

Wk	Start Date	Time		Subject	Location	Contact		PS type	
		Start	End						
14	Mon 2 Apr	5:30PM	7:00PM	New Members Coffee Meet Up	Wholefoods, 63 Kensington High Street (1st Floor Restaurant / Café), W8 5SE	Liz	07976 244 589	Social Peer Support	
	Tue 3 Apr	2:15PM	4:15PM	Crafts for Wellbeing	Chelsea Theatre, 7 World's End Place, King's Road, Chelsea, SW10 0DR	Yvonne	07964 376 928	Social Peer Support	
				Crafting is known to be good for our health. It can create a calming and positive sense of wellbeing which contributes to alleviating depression and encouraging mindfulness. Our crafts group is a great way for you to express yourself creatively, to meet new people and to benefit from a different way of social engagement. We have an array of materials and resources for you to work with.					
	Wed 4 Apr	2:00PM	4:00PM	Art for Wellbeing	Chelsea Theatre, 7 World's End Place, King's Road, Chelsea, SW10 0DR	Whitney	07908 265 183	Social Peer Support	
		5:30PM	7:00PM	Coffee Break Club	Wholefoods, 63 Kensington High Street (1st Floor Restaurant / Café), W8 5SE	Whitney	07908 265 183	Social Peer Support	
	Fri 6 Apr	1:00PM	3:00PM	Peer Support Community Hub	Games Club Mindful Colouring	The Stowe Centre, 258 Harrow Road, W2 5ES	Whitney	07908 265 183	Peer Support Hub
		2:30PM	4:00PM	Park Life: St James' Park	St James's Park tube station, Petty France/Broadway exit, SW1H 0BD	Stuart	07495 579 252	Social Peer Support	
		5:00PM	8:00PM	Music and Wellbeing	Royal Festival Hall, Southbank Centre, Belvedere Road, SE1 8XX	Stuart	07495 579 252	Social Peer Support	
				Join us to see Camilla George - the MOBO nominated saxophonist and star of the wonderful group Jazz Jamaica - as she showcases material from her critically acclaimed debut album <i>Isang</i> as well as a sneak peek into her upcoming album, <i>The People could Fly</i> . We'll be meeting from 5pm in Central Bar Foyer, Level 2 of Royal Festival Hall. Music starts at 5.30pm for approximately 90 minutes. It is possible to come and go when you please.					

Wk	Start Date	Time		Subject	Location	Contact		PS type	
		Start	End						
15	Mon 9 Apr	2:30PM	6:00PM	Peer Support Community Hub	Peer Support Group	St Peter's Church, Kensington Park Road (opposite Stanley Gardens), W11 2PN	Stuart	07495 579 252	Peer Support Hub
					Community Cooking				
				We Love to Sing					
		6:00PM	7:30PM	Peer Support Group - Anxiety and Depression	St Charles Centre for Health and Wellbeing, Exmoor St, W10 6DZ (group room)	Liam	07960 290 265	Peer Support Group	
	Tue 10 Apr	11:30AM	1:00PM	Peer Support Group - Anxiety and Depression	Violet Melchett Health Centre, Community Living Well, 2nd Floor, 30 Flood Walk, Chelsea, SW3 5RR (Room 2)	Yvonne	07964 376 928	Peer Support Group	
		10:00AM	11:00AM	1 to 1 Peer Support	Violet Melchett Health Centre, Community Living Well Service, 2nd Floor, 30 Flood Walk, Chelsea, SW3 5RR	Liam	07960 290 265	1 to 1 Peer Support	
		1:30PM	2:30PM						
		2:15PM	4:15PM	Crafts for Wellbeing	Chelsea Theatre, 7 World's End Place, King's Road, Chelsea, SW10 0DR	Yvonne	07964 376 928	Social Peer Support	
		11:00AM	1:00PM	Living Well Workshop: Values and Wellbeing	St Charles Centre for Health and Wellbeing, Exmoor St, W10 6DZ	Liz	07976 244 589	Living Well Workshop	
				<p>Our values represent what we stand for and the things most important to us. Our values relate to relationships, work, education, religious beliefs and leisure activities. Our values guide our behaviour and the way we view the world. When we experience depression, anxiety, or a big life changing event it can be helpful if we take a moment to remember our values so that we can get back in touch with things that are most important and rewarding to us.</p> <p>In the workshop we will; talk about values, support you to establish what your values are, discuss things that can stop us leading a valued life, introduce strategies helpful in managing barriers, such as mindfulness.</p> <p>This workshop is run in collaboration with an NHS service and will involve participants completing a brief and confidential Psychological Health Questionnaire. Booking is essential for this taster workshop so if you'd like to come along then get in touch with Liz to reserve your place.</p>					
		2:00PM	4:00PM	Art for Wellbeing	Chelsea Theatre, 7 World's End Place, King's Road, Chelsea, SW10 0DR	Whitney	07908 265 183	Social Peer Support	
		5:30PM	7:00PM	Coffee Break Club	Wholefoods, 63 Kensington High Street (1st Floor Restaurant / Café), W8 5SE	Stuart	07495 579 252	Social Peer Support	

