

Peer Support Timetable

Mon 18 March - Sat 23 March 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10am-10.45am - Journaling Club (online)	10.30am-11.15am - Journaling Club (online)		11am-12pm - Coffee Morning (online)	11am-12pm - Personal History (online)	
12pm-1.30pm - Mental Health Peer Support Group (online)	11.30am-1pm - Coffee Morning (in person)	12pm-1pm - Online Meditation (online)	12pm-1pm - Book Club (online)	11.30am-1pm - Cooking Club (online)	
2pm-3.30pm - Mental Health Peer Support Group (in person)	12pm-1.30pm - Mental Health Peer Support Group (in person)	2pm-3pm - Arts and Culture (online)	12pm-1.30pm - Mental Health Peer Support Group (in person)	12pm-1.30pm - Mental Health Peer Support Group (online)	
2.30pm-5.30pm - Afternoon Social plus games (in person)	2pm-3.30pm - Living Well Workshop (in person)	2pm-3.30pm - Mental Health Peer Support Group (online)	1.45pm-3.15pm - Mental Health Peer Support Group (online)		
2.30pm-4pm - Games Club (in person)	3pm-5.30pm - Movie Club (in person)	4pm-5.15pm - Women's Mental Health Peer Support Group (online)	1.45pm-3.15pm - Upcycling Workshop (in person)	3pm - 4.30pm - Mental Health Peer Support Group (online)	
4pm - 5.30pm - Singing Club (in person)	4pm-5.30pm - Mental Health Peer Support Group (online)	6pm-7.15pm - Mental Health Peer Support Group (online)	3.30pm-4.45pm - Creative Arts Group (in person)	4.30pm-5.30pm - Reading and Writing Poetry (online)	
5.30pm - 7pm - Storytelling (online)	6pm-7.15pm - Quiz (online)		5.30pm-7pm - Mental Health Peer Support Group (online)		

 **Peer Support Group**

 **Living Well Workshop**

 **Social Peer Support**

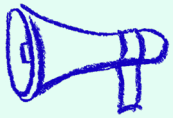
 **Specialist Peer Support**



Peer Support Timetable

Mon 18 March - Sat 23 March 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 18 March

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

Journaling Club 10am-10.45am (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.

To book, please contact Vic directly using the details below, do not reply to the Sunday text message.

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

Monday continued...

Monday 18 March continued...

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.

To book, please contact Precious directly using the details below, do not reply to the Sunday text message.

To confirm your place, contact Precious on 07964 376 928
or precious.jackson@kcmind.org.uk

*** New * Mental Health Peer Support Group**

2pm-3.30pm (in person)

at Acklam Road

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

To book, please contact Deniz directly using the details below, do not reply to the Sunday text message.

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

Afternoon Social plus games

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. There will also be an opportunity to get involved in playing games.

Places are available by booking only. To confirm your place, contact Vic on 07956 704 278 or victor.pinto@kcmind.org.uk

Monday 18 March continued...

Games

2.30pm-4pm (in person)

Location: St Peter's Church

Join us for fun game nights where we play board games and enjoy each other's company. It's all about laughter, support, and building connections in a safe space.

Places are available by booking only.

To confirm your place, contact Precious on 07964 376 928

or precious.jackson@kcmind.org.uk

Singing Club

4pm-5.30pm (in person)

Location: St Peter's Church

Discover the healing power of music at our singing club! Join us in a safe and nurturing space where voices unite to uplift spirits and foster connection. The club is open to all, offering a friendly and welcoming community where every voice is valued.

Places are available by booking only.

To confirm your place, contact Barbara on 07944 527 107 or

Barbara.Iwatt@kcmind.org.uk

Storytelling

5.30pm-7pm (online)

In this group will explore our favorite stories, learn about different storytelling techniques and we will also have opportunities to write our own stories, both together and alone.

Places are available by booking only.

To confirm your place, contact Zahraa on 07729 108 559

or zahraa.scott@kcmind.org.uk

Tuesday 19 March

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

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

Coffee Meet

11.30am-1pm (in person)

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

Tuesday 19 March 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

New for this week - Places available

Face-to-face Living Well Workshop

2pm-3.30pm (in person)

Building and Maintaining Positive Relationships



Join our workshop on building and maintaining healthy relationships! Explore the differences between healthy and unhealthy relationships, discuss the elements of positive connections, and develop skills to strengthen your relationships. **Places are available by booking only.**

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

See page 15 for details of upcoming workshops and how to book.

New

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

Tuesday 19 March 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 Precious on 07964 376 928
or precious.jackson@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

Wednesday 20 March

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

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

Wednesday 20 March 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 Zahraa on 07729 108 559

or zahraa.scott@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

Thursday 21 March

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

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

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

Thursday 21 March 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 Deniz on 07960 290 265 or deniz.ozturk@kcmind.org.uk

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

*** New * 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 Precious on 07405 114 815 or precious.jackson@kcmind.org.uk

Thursday 21 March 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 Barbara on 07944 527 107 or Barbara.Iwatt@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

Friday 22 March

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

Personal History 11am-12pm (online)

Join our Personal History Club to share, connect, and heal. Through storytelling, embrace resilience, growth, and self-expression in a supportive space. Celebrate your journey with us!

Places are available by booking only.

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

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 Precious on 07405 114 815 or precious.jackson@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 Deniz on 07960 290 265 or deniz.ozturk@kcmind.org.uk

Friday 22 March 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 Sabine on 07950 484 456 or 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

Coming up...

Living Well Workshops

Tuesday 26 March, 2pm		Anger Management (online)
Tuesday 2 April, 2pm		Maintaining Personal Boundaries (in person)
Tuesday 9 April, 2pm		Setting up a wellbeing routine (in person)
Tuesday 16 April, 2pm		Building Resilience (online)
Tuesday 23 April, 2pm		Moving on from trauma (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