

Peer Support Timetable

Mon 29 April - Sat 4 May 2024

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

 Peer Support Group

 Living Well Workshop

 Social Peer Support

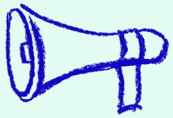
 Specialist Peer Support



Peer Support Timetable

Mon 29 April - Sat 4 May 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 29 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 29 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 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 Stuart on 07495 579 252 or stuart.beck@kcmind.org.uk

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. We have Chess, Checkers, Snakes and Ladders, Ludo, Connect 4, playing cards, charades and more.

Places are available by booking only.

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

Tuesday 30 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 30 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-3pm (online)

Mood Boost (provided by NHS Talking Therapies)



This workshop explores what low mood is, what it looks like and things that might cause us to feel low. We learn about ‘the lethargy spiral’ and how low mood can eventually lead to us withdrawing from activities that used to give us pleasure. We then cover CBT techniques used to target the symptoms of low mood, such as:

- Ensuring we have balance in our life.
- Planning activities into our week to ensure we have the opportunity to find pleasure and achievement from what we do.
- How movement and exercise can change how we feel.

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 30 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 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 Stuart on 07495 579 252 or

stuart.beck@kcmind.org.uk

Wednesday 1 May

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

Online Meditation

12pm-1pm (online)

Join us for an online meditation session.

Places are available by booking only.

To confirm your place, contact Deniz on [07960 290 265](tel:07960290265) or deniz.ozturk@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 Sabine on [07950 484 456](tel:07950484456) or sabrine.guettoch@kcmind.org.uk or Deniz on [07960 290 265](tel:07960290265) 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](tel:07495579252) or stuart.beck@kcmind.org.uk

Wednesday 1 May 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 Vic on 07956 704 278 or victor.pinto@kcmind.org.uk or Precious on 07964 376 928 or precious.jackson@kcmind.org.uk

Thursday 2 May

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 Sabine on 07950 484 456 or sabrine.guettoch@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 2 May 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 Deniz on 07960 290 265 or deniz.ozturk@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 3 May

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

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

LGBTQIA+ Mental Health Peer Support Group

2pm-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 Fiona on 07947 540 185 or
fiona.hill@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

Friday 3 May continued...

Group Walk - Hyde Park

3.30pm-4.30pm (in person)

Join us for a refreshing group walk through this famous London park. A great chance to connect with others, have a chat and get some fresh air too.

Places are by booking only.

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

*** New for this week ***

Opera Scenes classical concert @ Royal College of Music

5.30pm (in person)

Be swept away by the passion and poignancy of opera in excerpts sung by members of the Vocal & Opera Faculty.





RCM singers frequently go on to take leading roles in the world's greatest opera houses. Don't miss the opportunity to hear these rising stars as they perform excerpts from beloved operas.

Places are by booking only.

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

Coming up...

Living Well Workshops

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