



Supporting Minds Weekly timetable

| Day | Activity, Time and Contact |
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| Monday 5 th October | <ul style="list-style-type: none"><li data-bbox="517 470 1742 560">• Remote mental health support: 10am-1pm and 2pm-5pm Contact 020 8954 1333 option 1 or enquiries@kcmind.org.uk <li data-bbox="517 598 1675 687">• Painting and Decorating Training*: 11am-12pm Contact Robert on 020 8950 6777 or Robert.bush@kcmind.org.uk <li data-bbox="517 726 1787 815">• Horticulture Training*: 11am-12pm Contact Deena on 07950 484 456 or deena.kestenbaum@kcmind.org.uk <li data-bbox="517 853 1776 943">• Community Living Well Peer Support Group: 12pm-1pm Contact Liz on 07976 244 589 or peersupport@kcmind.org.uk <li data-bbox="517 981 1619 1118">• Community Living Well Workshops: 3pm-4.30pm Mood and Food. Contact Jill on 07944 527 107 or jill.watson@kcmind.org.uk <li data-bbox="562 1157 1816 1246">• IT Training*: 3pm-4pm Contact Georgina on 07957 978 942 or georgina.andreou@kcmind.org.uk <p data-bbox="481 1342 2116 1437">* Mind Skills Development Service accredited training sessions (registered trainees only)</p> |

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| <p>Tuesday 6th October</p> | <ul style="list-style-type: none"> • Remote mental health support: 10am-1pm and 2pm-5pm Contact 020 8954 1333 option 1 or enquiries@kcmind.org.uk • Nature in the City: 11am-12pm Contact Emma on 07950 484 313 or emma.brooks@kcmind.org.uk • Admin Training*: 3pm-4pm Contact Georgina on 07957 978 942 or georgina.andreou@kcmind.org.uk <p>* Mind Skills Development Service accredited training sessions (registered trainees only)</p> |
| <p>Wednesday 7th October</p> | <ul style="list-style-type: none"> • Remote mental health support: 10am-1pm and 2pm-5pm Contact 020 8954 1333 option 1 or enquiries@kcmind.org.uk • Mind Skills Development Service Peer Support: 11am-12pm Contact Deena on 07950 484 456 or deena.kestenbaum@kcmind.org.uk • Upcycling shed: 11am-12pm Contact Robert on 07949 280 717 or Robert.bush@kcmind.org.uk • Horticulture Training*: 1pm-2pm Contact Deena on 07950 484 456 or deena.kestenbaum@kcmind.org.uk • Community Living Well Peer Support Group: 2pm-3pm |

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| | <p>Contact Yvonne on 07954 376 928 or peersupport@kcmind.org.uk</p> <p>* Mind Skills Development Service accredited training sessions (registered trainees only)</p> |
| <p>Thursday 8th October</p> | <ul style="list-style-type: none"> • Remote mental health support: 10am-1pm and 2pm-5pm Contact 020 8954 1333 option 1 or enquiries@kcmind.org.uk • Painting and Decorating Training*: 11am-12pm Contact Robert on 020 8950 6777 or Robert.bush@kcmind.org.uk • NEW - Catch Up to Feedback with Liz : 2pm-3pm (Everyone Welcome Online) Contact Liz on 07976 244 589 or Liz.Duff@kcmind.org.uk • Karaoke Sing Along: 3pm-4pm Contact Emma on 07950 484 313 or emma.brooks@kcmind.org.uk • IT Training*: 3pm-4pm Contact Georgina on 07957 978 942 or georgina.andreou@kcmind.org.uk <p>* Mind Skills Development Service accredited training sessions (registered trainees only)</p> |

Friday 9th
October

- **Remote mental health support:** 10am-1pm and 2pm-5pm
Contact 020 8964 1333 option 1 or enquiries@kcmind.org.uk
- **Community Living Well Peer Support Group:** 12pm-1pm
Contact Jill on 07944 527 107 or jill.watson@kcmind.org.uk
- **Master Mind Quiz:** 2pm-3pm
Contact Jill on 07944 527 107 or jill.watson@kcmind.org.uk
- **Yoga:** 3pm-4pm
Contact Emma on 07950 484 313 or emma.brooks@kcmind.org.uk

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). These courses are only available to those who have been referred by their Care Coordinator or Mental Health Professional.**