

PEER SUPPORT

February Calendar 2020



Community
LivingWell

Meet The Team

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PEERSUPPORT 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

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. 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 is a vital element of recovery and wellbeing.



Give. Individuals who report a greater interest in helping others are more likely to rate themselves as happy.



Keep active. Regular physical activity is associated with lower rates of depression and anxiety.



Keep learning. Continued learning through life enhances self-esteem and encourages social interaction and helps to lift people out of depression.



Take notice. Reflect on your experiences to help appreciate what matters to you.

Contact Details

Email: peersupport@kcmind.org.uk

Telephone: 020 3317 4200

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

Types of Peer Support on offer

Peer support isn't a one-size-fits-all; it comes in all shapes and sizes. Community Living Well Peer Support provides a wide-range of possibilities.

ONE-TO-ONE PEER SUPPORT

Meet with a peer worker, 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 sit and talk to someone on a one-to-one basis. Talking to a peer means you are with someone who is equal to you; they are not trained as a professional therapist or a counsellor. They are someone who can put

PEER SUPPORT GROUPS

Give and receive mutual support in a peer support group to manage daily stresses. Structured self-help peer support groups aim to bring people together who can share their experience of mental health. It's your chance to talk about your mental health, an opportunity to learn about how others in similar situations manage their symptoms and connect with people who know what it's like to feel the way you do.

LIVING WELL WORKSHOPS

Living Well Workshops provide a safe and supportive space to develop skills and knowledge to manage the stresses and difficulties in your life. Each session is different, covering a variety of subjects. Learn alongside peers who may also be experiencing similar difficulties. Living Well Workshops are facilitated by Community Living Well staff and guest speakers.

SOCIAL PEER SUPPORT

Social peer support provides friendly meet ups where you can connect with others in a safe, supportive environment to join in an activity, or just spend time with people who have a similar interest and shared experience. Activities include walking, culture, arts, cooking, singing, coffee meet-ups, museum trips, social gatherings and much more.

February Living Well Workshop: Tree of Life

This month, we are pleased to offer a Living Well Workshop. The "Tree of Life" workshop is both interactive and enjoyable. It is based on the idea of using the tree as a metaphor to tell stories about our lives. The aim of this workshop is to allow people to reflect on their own abilities, acknowledge hopes and talk about their experiences in a safe and empowering space. Using a narrative therapy approach, this is a session that will be helpful for people who want to find new ways to share their story with others.

The workshop is run in collaboration with Community Living Well Talking Therapies, an NHS service, and will require participants to complete a brief and confidential Psychological Health Questionnaire.

Booking is essential and sessions are split across two dates: Part 1 - Wednesday 26 February and Part 2 - Wednesday 11 March.

Please contact Liz Duff for more information on **07976 244 589** or email peersupport@kcmind.org.uk

New Creative Peer Support Group

We will also have a new monthly creative group starting. Members who have an interest in stories, shared reading, poetry, writing and the wonders of words can contact peersupport@kcmind.org.uk.

