

# PEER SUPPORT

## January Calendar 2020



Community  
LivingWell

### Meet The Team

**Liz Duff**

Team Leader

[liz.duff@kcmind.org.uk](mailto:liz.duff@kcmind.org.uk)

07976 244 589

Working days: Mon-Thurs

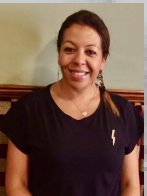
**Michelle Jackson**

Marketing Coordinator

[michelle.jackson@kcmind.org.uk](mailto:michelle.jackson@kcmind.org.uk)

07908 265 186

Working days: Mon-Thurs

**Yvonne Nelson**

Peer Support Coordinator

[yvonne.nelson@kcmind.org.uk](mailto:yvonne.nelson@kcmind.org.uk)

07964 376 928

Working days: Tues and Weds

**Stuart Beck**

Peer Support Coordinator

[stuart.beck@kcmind.org.uk](mailto:stuart.beck@kcmind.org.uk)

07495 579 252

Working days: Mon-Fri

**Lucy Ryan**

Peer Worker

[lucy.ryan@kcmind.org.uk](mailto:lucy.ryan@kcmind.org.uk)

07960 290 265

Working days: Mon, Tues and Thurs

**Kita Berman**

Peer Support Coordinator

[kita.berman@kcmind.org.uk](mailto:kita.berman@kcmind.org.uk)

07908 265 183

Working days: Mon-Fri

# PEER SUPPORT WHO IS IT FOR?

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## CAN I COME TO PEER SUPPORT?

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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.

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## CAN PEER SUPPORT HELP ME?

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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](mailto:peersupport@kcmind.org.uk)

**Telephone:** 020 3317 4200

**Referrals:** [communitylivingwell.co.uk/self-referral-form-mental-health/](http://communitylivingwell.co.uk/self-referral-form-mental-health/)



## 5 Ways to Wellbeing

All our Peer Support meet ups and activities are underpinned by the 5 Ways to Wellbeing. These are a set of simple, everyday, evidence-based actions that have been proven to improve our emotional and physical wellbeing and boost our mood. Small, gradual changes in each of these 5 Ways can have a positive impact when carried out over time. The Peer Support team are here to help you integrate the 5 Ways into your daily routines so that you feel happier, more positive and able to manage the stresses of everyday life.



### KEEP CONNECTED

Connecting with people around you is a vital element of recovery and wellbeing. Taking the time to socialise with others 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.



### KEEP 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.



### KEEP 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.



### TAKE 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.

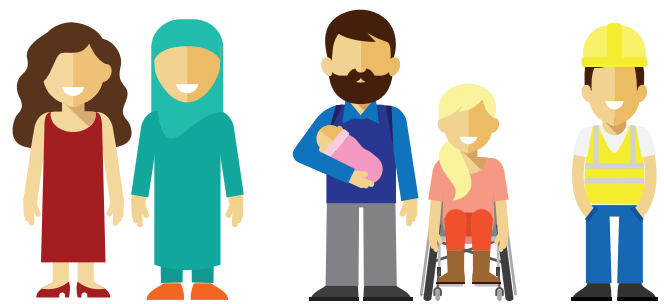
Monday	Tuesday	Wednesday
30th	31st	1st 1.30-4pm New Year's Day Walk KB
6th 2.30-5.30pm Community Hub SB 6.30-8pm Anxiety and Depression Peer Support Group SB	7th 11am-12.30pm Anxiety and Depression Peer Support Group YN 1.45-3.45pm Crafts for Wellbeing KB 5.30-7.30pm Evening Coffee Break SB	8th 2-4pm Art for Wellbeing YN
13th 2.30-5.30pm Community Hub SB 6.30-8pm Anxiety and Depression Peer Support Group SB	14th 11am-12.30pm Anxiety and Depression Peer Support Group YN 1.45-3.45pm Crafts for Wellbeing YN 5.30-7.30pm Evening Coffee Break SB	15th 2-4pm Art for Wellbeing KB
20th 2.30-5.30pm Community Hub SB 6.30-8pm Anxiety and Depression Peer Support Group SB	21st 11am-12.30pm Anxiety and Depression Peer Support Group YN 1.45-3.45pm Crafts for Wellbeing KB 5.30-7.30pm Evening Coffee Break SB	22nd 2-4pm Jewellery for Wellbeing KB
27th 2.30-5.30pm Community Hub SB 6.30-8pm Anxiety and Depression Peer Support Group SB	28th 11am-12.30pm Anxiety and Depression Peer Support Group YN 1.45-3.45pm Crafts for Wellbeing YN 5.30-7.30pm Evening Coffee Break SB	29th 1-3pm Jewellery for Wellbeing KB

