

Peer Support Timetable

Mon 22 April - Sat 27 April 2024

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

 Peer Support Group

 Living Well Workshop

 Social Peer Support

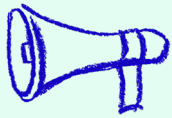
 Specialist Peer Support



Peer Support Timetable

Mon 22 April - Sat 27 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 22 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](tel:02089641333) 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](tel:07956704278)
or victor.pinto@kcmind.org.uk

Monday continued...

Monday 22 April 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 Deniz or Sabrina directly using the details below, do not reply to the Sunday text message.

To confirm your place, contact Sabrina on 07950 484 456 or sabrina.guettoch@kcmind.org.uk or Barbara on 07944 527 107 or Barbara.Iwatt@kcmind.org.uk

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 or 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

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 Stuart on 07495 579 252 or stuart.beck@kcmind.org.uk

Monday 22 April 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 Stuart on 07495 579 252 or stuart.beck@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

Tuesday 23 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

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

Women's Coffee Club

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

Tuesday 23 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 Vic on 07956 704 278

or victor.pinto@kcmind.org.uk or Precious on 07964 376 928

or precious.jackson@kcmind.org.uk

New - places available

Online Living Well Workshop

2pm-3.30pm (online)

Moving on from trauma and connecting to your body

In this workshop we will be talking about how trauma can manifest in our body and minds and explore some body-based practices for healing and moving forward.

To book your place, contact Sonja on 07932 452 463 or

sonja.jansli@kcmind.org.uk

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



Tuesday 23 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 Vic on 07956 704 278

or victor.pinto@kcmind.org.uk or Barbara on 07944 527 107 or

Barbara.Iwatt@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 24 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

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

CEN Mental Health Peer Support Group

1pm-2.30pm (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 or Deniz on 07960 290 265 or deniz.ozturk@kcmind.org.uk

Arts and Culture

2pm-3pm (online)

Email 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 or stuart.beck@kcmind.org.uk

Wednesday 24 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 Deniz on 07960 290 265 or deniz.ozturk@kcmind.org.uk or Sabine on 07950 484 456 or sabrine.guettoch@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 or Vic on 07956 704 278 or victor.pinto@kcmind.org.uk

Thursday 25 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

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

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

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 07964 376 928
or precious.jackson@kcmind.org.uk

Thursday continued...

Thursday 25 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 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 Deniz on 07960 290 265 or deniz.ozturk@kcmind.org.uk or Sabine on 07950 484 456 or sabrine.guettoch@kcmind.org.uk

Friday 26 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

New time for this week

CEN 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 Precious on 07964 376 928 or precious.jackson@kcmind.org.uk or Deniz on 07960 290 265 or deniz.ozturk@kcmind.org.uk

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 Vic on 07956 704 278 or victor.pinto@kcmind.org.uk or 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 Barbara on 07944 527 107 or Barbara.Iwatt@kcmind.org.uk

Saturday 27 April

*** New for this week ***

Group Walk - Richmond Park & Isabella Plantation walk 1.30pm-4.30pm (in person)






The Isabella Plantation is a beautiful 40 acre woodland garden set within a Victorian plantation. Located in the gardens are the National Plant Collection of Wilson 50 Kurume Azaleas (introduced to the west from Japan in the 1920's by the plant collector Ernest Wilson) as well as extensive collections of Rhododendron, Magnolia and Camellia, plus many other unusual trees, shrubs and herbaceous plantings.

Places are by booking only. This will be a longer walk so please contact Stuart if you are unsure if the walk will be too long for you or not.

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

Coming up...

Living Well Workshops

Tuesday 30 April, 2pm		Mood Boost (online)
Tuesday 7 May, 2pm		Using positive psychology to manage anxiety and low mood (online)
Tuesday 14 May, 2pm		How to implement relaxation techniques (in person)
Tuesday 21 May, 2pm		5 Ways to Wellbeing (online)
Tuesday 28 May, 2pm		Exploring your own identity and exploring stigma (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

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