

Peer Support Timetable

Mon 5 February - Sat 10 February 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1pm-2.15pm - Mental Health Peer Support Group (online)</p>	<p>12pm-1.15pm - Mental Health Peer Support Group (online)</p>	<p>2pm-3pm - Arts and Culture (online)</p>	<p>12pm-1pm - Book Club (online)</p>	<p>1pm-2.15pm - Mental Health Peer Support Group (in person)</p>	<p>12pm-1.15pm - Mental Health Peer Support Group (online)</p>
<p>2.30pm-5.30pm - Monday Social (in person)</p>	<p>2pm-3pm - Living Well Workshop (online)</p>	<p>2pm-3.15pm - Mental Health Peer Support Group (in person)</p>	<p>3.30pm-4.45pm - Creative Arts Group (in person)</p>	<p>2pm-3.15pm - LGBTQIA+ Mental Health Peer Support Group (online)</p>	<p>2pm - Kensington Palace Visit (in person)</p>
<p>6pm-7.15pm - Mental Health Peer Support Group (in person)</p>	<p>6pm-7.15pm - Quiz (online)</p>	<p>4pm-5.15pm - Women's Mental Health Peer Support Group (online)</p>	<p>5.30pm-6.45pm - Mental Health Peer Support Group (online)</p>		
			<p>7.30pm - Royal College of Music Concert (in person)</p>		



Peer Support Group



Social Peer Support



Living Well Workshop



Specialist Peer Support



Peer Support Timetable

Mon 5 February - Sat 10 February 2024

For people registered with
Community Living Well Peer Support

You must confirm your attendance at groups in advance

Monday 5 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

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

Tuesday 6 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 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 - provided by NHS Talking Therapies 2pm-3pm (online)

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 are available by booking only.

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

See page 11 for details of upcoming workshops and how to book.

Tuesday 6 February continued...

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 7 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

Arts and Culture

2pm-3pm (online)

Close Up Photography Awards

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 Zahraa on 07729 108 559

or zahraa.scott@kcmind.org.uk

Thursday 8 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

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

Thursday 8 February continued...

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

New for this week

Royal College of Music -

Symphony Orchestra featuring world-renowned trumpet virtuoso Hakan Hardenberger.

7.30pm (in person)

Described as 'the best trumpet player in the galaxy' by The Times, Håkan Hardenberger returns to the Royal College of Music to perform two virtuosic and evocative concertos alongside RCM trumpeters. Tickets are free for our group. Places are limited, booking is required. Mark-Anthony Turnage's *Dispelling the Fears* takes its inspiration from a painting by Heather Betts, which plays on darkness and light, while a rhythmic and vast work by RCM alumnus Folke Rabe evokes the empty factory that houses Bergen's Music Factory Festival.

Alongside, the RCM Symphony Orchestra explores Mussorgsky's *Pictures at an Exhibition*, featuring the unforgettable melodies of 'The Great Gate of Kiev'.

Places are available by booking only.

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

Friday 9 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

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 10 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 Vic on 07956 704 278

or victor.pinto@kcmind.org.uk

New for this week

Kensington Palace Visit

2pm (in person)

at Kensington Palace

Join us for a trip to this beautiful, iconic local Palace, as we have a chance to view inside, including the Royal chambers and Jewel Room. Tickets are free for our group.

Places are limited, booking is required.

To confirm your place, contact Stuart on 07495 579 252

or stuart.beck@kcmind.org.uk

Coming up...

Living Well Workshops

Tuesday 13 February, 2pm	Effective Communication (in person)
Tuesday 20 February, 2pm	Building Confidence and Being Assertive (online)
Tuesday 27 February, 2pm	Self-Compassion (in person)
Tuesday 5 March, 2pm	Understanding Panic Attacks (online)
Tuesday 12 March, 2pm	Managing Rollercoaster Feelings (in person)

Living Well Workshops provide a safe and supportive space to develop skills and knowledge to manage the stresses and difficulties in your life as well as to improve different aspects of your life.

Places must be booked in advance. To book your place on any of these upcoming workshops, contact Sonja:

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](#).

 **Mind** Kensington and Chelsea