





Supporting Minds Weekly Timetable

Mon 11 April - Fri 22 April 2022



Eligibility	For people registered with Community Living Well Peer Support
Day	Activity, Time and Contact
<p>Monday 11 April</p> 	<p>Mental health advice and information service: 10am-1pm and 2pm-5pm Contact 020 8964 1333 option 2 or enquiries@kcmind.org.uk</p> <p>Community Living Well Mental Health Peer Support Group: 12pm-1.15pm (Online) A small group where members can connect to share their personal experience and be supported by each other. Contact Elliss on 07549 016 992 or elliss.joseph@kcmind.org.uk</p>
<p>Tuesday 12 April</p> 	<p>Mental health advice and information service: 10am-1pm and 2pm-5pm Contact 020 8964 1333 option 2 or enquiries@kcmind.org.uk</p> <p>Art Support Group: 3.15pm-4.15pm (Online) In the Art Support Group we have a different theme each week that we are told in advance. We then go away and explore our feelings using a creative outlet of our personal choice. Whether you take a picture of something, draw, write or get a picture online - it is all considered art. In the group we share our work and have further discussions about the feelings we chose to express. Contact Elliss on 07549 016 992 or elliss.joseph@kcmind.org.uk</p>

Wednesday 13 April



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

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 Yvonne on 07964 376 928 or yvonne.nelson@kcmind.org.uk for more information on how to book a place.

New location

Community Living Well Mental Health Peer Support Group: 2pm-3.15pm
at Acklam Road

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

Contact Tori on 07729 108 559 or tori.sasaki@kcmind.org.uk

Thursday 14 April



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

Living Well Workshop: 12pm-1.30pm (Online)
Self-compassion (provided by Talking Therapies)

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

Contact Olivia on 07956 704 278 or olivia.hancock@kcmind.org.uk

Arts and culture: 1.30pm-2.30pm (times may vary depending on activity) (Online)

Expand your mind and explore museums and art galleries from the comfort of your own home in this social peer support group.

Contact Tori on 07729 108 559 or tori.sasaki@kcmind.org.uk

Evening Mental Health Peer Support Group: 5.30pm-6.45pm (Online)

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

Contact Olivia on 07956 704 278 or olivia.hancock@kcmind.org.uk

Friday 15 April



Good Friday - Bank Holiday

Closed

Monday 18 April	Easter Monday - Bank Holiday Closed
Tuesday 19 April	<p>Mental health advice and information service: 10am-1pm and 2pm-5pm Contact 020 8964 1333 option 2 or enquiries@kcmind.org.uk</p> <p>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 stuart.beck@kcmind.org.uk for more information on how to book a place.</p> <p>Art Support Group: 3.15pm-4.15pm (Online) In the Art Support Group we have a different theme each week that we are told in advance. We then go away and explore our feelings using a creative outlet of our personal choice. Whether you take a picture of something, draw, write or get a picture online - it is all considered art. In the group we share our work and have further discussions about the feelings we chose to express. Contact Elliss on 07549 016 992 or elliss.joseph@kcmind.org.uk</p> <p>Evening Mental Health Peer Support Group: 5.30pm-6.45pm (Online) A small group where members can connect to share their personal experience and be supported by each other. Contact Elliss on 07549 016 992 or elliss.joseph@kcmind.org.uk</p>



Wednesday 20 April



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

New location

Community Living Well Mental Health Peer Support Group: 2pm-3.15pm
at Acklam Road

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

Contact [Tori on 07729 108 559](tel:07729108559) or tori.sasaki@kcmind.org.uk

New Women's Mental Health Peer Support Group: 4pm-5.15pm (Online)

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

Contact [Tori on 07729 108 559](tel:07729108559) or tori.sasaki@kcmind.org.uk

Thursday 21 April



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

Arts and culture: 1.30pm-2.30pm (times may vary depending on activity) (Online)

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 22 April



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

New location

Community Living Well Mental Health Peer Support Group: 12pm-1.15pm
at Acklam Road

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 (Online)

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

These activities are available by individual arrangement.
Please contact 020 8964 1333 or enquiries@kcmind.org.uk
To sign up to the Community Living Well Peer Support mailing list, [click here](#).
For activity descriptions, please visit the [Kensington and Chelsea Mind website](#).

 **mind** Kensington and Chelsea