

# Peer Support Timetable

## Mon 1 April - Sat 6 April 2024

| Monday                                | Tuesday   | Wednesday   | Thursday  | Friday  | Saturday   |
|---------------------------------------|---|---|---|---|--|
| <b>Bank Holiday -<br/>No sessions</b> | <p>10.30am-11.15am -<br/>Journaling Club<br/>(online)</p>                     |   |   | <p>11.30am-1pm -<br/>Cooking Club<br/>(online)</p>                          |  |
|                                       | <p>11.30am-1pm -<br/>Coffee Morning<br/>(in person)</p>                       | <p>12pm-1pm -<br/>Online Meditation<br/>(online)</p>                                  | <p>12pm-1pm - Book<br/>Club (online)</p>                                      |   |  |
|                                       | <p>12pm-1.30pm -<br/>Mental Health<br/>Peer Support<br/>Group (in person)</p> | <p>2pm-3pm - Arts<br/>and Culture<br/>(online)</p>                                    | <p>12pm-1.30pm -<br/>Mental Health<br/>Peer Support<br/>Group (in person)</p> | <p>12pm-1.30pm -<br/>Mental Health<br/>Peer Support<br/>Group (online)</p>  | <p>12pm-1.15pm -<br/>Mental Health<br/>Peer Support<br/>Group (online)</p> |
|                                       | <p>2pm-3.30pm<br/>- Living Well<br/>Workshop<br/>(in person)</p>              | <p>2pm-3.30pm -<br/>Mental Health<br/>Peer Support<br/>Group (online)</p>             | <p>1.45pm-3.15pm<br/>- Mental Health<br/>Peer Support<br/>Group (online)</p>  | <p>2pm - 4pm -<br/>Park Walk<br/>(in person)</p>                            |  |
|                                       | <p>3pm-5.30pm -<br/>Movie Club<br/>(in person)</p>                            | <p>4pm-5.30pm -<br/>Women's Mental<br/>Health Peer<br/>Support Group<br/>(online)</p> | <p>1.45pm-3.15pm -<br/>Upcycling<br/>Workshop (in<br/>person)</p>             | <p>3pm - 4.30pm -<br/>Mental Health<br/>Peer Support<br/>Group (online)</p> |  |
|                                       | <p>4pm-5.30pm -<br/>Mental Health<br/>Peer Support<br/>Group (online)</p>     |   | <p>3.30pm-4.45pm<br/>- Creative Arts<br/>Group (in person)</p>                | <p>4.30pm-5.30pm<br/>- Reading and<br/>Writing Poetry<br/>(online)</p>      |  |
|                                       | <p>6pm-7.15pm -<br/>Quiz (online)</p>   | <p>5.30pm-7pm -<br/>Mental Health<br/>Peer Support<br/>Group (online)</p>             | <p>5.30pm-7pm -<br/>Mental Health<br/>Peer Support<br/>Group (online)</p>     |   |  |

 Peer Support Group

 Living Well Workshop

 Social Peer Support

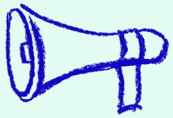
 Specialist Peer Support



# Peer Support Timetable

## Mon 1 April - Sat 6 April 2024

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



We asked people currently using any of our peer support services about social activities you would like to see provided. This has enabled us to design a new timetable to include your preferences and ideas, so thanks very much for your input. We really hope you enjoy them!

**\*You must confirm your attendance at groups in advance\***

### **Monday 1 April - Bank Holiday**

**No sessions**

# Tuesday 2 April

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](mailto:enquiries@kcmind.org.uk)

## Journaling Club

### 10.30am-11.15am (online)

Kickstart your morning, and join our mental health journaling group about self-reflection and introspection. Open to writers of all levels, at each meeting, you'll receive a new journal prompt to explore your thoughts and emotions.

