



Supporting Minds Weekly timetable

Day	Activity, Time and Contact
Monday	<ul style="list-style-type: none"><li data-bbox="517 475 1727 560">• Remote mental health support: 10am-1pm and 2pm-5pm Contact 020 8954 1333 or enquiries@kcmind.org.uk<li data-bbox="517 603 1675 687">• Painting and Decorating Training*: 11am-12pm Contact Robert on 020 8950 6777 or Robert.bush@kcmind.org.uk<li data-bbox="517 730 1787 815">• Horticulture Training*: 11am-12pm Contact Deena on 0795 048 4456 or deena.kestenbaum@kcmind.org.uk<li data-bbox="517 858 1756 943">• Community Living Well Peer Support Group: 12pm-1pm Contact Liz on 079 7624 4589 or peersupport@kcmind.org.uk<li data-bbox="517 986 1702 1070">• Community Living Well Workshops: 3pm-4.30pm Contact Jill on 020 8954 1333 option 1 or jill.watson@kcmind.org.uk<li data-bbox="517 1114 1234 1246">• IT Training*: 3pm-4pm Contact Georgina on 079 5797 8942 or georgina.andreou@kcmind.org.uk

<p>Tuesday</p>	<ul style="list-style-type: none"> • Remote mental health support: 10am-1pm and 2pm-5pm Contact 020 8954 1333 or enquiries@kcmind.org.uk • Nature in the City: 11am-12pm Contact Emma on 0795 048 4313 or emma.brooks@kcmind.org.uk • Admin Training*: 3pm-4pm Contact Georgina on 079 5797 8942 or georgina.andreou@kcmind.org.uk
<p>Wednesday</p>	<ul style="list-style-type: none"> • Remote mental health support: 10am-1pm and 2pm-5pm Contact 020 8954 1333 or enquiries@kcmind.org.uk • Mind Skills Development Service Peer Support: 11am-12pm Contact Deena on 0795 048 4456 or deena.kestenbaum@kcmind.org.uk • Upcycling shed: 11am-12pm Contact Robert on 020 8950 6777 or Robert.bush@kcmind.org.uk • Horticulture Training*: 1pm-2pm Contact Deena on 0795 048 4456 or deena.kestenbaum@kcmind.org.uk • Community Living Well Peer Support Group: 2pm-3pm

	Contact Liz on 079 7624 4589 or peersupport@kcmind.org.uk
Thursday	<ul style="list-style-type: none"> • Remote mental health support: 10am-1pm and 2pm-5pm Contact 020 8964 1333 or enquiries@kcmind.org.uk • Painting and Decorating Training*: 11am-12pm Contact Robert on 020 8960 6777 or Robert.bush@kcmind.org.uk • London arts and culture: 2pm-3pm (times may vary depending on activity) Contact Stuart on 07495 579 252 or stuart.beck@kcmind.org.uk • IT Training*: 3pm-4pm Contact Georgina on 079 5797 8942 or georgina.andreou@kcmind.org.uk
Friday	<ul style="list-style-type: none"> • Remote mental health support: 10am-1pm and 2pm-5pm Contact 020 8964 1333 or enquiries@kcmind.org.uk • Community Living Well Peer Support Group: 12pm-1pm Contact Stuart on 07495 579 252 or stuart.beck@kcmind.org.uk • MasterMind Quiz: 2pm-3pm Contact Stuart on 07495 579 252 or stuart.beck@kcmind.org.uk

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| | <ul style="list-style-type: none">• Yoga: 3pm-4pm
Contact Emma on 0795 048 4313 or emma.brooks@kcmind.org.uk |
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Supporting Minds also offer the following:

- **Walkie Talkie**
- **Mind 3k step challenge**

These activities are available by individual arrangement. Please contact 020 8964 1333 or enquiries@kcmind.org.uk

For activity descriptions, please visit the [Kensington and Chelsea Mind website](#).

*** Mind Skills Development Service accredited training sessions (registered trainees only)**