



Supporting Minds

Festive **Weekly** Timetable

Mon 21 Dec - Fri 1 Jan

Eligibility	For people registered with Community Living Well Peer Support service
Day	Activity, Time and Contact
Monday 21 December	<p data-bbox="555 730 1921 826">Mental health advice and information service: 10am-1pm and 2pm-5pm Contact 020 8954 1333 option 1 or enquiries@kcmind.org.uk</p> <p data-bbox="555 882 1995 1082">Community Living Well Mental Health Peer Support Group: 12pm-1pm A small group where members can connect with each other to share their personal experience and be supported by each other. Contact Liz on 07976 244 589 or peersupport@kcmind.org.uk</p> <p data-bbox="555 1137 2074 1337">*New* Winter Warbling: 1pm-2pm You are invited to an hour of Winter Warbling (singing). Let's sing of cold, And some ice, Let's sing out bold, And scare the mice! Contact Deena on 07950 484 455 or deena.kestenbaum@kcmind.org.uk</p>



**Tuesday 22
December**



Mental health advice and information service: 10am-1pm and 2pm-5pm
Contact 020 8954 1333 option 1 or enquiries@kcmind.org.uk

Nature in the City: 11am-12pm

Join for an interactive session as you walk and talk through various urban landscapes, whether along a tow path, in nature reserves, parks or woodlands.

Contact Deena on 07950 484 455 or deena.kestenbaum@kcmind.org.uk

Master Mind Quiz: 2pm-3pm

Join our online quiz session where you get to test your general knowledge skills and connect with others.

Contact Stuart on 07495 579 252 or stuart.beck@kcmind.org.uk

**Wednesday 23
December**



Mental health advice and information service: 10am-1pm and 2pm-5pm
Contact 020 8954 1333 option 1 or enquiries@kcmind.org.uk

Community Living Well Mental Health Peer Support Group: 2pm-3pm

A small group where members can connect with each other to share their personal experience and be supported by each other.

Contact Liz on 07976 244 589 or peersupport@kcmind.org.uk

**Thursday 24
December -
Christmas Eve**



Mental health advice and information service: 10am-1pm and 2pm-5pm
Contact [020 8954 1333 option 1](tel:02089541333) or enquiries@kcmind.org.uk

Arts and culture: 2pm-3pm (times may vary depending on activity)
Expand your mind and explore museums and art galleries from the comfort of your own home in this social peer support group.

Contact Stuart on [07495 579 252](tel:07495579252) or stuart.beck@kcmind.org.uk

Play for Today: 3pm-4pm

Join our new play reading group for everything from murder mysteries to the traditional Panto. Each session will be based around a short play. As a group, we will build up to this by exploring voice, character, and connection using simple exercises.

Contact Emma on [07950 484 313](tel:07950484313) or emma.brooks@kcmind.org.uk

**Friday 25 December -
Christmas Day**



Bank holiday - there are no sessions running today

Monday 28 December



Bank holiday - there are no sessions running today

Tuesday 29
December



Mental health advice and information service: 10am-1pm and 2pm-5pm
Contact 020 8954 1333 option 1 or enquiries@kcmind.org.uk

Master Mind Quiz: 2pm-3pm

Join our online quiz session where you get to test your general knowledge skills and connect with others.

Contact Stuart on 07495 579 252 or stuart.beck@kcmind.org.uk

Wednesday 30
December



Mental health advice and information service: 10am-1pm and 2pm-5pm
Contact 020 8954 1333 option 1 or enquiries@kcmind.org.uk

Community Living Well Mental Health Peer Support Group: 12pm-1pm

A small group where members can connect with each other to share their personal experience and be supported by each other.

Contact Yvonne on 07954 376 928 or peersupport@kcmind.org.uk

End of Year Gathering: 2pm-3pm

Let's get together for a nice chat, have a cuppa and finish any leftover mince pies!

Contact Stuart on 07495 579 252 or stuart.beck@kcmind.org.uk

Thursday 31
December -
New Year's Eve



Mental health advice and information service: 10am-1pm and 2pm-5pm
Contact [020 8954 1333](tel:02089541333) option 1 or enquiries@kcmind.org.uk

Arts and culture: 2pm-3pm (times may vary depending on activity)
Expand your mind and explore museums and art galleries from the comfort of your own home in this social peer support group.

Contact [Stuart on 07495 579 252](tel:07495579252) or stuart.beck@kcmind.org.uk

Friday 1 January 2021
- New Year's Day

2021

Community Living Well Mental Health Peer Support Group: 12pm-1pm

A small group where members can connect with each other to share their personal experience and be supported by each other.

Contact [Liz on 07976 244 589](tel:07976244589) or peersupport@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 8954 1333 or enquiries@kcmind.org.uk

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