**Places are available by booking only.**

To confirm your place, contact Vic on 07956 704 278  
or [victor.pinto@kcmind.org.uk](mailto:victor.pinto@kcmind.org.uk)

## Coffee Meet

### 11.30am-1pm (in person)

at Whole Foods, Kensington High Street

Start your day off right with our Coffee Morning Social, a casual gathering where you can enjoy a cup of coffee or tea while connecting with others, sharing experiences, and building supportive relationships within our community. Come and meet us at Wholefoods at Kensington High Street.

**Places are available by booking only.**

To confirm your place, contact Precious on 07964 376 928  
or [precious.jackson@kcmind.org.uk](mailto:precious.jackson@kcmind.org.uk)

# Tuesday 2 April continued...

## **Mental Health Peer Support Group**

**12pm-1.30pm (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 Barbara on 07944 527 107 or [Barbara.Iwatt@kcmind.org.uk](mailto:Barbara.Iwatt@kcmind.org.uk)

**\*New - places available\***

## **Face-to-face Living Well Workshop**

**2pm-3.30pm (in person)**

### **Maintaining Personal Boundaries**

Join our workshop on Personal Boundaries. Discuss and explore with us what boundaries are, how to create them, and maybe, gain insight into maintaining them.

To book your place, contact Sonja on 07932 452 463 or [sonja.jansli@kcmind.org.uk](mailto:sonja.jansli@kcmind.org.uk)

**See page 14 for details of upcoming workshops and how to book.**



## **Movie Club**

**3pm-5.30pm (in person)**

Location: To be confirmed upon booking

Join our movie club for cinematic journeys! Explore diverse genres, discuss film favourites, and discover hidden gems. Connect with fellow movie enthusiasts and embark on a shared adventure through the world of cinema. **Please note: attendees will be responsible for the purchase of their own tickets and concessions. On the morning of the outing, you'll receive a link to purchase your tickets.**

To confirm your place, contact Precious on 07964 376 928 or [precious.jackson@kcmind.org.uk](mailto:precious.jackson@kcmind.org.uk)

# Tuesday 2 April continued...

## **Mental Health Peer Support Group**

**4pm-5.30pm (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](mailto:sabrine.guettoch@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](mailto:stuart.beck@kcmind.org.uk)

# Wednesday 3 April

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](tel:02089641333) option 2 or [enquiries@kcmind.org.uk](mailto:enquiries@kcmind.org.uk)

## Online Meditation

### 12pm-1pm (online)

Join us for an online meditation session.

**Places are available by booking only.**

To confirm your place, contact Barbara on [07944 527 107](tel:07944527107) or [Barbara.Iwatt@kcmind.org.uk](mailto:Barbara.Iwatt@kcmind.org.uk)

## Arts and Culture

### 2pm-3pm (online)

Members' Showcase

Email [stuart.beck@kcmind.org.uk](mailto:stuart.beck@kcmind.org.uk) if you would like to share with the arts group any painting, photography, drawing, 3D sculpturing, or anything else creative that you have made. Or, if you have seen something by someone else and would like to share that

**Places are available by booking only.**

To confirm your place, contact Stuart on [07495 579 252](tel:07495579252) or [stuart.beck@kcmind.org.uk](mailto:stuart.beck@kcmind.org.uk)

## CEN Mental Health Peer Support Group

### 2pm-3.30pm (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](tel:07944527107) or [Barbara.Iwatt@kcmind.org.uk](mailto:Barbara.Iwatt@kcmind.org.uk)

# Wednesday 3 April continued...

## **Women's Mental Health Peer Support Group**

**4pm-5.30pm (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 Precious on 07964 376 928

or [precious.jackson@kcmind.org.uk](mailto:precious.jackson@kcmind.org.uk)

## **Evening Mental Health Peer Support Group**

**5.30pm-7pm (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](mailto:Barbara.Iwatt@kcmind.org.uk)

# Thursday 4 April

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](mailto:enquiries@kcmind.org.uk)

## Coffee Morning

### 11am-12.30pm (online)

Start your day off right with our Coffee Morning Social, a casual gathering where you can enjoy a cup of coffee or tea while connecting with others, sharing experiences, and building supportive relationships within our community.