Monday	Tuesday	Wednesday	Thursday	Friday	SAT	1st
27th	28th	29th	30th	31st	SUN	2nd
3rd	4th	5th	6th	7th	SAT	8th
2.30-5.30pm Community Hub SB	11am-12.30pm Anxiety and Depression Peer Support Group YN	2-4pm Art for Wellbeing KB	11am-1pm Anxiety and Depression Peer Support Group LD	11.30am-12.30pm Morning Social Coffee Break KB	SUN	9th
6.30-8pm Anxiety and Depression Peer Support Group SB	1.45-3.45pm Crafts for Wellbeing KB		6-7.30pm Men's Evening Peer Support Group SB	1.30-3.30pm Park Walk: Fulham Palace Gardens & Bishops Park SB		
	5.30-7.30pm Evening Coffee Break SB					
10th	11th	12th	13th	14th	SAT	15th
2.30-5.30pm Community Hub SB	11am-12.30pm Anxiety and Depression Peer Support Group YN	2-4pm Art for Wellbeing KB	11am-1pm Anxiety and Depression Peer Support Group LD	11.30am-12.30pm Morning Social Coffee Break KB	12.30-5.30pm Kew Gardens SB	
6.30-8pm Anxiety and Depression Peer Support Group SB	1.45-3.45pm Crafts for Wellbeing YN		6.45-9.30pm Music for Wellbeing: Consone Quartet play Beethoven SB	12.45-2pm Stay Calm Meditation KB		
	5.30-7.30pm Evening Coffee Break SB			1.30-3.30pm Park Life: Battersea Park SB	SUN	16th
17th	18th	19th	20th	21st	SAT	22nd
11am-1pm Creative Writing Workshop KB	11am-12.30pm Anxiety and Depression Peer Support Group YN	2-4pm Jewellery for Wellbeing KB	11am-1pm Anxiety and Depression Peer Support Group LD	11.30am-12.30pm Morning Social Coffee Break KB	SUN	23rd
2.30-5.30pm Community Hub SB	1.45-3.45pm Crafts for Wellbeing KB		6-8pm Cartoon Museum SB	1.30-3.30pm Park Life: St James' Park SB		
2.30-4pm Opera Workshop SB	5.30-7.30pm Evening Coffee Break SB					
6.30-8pm Anxiety and Depression Peer Support Group SB						
24th	25th	26th	27th	28th	SAT	1st
2.30-5.30pm Community Hub SB	11am-12.30pm Anxiety and Depression Peer Support Group YN	12-2pm Stay Well Workshop: Part 1 LD	11am-1pm Anxiety and Depression Peer Support Group LD	11.30am-12.30pm Morning Social Coffee Break KB	SUN	2nd
6.30-8pm Anxiety and Depression Peer Support Group SB	1.45-3.45pm Crafts for Wellbeing YN	1-3pm Jewellery for Wellbeing KB	2.30-4pm NEW: Creative Peer Support Group KB	1.30-3.30pm Park Life: Holland Park SB		
	5.30-7.30pm Evening Coffee Break SB		6-8pm Meal Out: Wholefoods SB			

Peer Support Community Hub
 Social Peer Support
 Living Well Workshop
 Keep Learning
 Peer Support Group

Contact Key

LD Liz Duff
 KB Kita Berman
 SB Stuart Beck
 YN Yvonne Nelson

07976 244 589
 07908 265 183
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 07964 376 928





Creative Writing Workshop



Kew Gardens

A-Z Activity List



Cartoon Museum



Men's Group



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**

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 get in touch to book your place as there are limited spaces available.

 **Art for Wellbeing - Unit 4 (Buzzer 4), 9 Thorpe Close, Ladbroke Grove, W10 5XL**

This month, we will be trying our hand at miniature clay sculptures. From mini figurines using clay and wire, to pots and decorative ornaments, come along and get creative with this month's Art for Wellbeing sessions. You don't have to be a Picasso to attend this group, we welcome members with all levels of ability.

 **Cartoon Museum - 63 Wells Street, London W1A 3AE**

Join us as we take a trip to the Cartoon Museum for a guided tour viewing Steve Bell's pick of cartoons from the archives - political, social and historical cartoons. Meet at the museum entrance from 5.45pm. The tour starts at 6pm.

 **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 or Kita to book your place.

 **Creative Writing Workshop - The Queen's Gallery, Buckingham Palace Road, London SW1A 1AA**

Join professional writer, Lynda Waterhouse, to explore the life of George IV through some of his objects and paintings. This session will involve a guided tour of some of the highlights of the exhibition, storytelling, creative writing with refreshments. Please contact Kita to book your place.

 **Creative Peer Support Group - Office 10, 7 Thorpe Close, Ladbroke Grove, W10 5XL**

New monthly creative group for members who have an interest in stories, shared reading, poetry, writing and the wonder of words. Please contact the Peer Support team for more information.