Wk	Start Date	Time		Subject	Location	Contact		PS type	
		Start	End						
15	Thu 12 Apr	10:00AM	3:00PM	1 to 1 Peer Support	St Charles Centre for Health and Wellbeing, Exmoor St, W10 6DZ (group room)	Liam	07960 290 265	1 to 1 Peer Support	
		5:30PM	7:30PM	Music and Wellbeing	Royal Festival Hall, Southbank Centre, Belvedere Road, SE1 8XX	Stuart	07495 579 252	Social Peer Support	
			Philharmonia Chamber Players: Brahms Join us for a free classical concert at Royal Festival Hall to hear Brahms: Piano Quartet No.1 in G minor, Op.25. We'll be meeting at Royal Festival Hall from 5.30pm. Music starts at 6pm for approximately 45 minutes with a chance for a sit down and chat after if you like.						
	Fri 13 Apr	2:00PM	3:30PM	Park Life: Kensington Gardens	Queensway Tube Station, 17 Bayswater Rd, W2 4SS	Stuart	07495 579 252	Social Peer Support	
		Join us for a walk around Kensington Gardens / Hyde Park! Meet at Queensway tube station exit 2pm, set off 2.15pm.							
		12:00PM	1:00PM	Peer Support	Peer Support Group	The Stowe Centre, 258 Harrow Road, W2 5ES	Whitney	07908 265 183	Peer Support Hub
		1:00PM	3:00PM	Community Hub	Mindful Colouring				
	3:00PM	6:00PM	1 to 1 Peer Support		St Charles Centre for Health and Wellbeing, Exmoor St, W10 6DZ (group room)	Liam	07960 290 265	1 to 1 Peer Support	
	Sat 14 Apr	3:30PM	6:00PM	Music and Wellbeing	Southbank Centre, Belvedere Rd, Lambeth, SE1 8XX	Stuart	07495 579 252	Social Peer Support	
				Join us for something exciting and different for Music and Wellbeing as we go to listen to Skeltr, a jazz and soulful funk duo who incorporate saxophone solos with electronic samples and drums to deliver an electrifying and expansive sound! Meet in Zone 2, Queen Elizabeth Hall Foyer from 3.30pm. Music starts at 4pm for approximately one hour.					

Wk	Start Date	Time		Subject	Location	Contact		PS type	
		Start	End						
16	Mon 16 Apr	2:30PM	6:00PM	Peer Support Community Hub	Peer Support Group Community Cooking We Love to Sing	St Peter's Church, Kensington Park Road (opposite Stanley Gardens), W11 2PN	Stuart	07495 579 252	Peer Support Hub
	Tue 17 Apr	11:30AM	1:00PM	Peer Support Group - Anxiety and Depression		Violet Melchett Health Centre, Community Living Well, 2nd Floor, 30 Flood Walk, Chelsea, SW3 5RR (Room 2)	Yvonne	07964 376 928	Peer Support Group
		10:00AM	11:00AM	1 to 1 Peer Support		Violet Melchett Health Centre, Community Living Well Service, 2nd Floor, 30 Flood Walk, Chelsea, SW3 5RR	Liam	07960 290 265	1 to 1 Peer Support
		1:30PM	2:30PM						
		2:15PM	4:15PM	Crafts for Wellbeing		Chelsea Theatre, 7 World's End Place, King's Road, Chelsea, SW10 0DR	Yvonne	07964 376 928	Social Peer Support
	3:00PM	6:00PM	Museums: Bank of England Museum		Bank Of England Museum, Bartholomew Lane, EC2R 8AH	Stuart	07495 579 252	Social Peer Support	
			Join us for a chance to visit the Bank of England Museum! We will have an introductory talk about the Bank, plus a chance to have a look around the museum afterwards. Themes in the museum will include the history of money and the economy, The Bank of England in literature, and money from coins to new polymer notes. The museum and talk are free. Booking is essential as places are limited so please confirm with Stuart that you want to come along. We'll be meeting at the Bank of England Museum entrance from 2.45pm. Talk will start at 3pm promptly. There will be a chance to go for coffee and chat after.						
	Wed 18 Apr	2:00PM	4:00PM	Mindful Jewellery Making		Chelsea Theatre, 7 World's End Place, King's Road, Chelsea, SW10 0DR	Whitney	07908 265 183	Social Peer Support
		5:30PM	7:00PM	Coffee Break Club		Wholefoods, 63 Kensington High Street (1st Floor Restaurant / Café), W8 5SE	Yvonne	07964 376 928	Social Peer Support
	Thu 19 Apr	10:00AM	3:00PM	1 to 1 Peer Support		St Charles Centre for Health and Wellbeing, Exmoor St, W10 6DZ (group room)	Liam	07960 290 265	1 to 1 Peer Support
6:00PM		9:30PM	Film Club		The Mind Centre, 7 Thorpe Close, W10 5XL	Stuart	07495 579 252	Peer Support Group	
Join us for another edition of Film Club, where we will be watching a movie along the themes of mental health and having a discussion about it after. Refreshments and popcorn provided! Film to be confirmed.									

