage a warm and welcoming environment. Meet others who share similar experiences in a relaxed way, with no pressure on you.

Sunday Coffee - Pret A Manger, 7-9 Queensway, W2 4QJ

Come to our new sunday coffee meetup! We will set off on a walk afterwards around Kensington Palace.

Design Museum - 224-238 Kensington High Street, Kensington, W8 6AG

Join us as at a visit to the world's leading museum devoted to contemporary design in every form, from architecture and fashion to graphics, product and industrial design. We will then go to the museum cafe for a refreshment and chat afterwards.

Film Club - 7 Thorpe Close, Ladbroke Grove, W10 5XL

Our next edition of Film Club will be 'What About Bob?' (1991), a black comedy starring Bill Murray and Richard Dreyfuss. Murray plays Bob Wiley, a psychiatric patient who follows his egotistical psychiatrist Dr. Leo Marvin (Dreyfuss) on vacation. The doctor is pushed over the edge when the unstable Bob befriends the other members of Marvin's family and unintentionally steals the limelight. Popcorn and refreshments will be provided and there will be a chance to chat about the movie after as well. Please let Stuart know if you would like to come.

Free Lunchtime Concert: Andrew Earis - Trafalgar Square, WC2N 4JJ

Join us for a free lunchtime concert at St Martins-in-the-field-Church. We will meet at the front entrance at 12.45pm and will be treated to an array of classical music on the organ played by the director of music, as well as a performance from the St Martin Voices choir. Please let Whitney know if you would like to attend.

Kensington Palace: Victoria Revealed Exhibition - Kensington Gardens, W8 4PX

Join us as we discover and learn about the woman behind the crown at the Victoria Revealed Exhibition. Afterwards, we will have a picnic in the palace gardens so please bring some food with you and something to sit on.

Meal Out, Wholefoods Cafe, 63-97 Kensington High Street, W8 5SE

Join us in the WholeFoods Market 1st floor area where there will be a selection of meals to choose from, including burritos, noodle bowls, pizza, hot dogs, sushi, jacket potatoes, ice cream and more! We subsidise the cost of the food by £6 and most of the meals mentioned are within that price range.

Mindful Jewellery: Nautical Knot Bracelet - 10 Acklam Road, W10 5QZ

Along with our regular pick 'n' mix, this month there will also be the opportunity to make nautical knot bracelets which will be yours to keep.

Monday Community Hub - St. Peter's Church, Kensington Park Road, Notting Hill, W11 2PN

The hubs include social activities and drop-in peer support which are co-facilitated by a peer worker; someone who can use their experiences of mental health difficulties to support you amongst your peers. Mondays include Community Cooking; share your favourite meal with others as we take it in turns to cook. There is also the opportunity to sing, as group singing has been shown to have a positive effect on our wellbeing.

Music and Wellbeing (Bach) - Royal College of Music, Prince Consort Road, Kensington, SW7 2BS

The RCM's new Bach Bites series offers an exciting menu of half-hour concerts where you can hear the best of Bach's toccatas and fugues performed on their fantastic Flentrop Orgelbouw organ. Meet in the reception area of the Amaryllis Fleming Concert Hall from 5.30pm for a 6.15 pm start.

Music and Wellbeing (Haydn) - Royal College of Music, Prince Consort Road, Kensington, SW7 2BS

Join us for a new concert series exploring Haydn's opus 33 string quartets. In the first quartet of the set, hear the music move from a brief Scherzo to a slow, stately dance before climaxing in a breathless Presto that demands technical brilliance from the violin. Meet at the Britten Theatre reception from 6.45pm for a 7.30pm start.

One-to-one Peer Support

One-to-one peer support means you can talk to someone who can use their own experience of mental health difficulties and put themselves in your shoes. It is an opportunity to be open about your mental health in a safe and comfortable space. To attend, please arrange in advance with Liam.

Park Life

Fri 7th - Join us for a walk around Holland Park as we take in the Japanese Garden, peacocks, giant chess board, koi carp pond and more! Meet at the Holland Park cafe entrance at 2pm.

Sun 16th - Come along to our Sunday stroll in Kensington Gardens! Ideal for a relaxing weekend walk, we will stroll past Kensington Palace, Albert Memorial, the Round Pond, and more! Meet outside Queensway station at 2pm.

Fri 21st - Join us for a walk in Hyde Park and around the spectacular Serpentine Lake! Meet outside Queensway tube station exit at 2.30pm.

Weds 26th - Join us as we visit Queen's Park for the first time! Spanning 12 hectares, it is a fine example of a well-loved and hugely popular city park as it provides a welcome splash of green in one of the most densely populated parts of London. Facilities include tennis courts, an ornamental garden, a small zoo and a cafe. We will meet outside Queen's Park tube station at 1pm.

