

Peer Support for people registered with Community Living Well

✦ Important information

The Peer Support Calendar is sent out every week to inform members about the peer support activities and contact details for booking a place. Please note:

- Places are limited and have to be booked in advance for all activities
- If you would like to join more than one online mental health support group (MHSG) please note there is now a limit of three per week. This does not affect social groups where there is no limit.
- You can respond to the Sunday text or contact the named staff member, however if you would like to book a group that is on Monday before 12pm please contact the named staff member directly

One2One Peer Support: in person, online or by telephone

Meet with a peer support worker to talk through emotional challenges and share coping suggestions. Talking helps, but not everyone is comfortable talking in a group and even if you are, sometimes it's nice to be able to talk to someone on a one-to-one basis. When you're talking with a peer you are with someone who is equal to you, not a professional therapist or counsellor. It's someone who can put themselves in your shoes.

Appointments for One2One Peer Support are available throughout the week and can be accessed by referral through the Community Living Well website @ <https://communitylivingwell.co.uk/how-we-can-help-mental-health/peer-support-kensington-chelsea-westminster/>

Monday 7 October

Please contact the staff member of this group directly

Journalling Club: 9.30am – 10.15am (online)

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

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

Please contact the staff member of this group directly

Peer Support Group for people with complex emotional needs: 12pm – 1.30pm (online)

This peer support group is for people who have been given a diagnosis of complex emotional needs, formally known as personality disorder. It provides a safe, confidential space to share experiences, receive mutual support and develop coping strategies.

Places are available by booking only.
To confirm your place contact Barbara on 07944 527 107 or Barbara.lwatt@kcmind.org.uk

Monday Social and Games Club: 2.30pm – 5.30 (in person)
St Peter's Church, Notting Hill

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 the chance of a sing-song. There will also be an opportunity to get involved in playing games. The Monday Social is 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

Sing Yourself Free – A Wellbeing Workshop: 3.45pm – 5.15pm
(in person) St Peter's Church, Notting Hill

Join us for "Sing Yourself Free," where you'll experience the uplifting power of music. Through guided singing, movement, and breathwork exercises you'll balance emotions, improve your mood, and reduce stress. No experience needed—just come and enjoy the benefits of music for your well-being.

Places are available by booking only.

To confirm your place contact Barbara on 07944 527 107 or Barbara.lwatt@kcmind.org.uk

Tuesday 8 October

Journalling Club; 9.30am – 10.15am (online)

Kickstart your morning and join our mental health journalling group about self-reflection and introspection.

Open to writers of all levels. At each meeting you will 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) Violet Melchett Centre

A peer support group where members can meet to share their personal experience of mental health challenges and support each other. Group numbers are limited to ensure that everyone has the opportunity to share their experience and to give and gain support. Attendance must be confirmed in advance.

Places are available by booking only.

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

How to Make the Most out of Peer Support: 2pm (online)

Learn practical tips and discover how to build connections; navigate group dynamics and use your lived experience to foster resilience and a sense of belonging. This session is perfect for both newcomers and those looking to deepen their involvement in peer support.

Places are available by booking only.

To confirm your place contact Barbara on 07944 527 107 or Barbara.lwatt@kcmind.org.uk

Women's Mental Health Peer Support Group: 4pm – 5.30pm (online)

A peer support group where members can meet to share their personal experience of mental health challenges and support each other. Group numbers are limited to ensure that everyone has the opportunity to share their experience and to give and gain support. Attendance must be confirmed in advance.

Places are available by booking only.

To confirm your place contact Precious on 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 9 October

Meditation group: 12pm (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.lwatt@kcmind.org.uk

Arts & Culture: 2pm – 3.15pm (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 Stuart on 07495 579 252 or stuart.beck@kcmind.org.uk

Mental Health Peer Support Group: 5.30pm – 7pm (online)

A peer support group where members can meet to share their personal experience of mental health challenges and support each other. Group numbers are limited to ensure that everyone has the opportunity to share their experience and to give and gain support. Attendance must be confirmed in advance.

Places are available by booking only.

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

Thursday 10 October

Journalling Club; 9.30am – 10.15am (online)

Kickstart your morning and join our mental health journalling group about self-reflection and introspection.

Open to writers of all levels. At each meeting you will 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)
The Stowe Centre near Royal Oak underground station.

A peer support group where members can meet to share their personal experience of mental health challenges and support each other. Group numbers are limited to ensure that everyone has the opportunity to share their experience and to give and gain support. Attendance must be confirmed in advance.

Places are available by booking only.

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

Creative Arts: 3.30pm – 5pm (in person)
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.lwatt@kcmind.org.uk

Evening Mental Health Peer Support Group: 5.30pm – 7pm
(online)

A peer support group where members can meet to share their personal experience of mental health challenges and support each other. Group numbers are limited to ensure that everyone has the opportunity to share their experience and to give and gain support. Attendance must be confirmed in advance.

Places are available by booking only.
To confirm your place contact Precious on
precious.jackson@kcmind.org.uk

Royal College of Music classical concert – RCM Brass
Ensemble – Through The Ages (Bach, Handel, Dvorak, etc):
7.30pm (in person)

Join us as virtuoso trumpeter Matthias Hofs directs the RCM Brass Ensemble in an eclectic programme of works. Traversing through time and place, the concert explores how brass instruments, techniques and styles have evolved over the course of music history.

Tickets are free for our group. Places are limited so please let us know and book if you would like to join.

Places are available by booking only.
To confirm your place contact Stuart on 07495 579 252 or
stuart.beck@kcmind.org.uk

Friday 11 October

Meditation group: 9.30am (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.lwatt@kcmind.org.uk

Mental Health Peer Support Group: 3pm – 4.30pm (online)

A peer support group where members can meet to share their personal experience of mental health challenges and support each other. Group numbers are limited to ensure that everyone has the opportunity to share their experience and to give and gain support. Attendance must be confirmed in advance.

Places are available by booking only.

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

Peer support quote of the week

“Sometimes we need someone to simply be there... not to fix anything or do anything in particular but just to let us feel we are supported and cared about.”