### Contact Key

LD	Liz Duff	07976 244 589
KB	Kita Berman	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
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Thursday		Friday			
2nd	<p>11am-1pm Anxiety and Depression Peer Support Group LD</p> <p>6-7.30pm City Walkers: London Lights SB</p>	3rd	<p>11.30am-12.30pm Morning Coffee Break KB</p> <p>12.45-2pm Stay Calm Monthly Meditation KB</p>	SAT	4th
9th	<p>11am-1pm Anxiety and Depression Peer Support Group LD</p> <p>6-7.30pm Men's Group SB</p>	10th	<p>11.30am-12.30pm Morning Coffee Break KB</p> <p>2-4pm Tour and Draw KB</p>	SAT	11th
16th	<p>11am-1pm Anxiety and Depression Peer Support Group LD</p> <p>6-8pm Wellcome Collection SB</p> <p>SB</p>	17th	<p>11.30am-12.30pm Morning Coffee Break KB</p> <p>2-3pm City Walkers SB</p>	SAT	18th
23rd	<p>11am-1pm Anxiety and Depression Peer Support Group LD</p> <p>6.45-9.30pm Music for Wellbeing: Beethoven and Dvorak SB</p>	24th	<p>11.30am-12.30pm Morning Coffee Break KB</p> <p>1.30-3.30pm Park Life: St James' Park SB</p>	SAT	25th
30th	<p>11am-1pm Anxiety and Depression Peer Support Group LD</p> <p>6-8pm Meal Out: Nandos SB</p>	31st	<p>11.30am-12.30pm Morning Coffee Break KB</p> <p>1.30-3.30pm Park Life: Regents Park SB</p>	SUN	26th
				1st	





Stay Calm Meditation



Beethoven and Dvorak

# A-Z Act



Keep Connected



Take Notice



Keep Active



**Anxiety and Depression Peer Support Groups - Mondays at St Charles Centre for Health and Wellbeing, 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**

Peer Support is based on mutuality and a shared journey of discovery within which people help and support each other as equals, share their personal stories, teach, learn and grow together. Our structured self-help peer support groups aim to bring people together who can share their experiences of anxiety, depression and other aspects that affect wellbeing. Please book your place with Stuart or Yvonne before attending.



**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 attend, as we welcome members with all levels of ability.



**Morning Coffee Break - Pret-A-Manger, 7-9 Queensway, London W2 4QJ**

**Coffee Social Evening - Whole Foods 1st Floor Cafe/Restaurant, 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.



**City Walkers**

**2 January** - Join us as we take in the brilliant light displays in central London. We will be treated to an array of sparkles and enough LEDs to give Las Vegas a run for its money.

**17 January** - Come along for a short stroll around Regent's Canal and Little Venice. Please meet Stuart at Edgware Road tube station exit at 2pm to set off at 2.15pm.



**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. At this month's Pick 'n' Mix session, you can choose to craft a project using our resources or bring your own item(s) from home.



**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! The physical activity of jewellery-making keeps your hands busy and your mind focussed, and some find it useful as a mindfulness exercise. Please contact Yvonne to book your place.



**Meal Out: Nandos - 58-60 Notting Hill Gate, Bayswater, W11 3HT**

We return to the ever popular Nandos for our first meal out of the year. There are plenty of chicken dishes to choose from, along with non-chicken options. Come along and meet new people while sharing a meal together. No matter what culture, everywhere around the world people get together to eat and socialise. We will contribute £6 towards the cost of your meal. Places are limited so please let us know if you would like to come along.



**Men's Group - St Charles Centre, Exmoor Street, W10 6DZ**

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 support. Connect with other men at one of our groups in an authentic, accepting and non-judgmental way. Hearing other men's stories that resonates with you can help decrease feelings of loneliness as you get together to talk in a safe and confidential space.

