



Supporting Minds Weekly Timetable



Eligibility	For people registered with Community Living Well Peer Support service
Day	Activity, Time and Contact
<p data-bbox="107 501 488 544">Monday 18 January</p> 	<p data-bbox="562 501 1917 596">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="562 655 2085 855">Community Living Well Mental Health Peer Support Group: 12pm-1pm A small group where members can connect 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="562 914 2130 1161">*New* Nature Drawing: 1pm-2pm Choose the subject you wish to draw. You can gather some items from a walk, such as leaves or pinecones, or pick a favourite house plant. We will do some short warm up exercises before allowing half an hour to concentrate on one drawing. Contact Emma on 07950 484 313 or emma.brooks@kcmind.org.uk</p> <p data-bbox="562 1220 2123 1468">Community Living Well Wellbeing Workshop: 3pm – 4.30pm Motivation and Wellbeing Living Well Workshops provide a safe and supportive space to develop skills and knowledge to manage the stresses and difficulties in your life. Contact Jill on 07944 527 107 or jill.watson@kcmind.org.uk</p>

Tuesday 19 January



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

Nature in Mind: 11am-12pm

Nature in Mind investigates how our natural world functions, on both a large and small scale. Join me to find answers to the questions you never thought to ask.

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

***New* Time for a Tale:** 12.30pm-1.30pm

Opens up the wonderful world of audiobooks to provide entertainment and a welcome distraction. Each session, we will listen to a tale online and have the opportunity to discuss it.

Contact Robert on 07949 280 717 or Robert.bush@kcmind.org.uk

Wednesday 20
January



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

Upcycling shed: 11am-12pm

Through a series of interactive online activity sessions, participants will have the opportunity to create their own upcycling project.

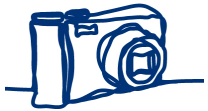
Contact Robert on 07949 280 717 or Robert.bush@kcmind.org.uk

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 21 January



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

The History of Gardens and Garden Design in No Particular Order: 3pm-4pm
Have you ever wondered how gardening fashions have emerged or who the big names in garden history were? Join me as I focus on the interface between horticulture, aesthetics, gardening, philosophy, ecology and design. Learn how plants came into fashion and out again, how style of gardening reflects social norms and what preoccupied the gardeners of different periods.
Contact Deena on 07950 484 455 or deena.kestenbaum@kcmind.org.uk

Friday 22 January



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 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 Jill on 07944 527 107 or jill.watson@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 Jill on 07944 527 107 or jill.watson@kcmind.org.uk

Yoga: Chair Yoga 3pm-3.20pm **Beginners' Yoga** 3.20pm-4pm

Mind staff and services users are invited to participate in our weekly Yoga for wellbeing session. The class will start with 20 minutes of Chair Yoga. Participants are welcome to join for both or each individual session. The class is suitable for beginners and includes a 5 minute relaxation to end the session and bring a calming close to the week.

Contact Emma on 07950 484 313 or emma.brooks@kcmind.org.uk

Monday 25 January



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 Jill on 07944 527 107 or jill.watson@kcmind.org.uk

***New* Nature Drawing:** 1pm-2pm

Choose the subject you wish to draw. You can gather some items from a walk, such as leaves or pinecones, or pick a favourite house plant. We will do some short warm up exercises before allowing half an hour to concentrate on one drawing.

Contact Emma on 07950 484 313 or emma.brooks@kcmind.org.uk

Community Living Well Wellbeing Workshop: 3pm – 4.30pm

Food and Mood

Living Well Workshops provide a safe and supportive space to develop skills and knowledge to manage the stresses and difficulties in your life.

Contact Jill on 07944 527 107 or jill.watson@kcmind.org.uk

Tuesday 25 January



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

Nature in Mind: 11am-12pm

Nature in Mind investigates how our natural world functions, on both a large and small scale. Join me to find answers to the questions you never thought to ask.

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***New* Time for a Tale:** 12.30pm-1.30pm

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Wednesday 27
January



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

Upcycling shed: 11am-12pm

Through a series of interactive online activity sessions, participants will have the opportunity to create their own upcycling project.

Contact Robert on 07949 280 717 or Robert.bush@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 28 January



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

The History of Gardens and Garden Design in No Particular Order: 3pm-4pm

Have you ever wondered how gardening fashions have emerged or who the big names in garden history were? Join me as I focus on the interface between horticulture, aesthetics, gardening, philosophy, ecology and design. Learn how plants came into fashion and out again, how style of gardening reflects social norms and what preoccupied the gardeners of different periods.

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

Friday 29 January



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

Master Mind Quiz: 2pm-3pm

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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 8954 1333 or enquiries@kcmind.org.uk

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

