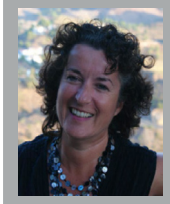
PEER SUPPORT

September Calendar 2019

Community LivingWell

Meet The Team



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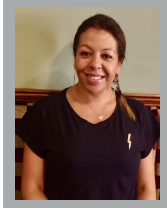

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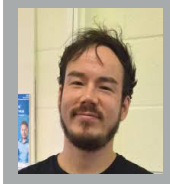

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PEER SUPPORT WHO IS IT FOR?

CAN I COME TO PEER SUPPORT?

Peer Support is available to people:

- over the age of 16
- who are registered with a GP in Kensington and Chelsea, Queen's Park or Paddington areas of Westminster
- who have experienced or are affected by depression or other mental health difficulties
- whose mental health care is being looked after by primary care general practice services
- or to the carers of those who satisfy the above.

We can also take referrals for people transitioning from secondary mental health services through the Community Living Well Primary Care Liaison Nurse team.

CAN PEER SUPPORT HELP ME?

Peer Support can help you to feel less isolated and increase your confidence. It gives you a chance to gain knowledge about your mental health and to get or give support and talk to others who can empathise through a shared experience.

Peer Support offers peer co-facilitated activities which focus on your strengths, hopes and ambitions and can help you develop skills and strategies to self manage and maintain your emotional and physical wellbeing.

Peer support can help you through:

- feeling accepted by others who share your experience
- developing and sharing skills
- reducing feelings of isolation
- building confidence and emotional resilience
- building new relationships

Types of peer support on offer

One-to-one Peer Support

Meet with a peer, talk through emotional challenges and share coping suggestions.

Peer Support Groups

Structured self help peer support groups, co-facilitated by a peer, bringing people together who can share their experience.

Living Well Workshops

Our workshops aim to help you understand different topics and learn new things.

Social Peer Support

Social groups are a great way to meet like-minded people in a safe and supportive environment.

Contact Details

Email: peersupport@kcmind.org.uk

Telephone: 020 3317 4200

Referrals: communitylivingwell.co.uk/self-referral-form-mental-health/

5 Ways to Wellbeing Model

All our Peer Support meet ups are underpinned by the Five Ways to Wellbeing. These are a set of simple, everyday, evidence-based actions that have been proven to improve our wellbeing and boost our mood. Small, gradual changes in each of these five ways can have a cumulative impact when carried out over time. The Peer Support team are here to help you integrate the five ways into your monthly routines so that you feel happier, more positive and able to get the most from life.

K E E P CONNECTED

Connecting with people around you is a vital element of recovery and wellbeing. Taking the time to socialise with friends who can empathise with how you feel is an investment that will support and enrich you every day. Think of connections as the cornerstones of your life and invest time in nurturing them.

GIVE

Individuals who report a greater interest in helping others are more likely to rate themselves as happy. Research into actions for promoting happiness has shown that committing an act of kindness can result in an increase in feelings of wellbeing.

K E E P ACTIVE

Regular physical activity is associated with lower rates of depression and anxiety. Exercise doesn't need to be intense for you to feel good. Slower paced activities, such as walking, can have the benefit of encouraging social interactions as well as providing some level of exercise.

K E E P LEARNING

Continued learning through life enhances self-esteem and encourages social interaction and helps to lift people out of depression. Come along to one of the many meet ups in which you can expand your mind, learn something new and connect with others.

T A K E NOTICE

Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. In our Take Notice meet ups we encourage you to savour the moment, be aware of the world around you and what you are feeling. Reflect on your experiences to help appreciate what matters to you.

Participation Agreement

During September and October we will be circulating our new and improved Participation Agreements to Peer Support members who are currently attending Peer Support activities, events and groups. We hope you find the information useful, and request that your signed Participation Agreements are returned by post or in person to your Peer Support Coordinators.