# Activity List



Tour and Draw



Festive Crafts



Keep Learning



Give



## Monday Community Hub - St Peter's Church, Kensington Park Road, W11 2PN

This hub includes social activities and drop-in peer support which is co-facilitated by a peer worker; someone who can use their lived experience of mental health problems to help you envision a future beyond any struggles you may be experiencing. Mondays include group singing. Singing can help to improve breathing, relieve stress and develop core muscles as well as encouraging a sense of belonging and improving overall mood.



## Music for Wellbeing - Royal College of Music, Prince Consort Rd, South Kensington, London SW7 2BS

Dedicated to composer patron Baron Gottfried van Swieten, and reminiscent of Haydn and Mozart, the symphony is transformed into a celebration of woodwind sound by Nicholas Reader. Meet Stuart at 6.45pm in the reception area of Amaryllis Fleming Main Concert Hall. Please arrive by 7.15pm as the concert starts at 7.30pm.



## Park Life

**1 January** - Come along to a relaxing New Year's Day park walk. A time to be with others, appreciate the companionship of new and old members alike and celebrate the turning of a New Year amongst the stunning backdrop of Holland Park. We will finish our walk at the Design Museum in Kensington.

**11 January** - Join us for a stroll around Hyde Park and the Serpentine.

**24 January** - Peer Support return to our old-time favourite: St James' Park. Expect to go for a walk around the lake, cottage and vegetable garden and soak in the picturesque views. Meet Stuart at St James' Park tube station (Petty France exit) at 1.30pm for a 1.45pm start.

**31 January** - Join us for a relaxing wander around Regents Park. We will walk through the elegant flowerbeds in the Avenue Gardens and admire the 100 species of wildbirds that inhabit the park. Please meet Stuart outside the Baker Street tube station at 1.30pm for a 1.45pm start.



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

We welcome you to our meditation group at the West London Buddhist Centre. Located in Royal Oak, this group provides a serene setting that will help you to escape the hustle and bustle of the busy city. An instructor will be on hand to teach you how to harness the power of the present moment so that you can achieve an emotionally calm and mentally clear state.



## Tour and Draw at the Wallace Collection - Hertford House, Manchester Square, London W1U 3BN

We invite you to join us for a 'Tour and Draw' at the Wallace Collection, a relaxed tour and drawing skills workshop of paintings, sculptures, furniture, arms and armour and porcelain, including a cup of tea or coffee. Please meet Kita in the main foyer at 1.45pm for a 2pm start.



## V&A Cars Exhibition - V&A Museum, Cromwell Road, Knightsbridge, London SW7 2RL

As we approach another major turning point in automotive design, this exhibition looks at the role of the car in shaping the world we live in today over its short 130-year history. Meet Stuart inside the main entrance of V&A by the ticket desk at 2.45pm to enter the exhibition at 3pm.



## Play Well & Being Human Exhibitions - Wellcome Collection, 183 Euston Road, London NW1 2BE

Join us for two great exhibitions: 'Play Well' explores how play transforms both childhood and society. Using displays of historic toys and games, artworks and design, this exhibition investigates how play develops social bonds, emotional resilience and physical wellbeing. 'Being Human' explores what it means to be human in the 21st century. Meet Stuart inside the entrance at 6pm for a 6.15pm start.

# January News

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Look out in this Calendar for our new Peer Support Men's Group that takes place on 9 January at St Charles Centre in North Kensington. Hearing other men's stories that resonate with you can help decrease feelings of loneliness as you get together to talk in an authentic, accepting and non-judgmental way. If you would like to find out more, please contact Stuart Beck on **07495 579 252**

Last Minute Events: Peer Support members will receive regular updates for these in January. To avoid missing out on last minute opportunities, please register to receive Peer Support daily texts. To sign up, call us on **020 3317 4200** or email us at **[peersupport@kcmind.org.uk](mailto:peersupport@kcmind.org.uk)**

If you are new or just starting to find your feet in the Peer Support service, 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 at St Peter's Church, Kensington Park Road, W11 2PN. If having a slot with a Peer Support Coordinator could help you to become involved, please email us at **[peersupport@kcmind.org.uk](mailto:peersupport@kcmind.org.uk)**

We look forward to seeing you at one of our groups soon.

The Peer Support Team

