

PEER SUPPORT

March Calendar 2020



Community
LivingWell

Meet The Team

**Liz Duff**

Team Manager
liz.duff@kcmind.org.uk
07976 244 589
Working days: Mon-Thurs

**Michelle Jackson**

Marketing Coordinator
michelle.jackson@kcmind.org.uk
07908 265 186
Working days: Mon-Thurs

**Yvonne Nelson**

Peer Support Coordinator
yvonne.nelson@kcmind.org.uk
07964 376 928
Working days: Tues and Weds

**Stuart Beck**

Peer Support Coordinator
stuart.beck@kcmind.org.uk
07495 579 252
Working days: Mon-Fri

**Lucy Ryan**

Peer Worker
lucy.ryan@kcmind.org.uk
07960 290 265
Working days: Mon, Tues and Thurs

**Kita Berman**

Peer Support Coordinator
kita.berman@kcmind.org.uk
07908 265 183
Working days: Mon-Fri

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.

Email: peersupport@kcmind.org.uk

Telephone: 020 3317 4200

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

March Highlights

Men's mental health group

Come along to our Evening Peer Support Men's Group that takes place on 12 March from 6.00 to 7.30pm. 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**

Creative Peer Support Group

On Thursday 26 March from 2.30 to 4pm, we have a Creative Peer Support Group for members who have an interest in creative writing, shared reading, poetry and the wonder of words.

If you would like to find out more, please contact Kita Berman on **07908 265 183**



Living Well Workshop: Self-Compassion

Do you often criticise yourself or feel inadequate? This self-compassion workshop will explore why this can easily happen for many people and the impact it has on our emotional wellbeing. We will practice some skills and strategies that you can use to develop kinder ways of relating to yourself.

Anyone who is interested to learn more about self-compassion and how it could benefit their everyday life is welcome to attend.

When? Tuesday 31 March 2020 from 11am to 1pm

Where? Adult Psychology, South Kensington & Chelsea Mental Health Centre, Level 1, 1 Nightingale Place SW10 9NG

This workshop is run in collaboration with an NHS service and will include participants completing a brief and confidential Psychological Health questionnaire.

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

Monday		Tuesday		Wednesday		Thursday		Friday		SAT 7th		
2nd	<p>2.30-5.30pm Community Hub SB</p> <p>6.30-8pm Anxiety and Depression Peer Support Group SB</p>	3rd	<p>11am-12.30pm Anxiety and Depression Peer Support Group YN</p> <p>1.45-3.45pm Crafts for Wellbeing YN</p> <p>5.30-7.30pm Evening Social Coffee Break SB</p>	4th	<p>2-4pm Art for Wellbeing KB</p>	5th	<p>11am-1pm Anxiety and Depression Peer Support Group LD</p> <p>6.15-8.45pm Music for Wellbeing SB</p>	6th	<p>11.30am-12.30pm Morning Social Coffee Break KB</p> <p>1.30-3.30pm Park Life: St James' Park SB</p>	SUN 8th		
9th	<p>11am-1pm Storytelling Workshop KB</p> <p>2.30-5.30pm Community Hub SB</p> <p>6.30-8pm Anxiety and Depression Peer Support Group SB</p>	10th	<p>11am-12.30pm Anxiety and Depression Peer Support Group YN</p> <p>1.45-3.45pm Crafts for Wellbeing KB</p> <p>5.30-7.30pm Evening Social Coffee Break SB</p>	11th	<p>12-2pm Stay Well Workshop: Part 2 LD</p>	12th	<p>11am-1pm Anxiety and Depression Peer Support Group LD</p> <p>6-7.30pm Men's Evening Peer Support Group SB</p>	13th	<p>11.30am-12.30pm Morning Social Coffee Break KB</p> <p>12.45-2pm Stay Calm Meditation KB</p> <p>3.30-5.30pm Design Museum SB</p>	SAT 14th		1-6pm Kensington Palace SB
16th	<p>2.30-5.30pm Community Hub SB</p> <p>6.30-8pm Anxiety and Depression Peer Support Group SB</p>	17th	<p>11am-12.30pm Anxiety and Depression Peer Support Group YN</p> <p>1.45-3.45pm Crafts for Wellbeing YN</p> <p>5.30-7.30pm Evening Social Coffee Break SB</p>	18th	<p>2-4pm Jewellery for Wellbeing KB</p>	19th	<p>11am-1pm Anxiety and Depression Peer Support Group LD</p> <p>2-3.30pm Park Life: Kensington Gardens SB</p> <p>6-8pm Meal Out: Kung Fu SB</p>	20th	<p>11.30am-12.30pm Morning Social Coffee Break KB</p> <p>2-4.30pm British Museum KB</p>	SAT 21st		
23rd	<p>2.30-5.30pm Community Hub SB</p> <p>6.30-8pm Anxiety and Depression Peer Support Group SB</p>	24th	<p>11am-12.30pm Anxiety and Depression Peer Support Group YN</p> <p>1.45-3.45pm Crafts for Wellbeing KB</p> <p>5.30-7.30pm Evening Social Coffee Break SB</p>	25th	<p>2-4pm Jewellery for Wellbeing KB</p>	26th	<p>11am-1pm Anxiety and Depression Peer Support Group LD</p> <p>2.30-4pm Creative Peer Support Group KB</p>	27th	<p>11.30am-12.30pm Morning Social Coffee Break KB</p>	SUN 22nd		
30th	<p>2.30-5.30pm Community Hub SB</p> <p>6.30-8pm Anxiety and Depression Peer Support Group SB</p>	31st	<p>11am-12.30pm Anxiety and Depression Peer Support Group YN</p> <p>11am-1pm Self-Compassion Workshop LD</p> <p>1.45-3.45pm Crafts for Wellbeing YN</p> <p>5.30-7.30pm Evening Social Coffee Break SB</p>							SAT 28th		
										SUN 29th		