Monday	Tuesday	Wednesday	Thursday	Friday	
2nd 1-4pm Cinema Visit SB 6.30-8pm Anxiety and Depression Peer Support Group SB	3rd 11am-12.30pm Anxiety and Depression Peer Support Group YN 1.45-3.45pm Crafts for Wellbeing YN 5.30-7.30pm Coffee Social Evening SB	4th 2-4pm Art for Wellbeing YN	5th 11am-1pm Anxiety and Depression Peer Support Group YN 6-7.30pm City Walkers - South Bank SB	6th 11.30am-12.30pm Morning Coffee Break SM 12.45-2pm Stay Calm Meditation SM 3.30-5.30pm Park Life - Kensington Gardens SB	SAT 7th SUN 8th
9th 2.30-5.30pm Community Hub SB 6.30-8pm Anxiety and Depression Peer Support Group SB	10th 11am-12.30pm Anxiety and Depression Peer Support Group YN 1.45-3.45pm Crafts for Wellbeing YN 5.30-7.30pm Coffee Social Evening SB	11th 2-4pm Art for Wellbeing YN	12th 11am-1pm Anxiety and Depression Peer Support Group YN 2-4pm Men's Group SB 5.30-7.30pm British Library Visit SB	13th 11.30am-12.30pm Morning Coffee Break SB 12.45-2pm Stay Calm Meditation SB 2.30-5.30pm City Walkers - Crystal Palace Park SB	SAT 14th SUN 15th
16th 2.30-5.30pm Community Hub SB 6.30-8pm Anxiety and Depression Peer Support Group SB	17th 11am-12.30pm Anxiety and Depression Peer Support Group YN 1.45-3.45pm Crafts for Wellbeing YN 5.30-7.30pm Coffee Social Evening SB	18th 2-4pm Jewellery for Wellbeing SM 3.30-5.30pm Stress and Relaxation Workshop SB	19th 11am-1pm Anxiety and Depression Peer Support Group YN 6-7.30pm Men's Group SB SB	20th 11.30am-12.30pm Morning Coffee Break SM 12.45-2pm Stay Calm Meditation SM 3.30-5.30pm Park Life - St James' Park SB	SAT 21st 1-4pm V&A Food Exhibition 4-5.30pm Park Life - Hyde Park SUN 22nd
23rd 2.30-5.30pm Community Hub SB 6.30-8pm Anxiety and Depression Peer Support Group SB	24th 11am-12.30pm Anxiety and Depression Peer Support Group YN 1.45-3.45pm Crafts for Wellbeing YN 5.30-7.30pm Coffee Social Evening SB	25th 2-4pm Jewellery for Wellbeing SM	26th 11am-1pm Anxiety and Depression Peer Support Group YN 6-8pm Meal Out SB	27th 11.30am-12.30pm Morning Coffee Break SB 12.45-2pm Stay Calm Meditation SB 3.30-5.30pm Park Life - Holland Park SB	SAT 28th SUN 29th
30th 2.30-5.30pm Community Hub SB 6.30-8pm Anxiety and Depression Peer Support Group SB	1st	2nd	3rd	4th	SAT 5th SUN 6th

Contact Key

LD	Liz Duff	07976 244 589
SM	Shane McMaster	07908 265 183
SB	Stuart Beck	07495 579 252
YN	Yvonne Nelson	07964 376 928

Peer Support Community Hub | Social Peer Support | Peer Support Training | Keep Learning | Peer Support Group

Cinema Trip

British Library

A-Z Activity List

V&A Trip

Meal Out: Five Guys

Keep Connected · Take Notice · Keep Active · Keep Learning · Give

Anxiety and Depression Peer Support Groups - Mondays at St Charles Centre, Exmoor Street, W10 6DZ, Tuesdays at Violet Melchett Centre, 30 Flood Walk, SW3 5RR, Thursdays at Paddington Development Trust, 59 Elgin Avenue (Entrance on Chippenham Road) W9 2DB

Structured self-help groups are based on mutuality and a shared journey of discovery within which people help and support each other as equals, exchange ideas, share their personal stories, teach, learn and grow together. They bring people together who can share their experiences of anxiety and depression. It's your chance to talk without being judged, an opportunity to learn about how others in similar situations manage their symptoms and to connect with and feel encouraged by people who know what it's like to feel the way you do. We kindly ask all attendees to arrive on time to avoid any disruptions to the flow of the group or missed check-ins. 5 minutes after the group start-time will be the new cut off point for late arrivals.

Art for Wellbeing - Buzzer 3, 10 Acklam Road, Ladbroke Grove, W10 5XL

At Art for Wellbeing, we develop our artistic abilities, create our own art and learn from and appreciate the skills of others. You don't have to be a Picasso to join our group; we welcome members with all levels of ability.

British Library Visit - 96 Euston Rd, London NW1 2DB

Join us as we explore the splendour and rich history of the British Library, with its free exhibitions that include: the operas of Gilbert and Sullivan, rare and interesting stamps and treasures of the British Library (including the Magna Carta and The Beatles). Please meet Stuart inside the entrance of the library at 5.30pm.

Morning Coffee Break - Caprese Italian Deli, 173 Queensway, W2 5RA
Coffee Social Evening - Whole Foods 1st Floor Cafe, 63-97 Kensington High Street, W8 5SE

Connect with others over a weekly coffee, tea or refreshment break. We encourage a warm and welcoming environment. Meet others, who share similar experiences, in a relaxed way, with no pressure on you.

Cinema Visit - Vue, Fulham Broadway, Retail Centre, Fulham Road, W6 1BW

Join us for a Monday Matinee trip to the cinema! This will replace our regular Monday Hub as St Peter's Church is not open on September 2nd. Film, location and timings will be confirmed closer to the time.

