

Peer Support Timetable

Mon 6 May - Sat 11 May 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>10am-10.45am - Journaling Club (online)</p>	<p>10am-10.45am - Journaling Club (online)</p>				
<p>12pm-1pm - Mental Health Peer Support Group (online)</p>	<p>12pm-1.30pm - Mental Health Peer Support Group (in person)</p>	<p>12pm-1pm - Online Meditation (online)</p>	<p>12pm-1.30pm - Book Club (online)</p>	<p>12pm-1.30pm - Mental Health Peer Support Group (online)</p>	<p>12pm-1.30pm - Mental Health Peer Support Group (online)</p>
		<p>1pm-2.30pm - Mental Health Peer Support Group (online)</p>	<p>1.45pm-3.15pm - Wellness Workshop (in person)</p>	<p>2pm-3.15pm - LGBTQIA+ Mental Health Peer Support Group (online)</p>	
		<p>2pm-3.15pm - Arts and Culture (online)</p>	<p>3.30pm-5pm - Creative Arts Group (in person)</p>	<p>3pm - 4.30pm - Mental Health Peer Support Group (online)</p>	
	<p>4pm-5.30pm - Mental Health Peer Support Group (online)</p>	<p>4pm-5.30pm - Women's Mental Health Peer Support Group (online)</p>	<p>3.30pm-6pm - Group Walk (in person)</p>		
	<p>4pm-6pm - Movie Club (in person)</p>		<p>5.30pm-7pm - Mental Health Peer Support Group (online)</p>		
	<p>6pm-7.15pm - Quiz (online)</p>	<p>5.30pm-7pm - Mental Health Peer Support Group (online)</p>	<p>7.30pm - RCM Concert (in person)</p>		

 Peer Support Group

 Living Well Workshop

 Social Peer Support

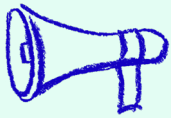
 Specialist Peer Support



Peer Support Timetable

Mon 6 May - Sat 11 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 6 May - Bank Holiday

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 6 May continued...

Mental Health Peer Support Group

12pm-1pm (online)

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

To book, please contact Precious 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 [sabrine.guettoch@kcmind.org.uk](mailto:sabrina.guettoch@kcmind.org.uk) or Precious on 07964 376 928 or precious.jackson@kcmind.org.uk

Tuesday 7 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

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.

Places are available by booking only.

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

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

Tuesday 7 May continued...

Cancelled

Online Living Well Workshop

2pm-3.30pm (online)

Using positive psychology to manage anxiety and low mood

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

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



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 Barbara on 07944 527 107 or Barbara.Iwatt@kcmind.org.uk or Fiona on 07947 540 185 or fiona.hill@kcmind.org.uk

Movie Club

4pm-6pm (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 Vic on 07956 704 278 or victor.pinto@kcmind.org.uk

Tuesday 7 May 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 8 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

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 Fiona on 07947 540 185 or fiona.hill@kcmind.org.uk

Arts and Culture

2pm-3.15pm (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 8 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 Precious on 07964 376 928
or precious.jackson@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 Barbara on 07944 527 107 or
Barbara.Iwatt@kcmind.org.uk

Thursday 9 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 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

Wellness Workshop

1.45pm-3.15pm (in person)

at Bay 20 Community Centre

Join us weekly for a soul-nourishing experience! Explore mindfulness, enjoy soothing sound baths, and participate in healing circles.

Together, we journey towards inner peace and renewal, honoring our collective path of healing and growth. All are welcome to join our nurturing community of seekers and dreamers

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 9 May continued...

*** New for this week ***

Regents Park Walk and Coffee

3.30pm-6pm (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

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 Precious on 07964 376 928 or precious.jackson@kcmind.org.uk or Sabrina on 07950 484 456 or sabrina.guettoch@kcmind.org.uk

Thursday 9 May continued...

*** New for this week ***

Romeo & Juliet: Royal College of Music classical concert 7.30pm (in person)

Join us for an array of ballet excerpts performed by the Royal College of Music as they perform graceful dance scenes from Prokofiev's beautiful Romeo and Juliet. Plus, enjoy music from Françaix's playful ballet Les malheurs de Sophie, Albéniz's hypnotic Tango and a new work by RCM composer Arya Pugala.

Places are by booking only.

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

Friday 10 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 Barbara on 07944 527 107 or Barbara.Iwatt@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 Sabrina on 07950 484 456 or sabrina.guettoch@kcmind.org.uk

Saturday 4 May

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 Vic on 07956 704 278

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

Coming up...

Living Well Workshops

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