## April Meet Ups

Wk	Start Date	Time		Subject	Location	Contact		PS type	
		Start	End						
16	Fri 20 Apr	10:00AM	2:00PM	Time Bank	The Mind Centre, 7 Thorpe Close, W10 5XL	Liam	07960 290 265	Time Bank	
		12:00PM	1:00PM	Peer Support	Peer Support Group	The Stowe Centre, 258 Harrow Road, W2 5ES	Whitney	07908 265 183	Peer Support Hub
		1:00PM	3:00PM	Community Hub	Games Club				
					Mindful Colouring				
		2:00PM	3:30PM	City Walkers: Fulham Palace Gardens		Putney Bridge Tube Station, Station Approach, SW6 3UH	Stuart	07495 579 252	Social Peer Support
		Join us for a walk taking in Putney Bridge, River Thames, Bishops Park and Fulham Palace Gardens! Meet at Putney Bridge tube station exit at 2pm, to set off at 2.15pm.							
		3:00PM	6:00PM	1 to 1 Peer Support	St Charles Centre for Health and Wellbeing, Exmoor St, W10 6DZ (group room)	Liam	07960 290 265	1 to 1 Peer Support	

Wk	Start Date	Time		Subject	Location	Contact		PS type		
		Start	End							
17	Mon 23 Apr	2:30PM	6:00PM	Peer Support Community Hub	Peer Support Group	St Peter's Church, Kensington Park Road (opposite Stanley Gardens), W11 2PN	Stuart	07495 579 252	Peer Support Hub	
					Community Cooking					
					We Love to Sing					
	Tue 24 Apr	6:00PM	7:30PM	Peer Support Group - Anxiety and Depression	Peer Support Group - Anxiety and Depression	St Charles Centre for Health and Wellbeing, Exmoor St, W10 6DZ (group room)	Whitney	07908 265 183	Peer Support Group	
										Peer Support Group - Anxiety and Depression
	Tue 24 Apr	11:30AM	1:00PM	1 to 1 Peer Support	1 to 1 Peer Support	Violet Melchett Health Centre, Community Living Well Service, 2nd Floor, 30 Flood Walk, Chelsea, SW3 5RR	Liam	07960 290 265	1 to 1 Peer Support	
										Peer Support Group - Anxiety and Depression
										Peer Support Group - Anxiety and Depression
	Wed 25 Apr	2:15PM	4:15PM	Crafts for Wellbeing	Crafts for Wellbeing	Chelsea Theatre, 7 World's End Place, King's Road, Chelsea, SW10 0DR	Yvonne	07964 376 928	Social Peer Support	
										Peer Support Group - Anxiety and Depression
										Peer Support Group - Anxiety and Depression
	Wed 25 Apr	2:00PM	4:00PM	Mindful Jewellery Making	Mindful Jewellery Making	Chelsea Theatre, 7 World's End Place, King's Road, Chelsea, SW10 0DR	Whitney	07908 265 183	Social Peer Support	
										5:30PM
	Thu 26 Apr	10:00AM	3:00PM	1 to 1 Peer Support	1 to 1 Peer Support	St Charles Centre for Health and Wellbeing, Exmoor St, W10 6DZ (group room)	Liam	07960 290 265	1 to 1 Peer Support	
										6:30PM
	Asian-inspired & Japanese restaurant. Booked for 15 people in total									





