



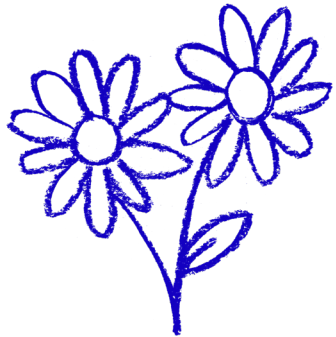
Supporting Minds Weekly Timetable

Mon 13 Sept - Fri 24 Sept 2021



Eligibility	For people registered with Community Living Well Peer Support
Day	Activity, Time and Contact
<p data-bbox="107 580 327 676">Monday 13 September</p> 	<p data-bbox="560 580 1939 676">Mental health advice and information service: 10am-1pm and 2pm-5pm Contact 020 8964 1333 option 1 or enquiries@kcmind.org.uk</p> <p data-bbox="560 735 2078 935">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 Jill on 07944 527 107 or jill.watson@kcmind.org.uk</p> <p data-bbox="560 994 2123 1241">Community Living Well Wellbeing Workshop: 2pm – 3.30pm Maintaining Wellbeing (run by Step 2 Talking Therapy) 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 14
September



Mental health advice and information service: 10am-1pm and 2pm-5pm
Contact 020 8964 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 484 456 or deena.kestenbaum@kcmind.org.uk

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 15
September



Mental health advice and information service: 10am-1pm and 2pm-5pm
Contact 020 8964 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 Yvonne on 07964 376 928 or peersupport@kcmind.org.uk

New time

Nature Drawing: 3pm-4pm

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

New

Group Walk - Kensington Gardens or Holland Park: Wednesday lunchtime

Come and join us for a refreshing, relaxed walk in one of our beautiful local parks. Walks will be for around an hour or so, although if you had to leave sooner that is fine. A great chance to meet, socialise and chat with others, whilst having some exercise, sunshine and fresh air too! Places on the walks are available by booking only.

Contact Jill on 07944 527 107 or jill.watson@kcmind.org.uk for more information on how to book a place.

Thursday 16
September



Mental health advice and information service: 10am-1pm and 2pm-5pm
Contact 020 8964 1333 option 1 or enquiries@kcmind.org.uk

Friday 17 September



Mental health advice and information service: 10am-1pm and 2pm-5pm
Contact 020 8964 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.

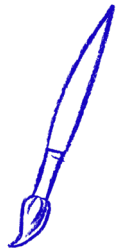
Contact Jill on 07944 527 107 or jill.watson@kcmind.org.uk

Yoga: Chair Yoga 3.15pm-3.35pm Beginners' Yoga 3.35pm-4.15pm

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 20
September



Mental health advice and information service: 10am-1pm and 2pm-5pm
Contact 020 8964 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 to share their personal experience and be supported by each other.

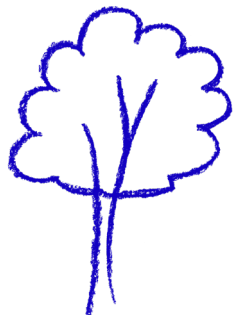
Contact Jill on 07944 527 107 or jill.watson@kcmind.org.uk

Community Living Well Wellbeing Workshop: 3pm – 4.30pm
Self-Care for Anxiety

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 21
September



Mental health advice and information service: 10am-1pm and 2pm-5pm
Contact 020 8964 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 484 456 or deena.kestenbaum@kcmind.org.uk

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

New

Group Walk - Kensington Gardens or Holland Park: Tuesday lunchtime

Come and join us for a refreshing, relaxed walk in one of our beautiful local parks. Walks will be for around an hour or so, although if you had to leave sooner that is fine. A great chance to meet, socialise and chat with others, whilst having some exercise, sunshine and fresh air too! Places on the walks are available by booking only

Contact Stuart on 07495 579 252 or peersupport@kcmind.org.uk for more information on how to book a place.

Wednesday 22
September



Mental health advice and information service: 10am-1pm and 2pm-5pm
Contact 020 8964 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

New time

Nature Drawing: 3pm-4pm

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

New

Group Walk - Kensington Gardens or Holland Park: Wednesday lunchtime

Come and join us for a refreshing, relaxed walk in one of our beautiful local parks. Walks will be for around an hour or so, although if you had to leave sooner that is fine. A great chance to meet, socialise and chat with others, whilst having some exercise, sunshine and fresh air too! Places on the walks are available by booking only

Contact Stuart on 07495 579 252 or peersupport@kcmind.org.uk for more information on how to book a place.

Thursday 23
September



Mental health advice and information service: 10am-1pm and 2pm-5pm
Contact 020 8964 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: 4pm-5pm

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 484 456 or deena.kestenbaum@kcmind.org.uk

Friday 24 September



Mental health advice and information service: 10am-1pm and 2pm-5pm
Contact 020 8964 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

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

Yoga: Chair Yoga 3.15pm-3.35pm Beginners' Yoga 3.35pm-4.15pm

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

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** Kensington and Chelsea