



Peer Support Weekly Timetable

Mon 18 Dec 2023 - Mon 1 Jan 2024

**For people registered with
Community Living Well Peer Support**

You must confirm your attendance at groups in advance

Monday 18 December

Mental health advice and information service: 10am-1pm and 2pm-5pm
For information about services in Kensington and Chelsea. At times no-one is available to take your call personally if you leave a message with your name and phone number we'll get back to you as soon as possible. Please note, this is not a crisis service.

Contact 020 8964 1333 option 2 or enquiries@kcmind.org.uk

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. **Places are available by booking only.**

To confirm your place, contact Deniz on 07960 290 265 or deniz.ozturk@kcmind.org.uk

***Monday Social - End of Year Gathering* 2.30pm-5.30pm (in person)**

at St Peter's Church

Join us at our Monday Social group where you can come and chat with others, have a cup of tea or coffee, and relax in this beautiful local venue. We will also have live piano music and a chance for a sing-song as well. Snacks will be available and come prepared to play games!

Places are available by booking only. To confirm your place, contact Stuart on 07495 579 252 or stuart.beck@kcmind.org.uk

Tuesday 19 December

Mental health advice and information service: 10am-1pm and 2pm-5pm
For information about services in Kensington and Chelsea. At times no-one is available to take your call personally if you leave a message with your name and phone number we'll get back to you as soon as possible. Please note, this is not a crisis service.

Contact 020 8964 1333 option 2 or enquiries@kcmind.org.uk

Master Mind Quiz 6pm-7.15pm (online)

Join our online quiz session where you get to test your general knowledge skills and connect with others. **Places are available by booking only.**

To confirm your place, contact Deniz on 07960 290 265 or deniz.ozturk@kcmind.org.uk

* Living Well Workshops

Living Well workshops will be starting again in mid-January. Look out for the programme at the beginning of January and book your place.

Wednesday 20 December

Mental health advice and information service: 10am-1pm and 2pm-5pm
For information about services in Kensington and Chelsea. At times no-one is available to take your call personally if you leave a message with your name and phone number we'll get back to you as soon as possible. Please note, this is not a crisis service.

Contact 020 8964 1333 option 2 or enquiries@kcmind.org.uk

Arts and Culture 2pm-3pm (online)

(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.

Places are available by booking only.

To confirm your place, contact Vic on 07956 704 278

or victor.pinto@kcmind.org.uk

Mental Health Peer Support Group 2pm-3.15pm (in person)

at Acklam Road

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

Places are available by booking only.

To confirm your place, contact Deniz on 07960 290 265 or

deniz.ozturk@kcmind.org.uk

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. **Places are available by booking only.**

To confirm your place, contact Deniz on 07960 290 265 or

deniz.ozturk@kcmind.org.uk

Thursday 21 December

Mental health advice and information service: 10am-1pm and 2pm-5pm
For information about services in Kensington and Chelsea. At times no-one is available to take your call personally if you leave a message with your name and phone number we'll get back to you as soon as possible. Please note, this is not a crisis service.

Contact 020 8964 1333 option 2 or enquiries@kcmind.org.uk

Creative Arts Group

3.30pm-4.45pm (in person)

at Acklam Road

In this group we set different painting, drawing and poetry activities and look at our work at the end of the group. All skills are welcome whether beginner or experienced, come and join for some light-hearted creativity. **Places are available by booking only.** To confirm your place, contact Vic on 07956 704 278 or victor.pinto@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.

Places are available by booking only.

To confirm your place, contact Fiona on 07947 540 185 or fiona.hill@kcmind.org.uk

Friday 22 December

Mental health advice and information service: 10am-1pm and 2pm-5pm
For information about services in Kensington and Chelsea. At times no-one is available to take your call personally if you leave a message with your name and phone number we'll get back to you as soon as possible. Please note, this is not a crisis service.

Contact 020 8964 1333 option 2 or enquiries@kcmind.org.uk

*** New for this week ***

Group Walk - Holland Park

2.30pm (in person)

Come and join us for a refreshing, relaxed walk with a tea break in the café at the end. 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.

To confirm your place, contact Stuart on 07495 579 252
or stuart.beck@kcmind.org.uk

Monday 25 December - Christmas Day

Closed - No peer support sessions

SMART, based in Chelsea, are open Christmas Day 11am - 4pm

at The Basement, 15 Gertrude Street, London

Join them for a FREE Christmas feast and gifts.

If you are interested and would like to join them, **contact Ann on 07341 560 625** to book your spot and to book a lift if you need it.

Food served at 1pm.



Tuesday 26 December - Boxing Day

Master Mind Quiz

6pm-7.15pm (online)

Join our online quiz session where you get to test your general knowledge skills and connect with others. **Please confirm in advance that you would like to attend, as will only go ahead if we have members are free and wanting to join** To confirm your place, contact Stuart on 07495 579 252 or stuart.beck@kcmind.org.uk

Wednesday 27 December

Arts and Culture

2pm-3pm (online)

(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.

Places are available by booking only.

To confirm your place, contact Stuart on 07495 579 252

or stuart.beck@kcmind.org.uk

Mental Health Peer Support Group

2pm-3.15pm (in person)

at Acklam Road

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

Places are available by booking only.

To confirm your place, contact Deniz on 07960 290 265 or

deniz.ozturk@kcmind.org.uk

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. **Places are available by booking only.**

To confirm your place, contact Deniz on 07960 290 265 or

deniz.ozturk@kcmind.org.uk

Thursday 28 December

Creative Arts Group

3.30pm-4.45pm (in person)

at Acklam Road

In this group we set different painting, drawing and poetry activities and look at our work at the end of the group. All skills are welcome whether beginner or experienced, come and join for some light-hearted creativity. **Places are available by booking only.** To confirm your place, contact Deniz on 07960 290 265 or deniz.ozturk@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.

Places are available by booking only.

To confirm your place, contact Deniz on 07960 290 265 or deniz.ozturk@kcmind.org.uk

Friday 29 December

*** New for this week ***

Group Walk - Kensington Gardens

2.30pm-4.30pm (in person)

Come and join us for a refreshing, relaxed walk with a tea break in the café at the end. 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

Monday 1 January - New Year's Day

New for this week

Regent's Park Group Walk

2pm-4pm (in person)

Come and join us for a refreshing, relaxed walk around this beautiful local park. 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.

To confirm your place, contact Vic on 07956 704 278 or victor.pinto@kcmind.org.uk

The service also offers one-to-one peer support but we are at capacity so the waiting list is closed. We will let you know when sessions become available.

To sign up to the Peer Support email mailing list, [click here](#).

These activities are available by individual arrangement.
Please contact 020 8964 1333 or peersupport@kcmind.org.uk

To refer yourself for Peer Support, visit the [Community Living Well website](#).

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

 **mind** Kensington and Chelsea