**Places are available by booking only.**

To confirm your place, contact Sabine on 07950 484 456 or [sabrine.guettoch@kcmind.org.uk](mailto:sabrine.guettoch@kcmind.org.uk)

## Book Club

### 12pm-1.30pm (online)

Join us in exploring the transformative insights of 'Mindset' by Carol Dweck. Each week, we'll delve into a new chapter every week, fostering engaging discussions on cultivating a growth mindset.

**Places are available by booking only.**

To confirm your place, contact Zahraa on 07729 108 559 or [zahraa.scott@kcmind.org.uk](mailto:zahraa.scott@kcmind.org.uk)



# Thursday 4 April continued...

## **Mental Health Peer Support Group**

**12pm-1.30pm (in person)**

Location: Stowe Centre, near Royal Oak underground station

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](mailto:victor.pinto@kcmind.org.uk)

**\*New time for this week\***

## **CEN Mental Health Peer Support Group**

**1.45pm-3.15pm (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](mailto:Barbara.Iwatt@kcmind.org.uk)

## **Upcycling Workshop**

**1.45pm-3.15pm (in person)**

at Acklam Road

Unleash your creativity in our upcycling class! Discover the art of transforming everyday items into extraordinary creations. Explore sustainable practices and reimagine the ordinary. Join us in making a difference, one upcycled masterpiece at a time.

**Places are available by booking only.**

To confirm your place, contact Sabine on 07950 484 456 or

[sabrine.guettoch@kcmind.org.uk](mailto:sabrine.guettoch@kcmind.org.uk)

# Thursday 4 April continued...

## **Creative Arts Group**

**3.30pm-5pm (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](mailto:victor.pinto@kcmind.org.uk)

## **Evening Mental Health Peer Support Group**

**5.30pm-7pm (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](mailto:sabrine.guettoch@kcmind.org.uk)

# Friday 5 April

## **Cooking Club**

**11.30am-1pm (online)**

Experience culinary adventures online! Explore flavours, techniques, and recipes from home. Connect with fellow food enthusiasts and embark on a flavourful journey together.

**Places are available by booking only.**

To confirm your place, contact Deniz on 07960 290 265 or [deniz.ozturk@kcmind.org.uk](mailto:deniz.ozturk@kcmind.org.uk)

## **Mental Health Peer Support Group**

**12pm-1.30pm (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](mailto:sabrine.guettoch@kcmind.org.uk)

**\* New \***

## **Parkland Trail to Alexandra Palace & Park Walk**

**2pm (in person)**

Join us as we explore this fantastic urban walking trail along a disused railway line, with amazing views of the city, which will also take us through Highgate Wood and to the iconic Alexandra Palace & Park. We will also have a chance to stop for a tea break along the way.

**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](mailto:stuart.beck@kcmind.org.uk)

# Friday 5 April continued...

## **Mental Health Peer Support Group**

**3pm-4.30pm (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 Sabrine on 07950 484 456 or [sabrine.guettoch@kcmind.org.uk](mailto:sabrine.guettoch@kcmind.org.uk)

## **Reading & Writing Poetry**

**4.30pm-5.30pm (online)**

In this group we will explore our favorite poems, discuss what they mean to us, and write our own poetry.

**Places are available by booking only.**

To confirm your place, contact Zahraa on 07729 108 559 or [zahraa.scott@kcmind.org.uk](mailto:zahraa.scott@kcmind.org.uk)

# Saturday 6 April

## **Mental Health Peer Support Group**

**12pm-1.30pm (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](mailto:Barbara.Iwatt@kcmind.org.uk)

# Coming up...

## Living Well Workshops

|                       |   |   |
|-----------------------|---|---|
| Tuesday 9 April, 2pm  |  | Setting up a wellbeing routine<br>(in person)                           |
| Tuesday 16 April, 2pm |  | Building Resilience (online)  |
| Tuesday 23 April, 2pm |  | Moving on from trauma<br>(in person)                                    |
| Tuesday 30 April, 2pm |  | Mood Boost (online)   |
| Tuesday 7 May, 2pm    |  | Using positive psychology to<br>manage anxiety and low mood<br>(online) |

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](mailto: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](mailto: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