 **Jewellery for Wellbeing - Unit 4 (Buzzer 4), 9 Thorpe Close, 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 Kita to book your place.

 **Kew Gardens - Victoria Gate Entrance, Kew, TW9 3JR (500m from Kew Gardens Tube Station)**

Join us for a midwinter stroll around Kew Gardens. During our visit, we will unlock many of the health and wellbeing benefits associated with the great outdoors, as we learn about the world leading Royal Botanic Garden's history through a guided walking tour. We will start our day at 12.15pm, meeting at the Victoria Gate Entrance to begin the tour at 12.30pm. Afterwards, we will explore the other attractions that Kew has to offer and stop for lunch in-between. Please bring a packed lunch with you.

 **Meal Out - Whole Foods 1st Floor Cafe, 63-97 Kensington High Street, W8 5SE**

Join us for a meal out at Whole Foods, where there is a wide range of cuisine to choose from. We will contribute £6

to the cost of each person's meal. Places are limited so please confirm with us in advance.

 **Men's Evening Peer Support 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 resonate with you can help decrease feelings of loneliness as you get together to talk in a safe and confidential space.

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

This hub encourages a sense of belonging and improving overall mood. It includes music, refreshments, board games and quizzes, as well as drop-in peer support, which is co-facilitated by a peer worker; someone who can use their lived experience of mental health problems to listen and share some of the personal struggles you may be experiencing. On 17 February, Holland Park Opera will be joining us for an opera workshop.

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

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

Join us for an evening of sumptuous classical music, including two pieces by Beethoven for violin, viola and cello. Please meet in the main foyer from 6.45pm for a 7.30pm start. Contact Stuart to book your place.

 **Park Life**

7 Feb - Join us for a roam around Fulham Palace Gardens and Bishop's Park, two hidden gems located in the heart of the capital. Please meet Stuart outside Putney Bridge tube station at 1.30pm, to set off at 1.45pm.

14 Feb - Come along for a stroll around Battersea Park as we explore the gardens, lake, art gallery and more. Please meet Stuart at the Albert Gate entrance at 1.30pm, to set off at 1.45pm.

21 Feb - Join us for a walk along the Thames Path, as we take in Hammersmith Bridge, Wandsworth Park, and the unusual Putney Tube pedestrian bridge. Meet Stuart at the entrance of Tesco (inside Hammersmith tube station).

28 Feb - We invite you to a relaxing walk through Holland Park. Home to an exotic array of wildlife including peacocks and koi carp, the Kyoto gardens provides an oasis of calm for passers-by. Meet Stuart at the café entrance at 1.30pm for a 1.45pm start.

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

Meditation can reduce stress and improve relaxation. Each month we will visit the centre as an introduction to experience a free meditation session, which is offered daily by their trained staff. 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. The centre also provides a serene setting to escape the hustle and bustle of the day.

 **Stay Well Workshop - St Charles Centre, Exmoor Street, W10 6DZ**

The aim of the "Tree of Life" Workshop is to allow people to reflect on their own abilities, acknowledge hopes and talk about their experiences in a safe and empowering space. This workshop will run over two sessions on 26 Feb and 11 March and it is recommended that participants attend both dates. There are spaces for eight participants; please contact Liz to book.

Community Living Well Self-care Services

There are lots of things you can do to take care of your mental, emotional and physical health. Self-care is something that many of us overlook, often because we are unaware of all the tools and support available on our doorstep. There is a whole host of activities on offer that are designed to improve mood and reduce anxiety and depression. The Community Living Well website has details on the six local self-care services that will help you to feel better, stay well or manage existing health conditions: communitylivingwell.co.uk. under 'How we can help' and 'Self-care'



Recipe Sharing Group



Wellbeing Programme



Volunteering



Play Reading



Help in your Language



Massage Therapy