City Walkers

5th Sept - Explore the city at dusk during our South Bank evening walk. As well as being a great place to absorb some London culture underneath the city skyline, South Bank is also the perfect spot for a wander along the Thames. Please meet outside Foyles bookstore (Waterloo station, opposite platform 19) at 6pm.
13th Sept - Join us as we visit the wacky and wonderful Crystal Palace Park. Situated in South East London, Crystal Palace Park is a place for learning, wellbeing, recreation and enjoyment. Highlights will include a maze, lodge, farm and giant dinosaur statues (which were the first ever attempt at modelling dinosaurs!). At some point during the walk, we will have the chance to rest our weary legs and enjoy a well-earned refreshment break. Please meet Stuart at the exit of Crystal Palace railway/over ground station at 1.30pm.

Crafts for Wellbeing - Chelsea Methodist Church, 115A King's Road, Chelsea, SW3 5TX

Our crafts group is a great way for you to use your imagination, express yourself creatively, meet people and benefit from a new environment. Please contact Yvonne to book your place.

Jewellery for Wellbeing - Buzzer 3, 10 Acklam Road, Ladbroke Grove, W10 5XL

Come along to one of our Pick 'n' Mix jewellery groups, where you can create jewellery pieces and enjoy the company of friends and crafters alike! Please contact Shane to book your place.

Stress and Relaxation Workshop - St Charles Centre Group Room, Exmoor Street, W10 6DZ

Stress is a frequent companion to modern day life that can be exacerbated by unexpected events. This workshop aims to explore what factors contribute to stress and the impact stress can have on our daily lives. We will focus on strategies aimed to help alleviate stress, with a focus on relaxation exercises. This workshop is run in collaboration with an NHS service and will involve participants completing a confidential questionnaire and being registered on the service's system to keep a record of contact with the service.

Meditation - West London Buddhist Centre, Royal Oak House, 45 Porchester Road, W2 5DP

Located in Royal Oak, our meditation group provides a serene setting that will help you to escape the hustle and bustle of the city. An instructor will be on hand to teach you how to harness the power of the present moment.

Meal Out - Five Guys, 183 Kensington High Street, Kensington, W8 6SH

Join us for our next meal out as we try out a winning formula – fuss free burgers and fries cooked to perfection at Five Guys. Our meal out is always very popular, so advance booking with Stuart is essential.

Men's Group - Group room, Violet Melchett Centre, 30 Flood Walk, Chelsea, SW3 5RR

Whether you're experiencing isolation, a personal crisis, or a mental health problem, speaking to other men can be an effective way to find some much-needed relief. Connect with other men at one of our groups in an authentic, accepting and non-judgmental way. Hearing other men's stories that resonate with you can help decrease feelings of loneliness, as you trade tips, tools and techniques in a safe, warm and confidential space.

Park Life

6th Sep - Join us for a blissful amble through Kensington Gardens, where we will soak up the sights of the peaceful Italian gardens and the palace. Please meet Stuart outside Bayswater station at 3.30pm.
20th Sep - Peer Support return to old-time favourite St James' Park. Expect pictureque views of the lake, cottage and Buckingham Palace. Please meet Stuart at St James' Park underground station exit at 3.30pm.
21st Sep - Join us for a weekend stroll through Hyde Park. Please meet outside South Kensington station.
27th Sep - We warmly invite you to a relaxing walk through Holland Park. Home to an exotic array of wildlife including peacocks and koi carp, the Kyoto gardens provide an oasis of calm for passers-by. Please meet Stuart at the Holland Park café entrance at 3.30pm.

V&A Trip (FOOD: Bigger Than The Plate Exhibition) - Cromwell Rd, Knightsbridge, SW7 2RL

Join us on our trip to the 'FOOD: Bigger Than the Plate' exhibition. From gastronomic experiments to urban farming, this 'eating with a conscience' exhibition brings together the ideas and pleasure of food to ask how the collective choices we make can lead to a sustainable, just and delicious food future. During our visit we will have the chance to explore the London Design Festival installations showcased at the museum. A city-wide project, the festival will transform iconic spaces into specially commissioned projects created by leading designers, as well as hosting an inspirational line up of talks, debates and workshops.

September News

All of us at the Peer Support Service would like to sincerely thank everyone who participated in the telephone and face-to-face interviews organised by the Centre for Mental Health as part of the evaluation of Community Living Well Services. When the evaluation is complete, we will update you with the results. Your time, views and experience are very valuable and will help us improve the service. Thank You.

Look out in this Calendar for a new Peer Support Men's Group. There are two groups planned for this month – a daytime and an evening group. If you would like to find out more, please contact Stuart Beck on **07495 579 252**.

If you are new or just starting to find out more about Peer Support, we understand that joining new people at Peer Support events and groups can feel daunting. To help joining be less stressful, we can offer you a one-to-one introductory meeting on a Monday Afternoon at the Community Hub. If having a slot with a Peer Support Coordinator could help you to try out our service, please email us at **peersupport@kcmind.org.uk**.

We really look forward to meeting you soon.

The Peer Support Team