Wk	Start Date	Time		Subject	Location	Contact		PS type	
		Start	End						
17	Fri 27 Apr	12:00PM	1:00PM	Peer Support	Peer Support Group	The Stowe Centre, 258 Harrow Road, W2 5ES	Whitney	07908 265 183	Peer Support Hub
		1:00PM	3:00PM	Community Hub	Games Club				
					Mindful Colouring				
		3:00PM	4:30PM	Park Life: Holland Park		Holland Park Cafe, Holland Park, Ilchester Place, W8 6LU	Stuart	07495 579 252	Social Peer Support
		Join us for a stroll today in Holland Park! Meet at Holland Park cafe 3pm, to set off at 3.15pm.							
	3:00PM	6:00PM	1 to 1 Peer Support		St Charles Centre for Health and Wellbeing, Exmoor St, W10 6DZ (group room)	Liam	07960 290 265	1 to 1 Peer Support	
	6:00PM	8:30PM	Museums: Natural History Museum		South Kensington Tube Station, Kensington, SW7 2ND	Stuart	07495 579 252	Social Peer Support	
Join us for a Natural History Museum late evening visit! A great chance to explore and look around after hours with a special theme each month. Meet at South Kensington tube station exit (opposite Paul Bakery) at 5.45pm to set off to the museum at 6pm. You can join us a little later if you like, and can stay for as long as you like.									

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		Start	End						
18	Mon 30 Apr	2:30PM	6:00PM	Peer Support Community Hub	Peer Support Group Community Cooking We Love to Sing	St Peter's Church, Kensington Park Road (opposite Stanley Gardens), W11 2PN	Stuart	07495 579 252	Peer Support Hub
	Tue 1 May	11:30AM	1:00PM	Peer Support Group - Anxiety and Depression		Violet Melchett Health Centre, Community Living Well, 2nd Floor, 30 Flood Walk, Chelsea, SW3 5RR (Room 2)	Yvonne	07964 376 928	Peer Support Group
		10:00AM	11:00AM	1 to 1 Peer Support		Violet Melchett Health Centre, Community Living Well Service, 2nd Floor, 30 Flood Walk, Chelsea, SW3 5RR	Liam	07960 290 265	1 to 1 Peer Support
		1:30PM	2:30PM						
		3:00PM	5:00PM	Music and Wellbeing		Royal Albert Hall, Kensington Gore, Kensington, SW7 2AP	Stuart	07495 579 252	Social Peer Support
	Join us as we return to the incredible Royal Albert Hall to hear the Royal Philharmonic Orchestra play 'Symphonic Rock', with the music of Led Zeppelin, Michael Jackson, Take That, Queen, The Rolling Stones, Pink Floyd, Bon Jovi & more! The orchestra will be joined on stage by singers and presenter Ken Bruce. Music starts at 3pm. Will be meeting there from 2.15pm. Chance to go for a chat in WholeFoods after if you like. Tickets are £5. Please confirm and arrange to pay for your ticket with Stuart by Tuesday 17th April.								
		5:00PM	6:30PM	Coffee Break Club		Wholefoods, 63 Kensington High Street (1st Floor Restaurant / Café), W8 5SE	Stuart	07495 579 252	Social Peer Support
	Wed 2 May	2:00PM	4:00PM	Art for Wellbeing		Chelsea Theatre, 7 World's End Place, King's Road, Chelsea, SW10 0DR	Whitney	07908 265 183	Social Peer Support
		5:30PM	7:00PM	Coffee Break Club		Wholefoods, 63 Kensington High Street (1st Floor Restaurant / Café), W8 5SE	Stuart	07495 579 252	Social Peer Support



Wk	Start Date	Time		Subject	Location	Contact		PS type
		Start	End					
18	Thu 3 May	10:00AM	3:00PM	1 to 1 Peer Support	St Charles Centre for Health and Wellbeing, Exmoor St, W10 6DZ (group room)	Liam	07960 290 265	1 to 1 Peer Support
	Fri 4 May	12:00PM	1:00PM	Peer Support	The Stowe Centre, 258 Harrow Road, W2 5ES	Whitney	07908 265 183	Peer Support Hub
		1:00PM	3:00PM	Community Hub				
				Peer Support Group Games Club Mindful Colouring				
3:00PM	6:00PM	1 to 1 Peer Support	St Charles Centre for Health and Wellbeing, Exmoor St, W10 6DZ (group room)	Liam	07960 290 265	1 to 1 Peer Support		

## PEER SUPPORT (PS) TYPE KEY

 Peer Support Community Hubs	 One-to-One Peer Support	 Timebank	 Peer Support Training	 Social Peer Support	 Peer Support Groups	 Living Well Workshops
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