Stay Calm Meditation - West London Buddhist Centre, Royal Oak House, 45 Porchester road, W2 5DP

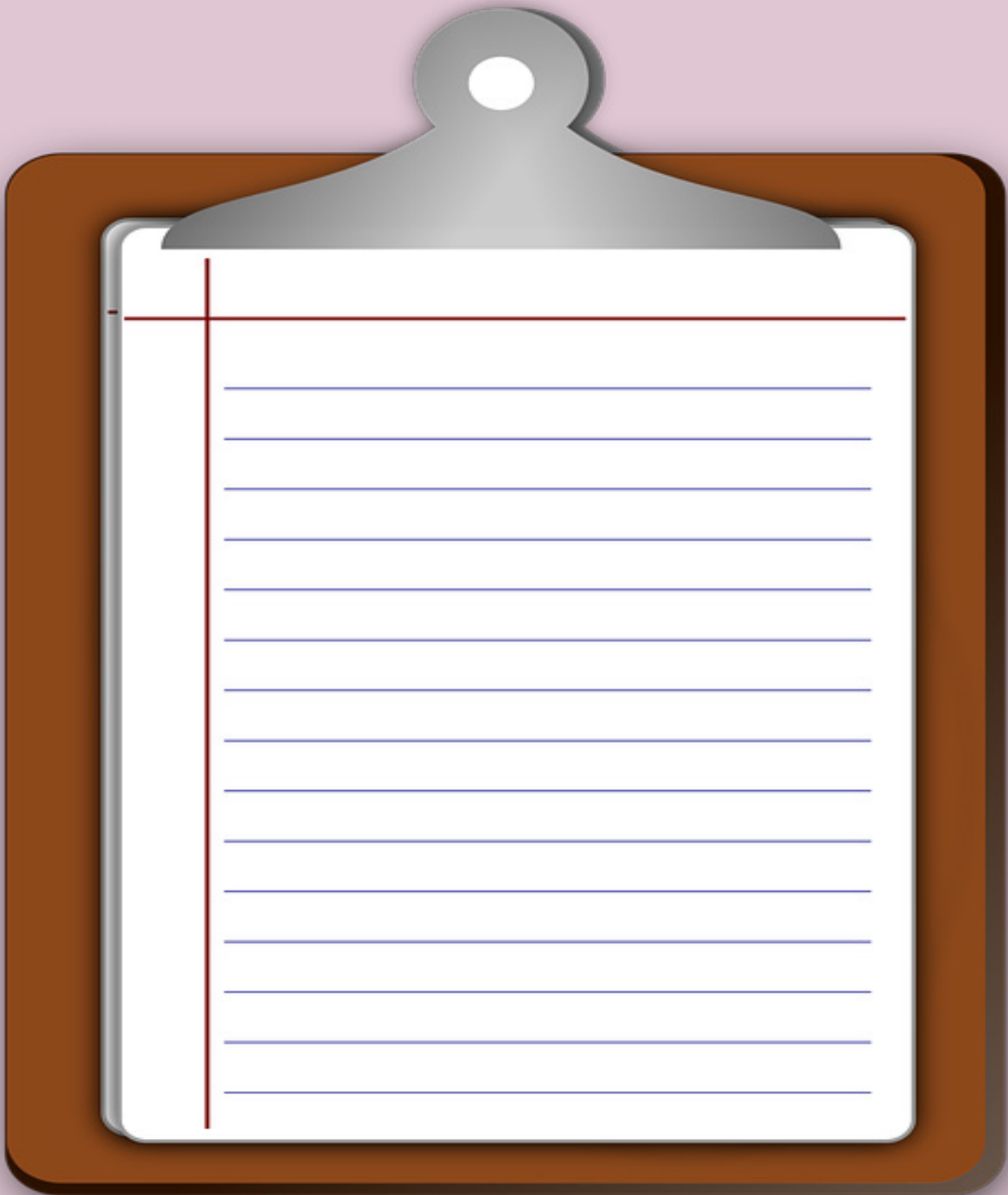
Join Whitney for a one hour lunchtime meditation session that will provide a peaceful and serene setting that will enable you to achieve a mentally clear and emotionally calm state.

The British Museum: Roman Britain Talk - Great Russell Street, Bloomsbury, WC1B 3DG

Join us for a fascinating talk on Roman Britain at the British Museum, which will cover the Roman occupation of Britain and how its culture has transformed Britain as we know it today. We will also learn about how the laws, administration, currency, architecture, religion and art of Rome met Britain's Iron Age society to create a distinctive 'Romano-British' identity. Afterwards, there will be a chance to go for a coffee in the V&A central court.

Activities To Do List

Feel free to use this space to write down any activities you plan to attend!



A clipboard with a white sheet of lined paper and a silver clip at the top. The paper has a vertical red margin line on the left and horizontal blue lines for writing.

