

Peer Support Timetable

Mon 29 January - Sat 3 February 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1pm-2.15pm - Mental Health Peer Support Group (online)	12pm-1.15pm - Mental Health Peer Support Group (online)	2pm - 3pm - Arts and Culture (online)	12pm-1pm - Book Club (online)	1pm-2.15pm - Mental Health Peer Support Group (in person)	12pm-1.15pm - Mental Health Peer Support Group (online)
2.30pm-5.30pm - Monday Social (in person)	2pm-3.30pm - Living Well Workshop (online)	2pm-3.15pm - Mental Health Peer Support Group (in person)	12pm-1.15pm - Mental Health Peer Support Group (in person)	1pm-3pm - Group Walk (in person)	
6pm-7.15pm - Mental Health Peer Support Group (in person)	6pm-7.15pm - Quiz (online)	4pm-5.15pm - Women's Mental Health Peer Support Group (online)	3.30pm-4.45pm - Creative Arts Group (in person)	2pm-3.15pm - LGBTQIA+ Mental Health Peer Support Group (online)	
			5.30pm-6.45pm - Mental Health Peer Support Group (online)		



Peer Support Group



Social Peer Support



Living Well Workshop



Specialist Peer Support



Peer Support Timetable

Mon 29 January - Sat 3 February 2024

For people registered with
Community Living Well Peer Support

You must confirm your attendance at groups in advance

Monday 29 January

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 **1pm-2.15pm (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 continued...

Monday 29 January continued...

Monday Social

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. **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

6pm-7.15pm (in person)

at Acklam Road

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 Zahraa on 07729 108 559 or zahraa.scott@kcmind.org.uk

Tuesday 30 January

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

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 Barbara on 07944 527 107 or Barbara.Iwatt@kcmind.org.uk

New for this week - Places available

Living Well Workshop 2pm-3.30pm (online)

Coping with loneliness and isolation

In this workshop we will be discussing the impact of loneliness on wellbeing, sharing our own experiences with loneliness, as well as some ways to combat feelings of isolation and improve wellbeing. .

Places are available by booking only.

To confirm your place, contact Sonja on 07932 452 463 or sonja.jansli@kcmind.org.uk

See page 10 for details of next week's workshop and how to book.

Tuesday 30 January continued...

New for this week

Ecology Group

2pm-4pm (in person)

at Holland Park Ecology Centre

come and join Kensington and Chelsea Mind in collaboration with RBKC for an opportunity to spend the afternoon in the secluded wildlife area in Holland Park. We will start with a nature grounding exercise before taking a gentle stroll through the woods and creating a piece of nature art. If the weather is kind, we will finish by roasting marshmallows on an open fire.. **Places are available by booking only.**

To confirm your place, contact Zahraa on 07729 108 559
or zahraa.scott@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 Stuart on 07495 579 252
or stuart.beck@kcmind.org.uk

Wednesday 31 January

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)

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 Barbara on 07944 527 107 or
Barbara.Iwatt@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 Barbara on 07944 527 107 or
Barbara.Iwatt@kcmind.org.uk

Thursday 1 February

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

Book Club

12pm-1pm (online)

In this group we will read a psychoeducational book together, aiming to read a chapter each week which we will discuss during this session. If we decide we like this book, for the next 8 weeks we will be reading 'The Myth of Normal' by Dr. Gabor Maté.

If you're not a big reader, we will be summarising each chapter and reading some excerpts during this session, providing a space to reflect on the themes discussed afterwards.

Please do attend this session and commit to attending each week if you are available and interested, as we will only continue this group if we have regular attendees.

Places are available by booking only.

To confirm your place, contact Zahraa on 07729 108 559
or zahraa.scott@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

Thursday 1 February continued...

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 Vic on 07956 704 278 or victor.pinto@kcmind.org.uk

Friday 2 February

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

Mental Health Peer Support Group

1pm-2.15pm (in person)

at Violet Melchett

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

*** New for this week ***

Group Walk - Battersea Power Station

1pm-3pm (in person)

Come and join us for a refreshing, relaxed walk around this local park with an opportunity for a tea break 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

Friday 2 February continued...

LGBTQIA+ Mental Health Peer Support Group **2pm-3.15pm (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 Fiona on 07947 540 185 or fiona.hill@kcmind.org.uk

Saturday 3 February

New for this week

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 Sabine on 07950 484 456 or sabrine.guettoch@kcmind.org.uk

Coming up...

Tuesday 6 February

Living Well Workshop

2pm-3pm (online)

Provided by NHS Talking Therapies

Getting a good night's sleep

Having difficulty sleeping is a very common problem which can impact our mood and emotions. This workshop covers psychoeducation on the different sleep stages, and 'myth-busts' some common misconceptions about how much sleep we really need. It covers techniques to improve sleep, such as:

- Tips for sleep: what to do and what to avoid.
- The '20-minute rule' to increase a brain bed connection.
- How to use a diary to monitor sleep.

Places must be booked in advance.

To book your place, contact Sonja on 07932 452 463 or sonja.jansli@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](#).

The logo consists of a stylized, hand-drawn circular emblem with a central dot and several intersecting lines, resembling a flower or a brain.

mind Kensington and Chelsea