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
 07495 579 252
 07964 376 928





British Museum



Kensington Palace

A-Z Activity List



Park and City Walkers



Stay Calm Meditation

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 - Buzzer 3, 10 Acklam Road, London W10 5QZ

Come along to one of our Pick 'n' Mix art groups where 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, we welcome members with all levels of ability.

British Museum - Great Russell Street, Bloomsbury, London WC1B 3DG

Join us for a unique tour where we will begin with a short introduction to the museum with refreshments, followed by an opportunity to explore a variety of handling objects. We will meet inside the main entrance at the Information Desk at 2pm for a 2.15pm start. Spaces are limited so please book your place with Kita.

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

Come along to our 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.

Design Museum - 224-238 Kensington High Street, Kensington, London W8 6AG

Join us for a self-guided tour around the museum for the free exhibitions and design displays. This will include some displays by Designers in Residence. Get in touch with Stuart if you would like to attend. Meet Stuart outside the entrance at 3.30pm.

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.

Kensington Palace Visit - Kensington Gardens, Kensington W8 4PX

Join us for a visit to Kensington Palace where we will explore the Georgian Court, listen to live music performances and historic introductions. We'll head to Wholefoods after for an evening coffee break. Contact Stuart to book your place.

Meal Out - Kung Fu Oriental, 180 Earls Court Road, London SW5 9QG

Join us for a meal out at Kung Fu Oriental Buffet. This restaurant has a mixture of meat, fish and vegetarian dishes. 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 - Location TBC

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. Hearing other men's stories that resonate with you can help decrease feelings of loneliness. Connect with other men in an authentic, accepting and non-judgmental way.

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.

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

Musicians from the Historical Performance and Composition faculties combine forces and work with harpsichord professor Jane Chapman and ensemble Consort 21 to premiere innovative new chamber works using historical instruments. The concert will be in the Recital Hall. Meet Stuart at 6.15pm so we can be seated for a 7pm start.

Park Life

6 March - We head to the beautiful St James' Park for a walk around the lake, cottage and vegetable garden and take in the picturesque views. Meet Stuart at St James' Park tube station (Petty France exit) at 1.30pm.

19 March - Join us for a walk around Kensington Gardens as we take in the Palace, Round Pond, Albert Memorial, Flower Walk and more! Meet Stuart outside Queensway tube station exit at 2pm, to set off at 2.15pm.

Self-Compassion Workshop - Adults Psychology, South Kensington & Chelsea Mental Health Centre, Level 1, 1 Nightingale Place SW10 9NG

Do you often criticise yourself or feel inadequate? This workshop will explore why this can easily happen for many people and the impact it has on our emotional wellbeing. Contact Peer Support for more information and to book your place.

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.

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. Please contact Peer Support to book.

Storytelling Workshop - The Queen's Gallery, Buckingham Palace Road, London SW1A 1AA

Join professional storytelling expert, Anna Conomos, and experience a performance of dramatic storytelling bringing to life the tale of the legendary Achilles as reflected in King George's spectacular silver-gilt shield! This session will include a guided tour of some of the highlights of the exhibition including complimentary tea and biscuits

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.

