

PEER SUPPORT

Community Living Well

DECEMBER 2017

ABOUT

#PEERTALK

Helpful tips and advice for people during the festive season.

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EMPLOYMENT

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MEET UPS

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Community
LivingWell

Working together for your wellbeing

Letter from the editor

We're really excited about the development of the Peer Support service in 2017 and hope that like us you're looking forward to even bigger and better groups, meet ups, workshops and activities in 2018.

A huge thank you to everyone who has made the Peer Support activities this year so supportive. We hope to continue to provide safe, engaging and inspirational peer support opportunities throughout 2018.

Check out the details for the end of year party on page 20 and some important info about Growing Minds on page 17.

EDITOR

Christina Bengston



Community Living Well Peer Support is brought to you by Kensington and Chelsea Mind, Office 1, 7 Thorpe Close, London, W10 5XL.

Registered in England No. 2597728 | Charity No. 1002986

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Exciting developments for 2018 and an end of the year celebration in December.

End of Year Party 20

Come and celebrate Peer Support with us. This is for all members of the Peer Support service but please remember to RSVP by the 24th.

PEER SUPPORT WHO IS IT FOR?

CAN I COME TO PEER SUPPORT?

Community Living Well Peer Support is available to:

- people over 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 problems
- 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 stepping down from secondary mental health services through the Community Living Well Primary Care Liaison Nurse team.

If you are eligible and you'd like to come along to any Peer Support activity get in touch today. peersupport@kcmind.org.uk | or call 020 3011 0433.

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 both peer-led and peer-facilitated activities which focus on your strengths, hopes and ambitions and can help you develop skills and strategies to 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

Meet the team

To get in touch email: peersupport@kcmind.org.uk or call the messaging service on **020 3011 0433** to leave your name and number and we will call you back.

For organisations to refer someone to Peer Support, please email cnw-tr.friendsinneed@nhs.net



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#PeerTalk

CHRISTMAS MAY BE a wonderful time for many of us, but for some of us it can be a challenging time. Whether you're stressing trying to get everything organised or worrying about being alone over Christmas, there are things we can do to take care of ourselves. Consider a few of Mind's tips:

HONESTY

Try to be honest with people if you're finding things overwhelming and you're not feeling up to getting involved in everything.

PRESS PAUSE

If you're someone who has a tendency to take on too much, the demands of Christmas can make this even worse. Remember you can only do so much, stop if it's becoming too much and focus more on looking after yourself.

DON'T BELIEVE THE HYPE

Don't compare yourself and your Christmas with the representations of perfect Christmas

moments on social media or on adverts. Your experience of Christmas is your own, don't put pressure on yourself to do it a certain way.

5 WAYS TO WELLBEING

Think about how you can get active, connect, give, take notice or keep learning over the Christmas period. Take a stroll, take notice of the Christmas lights or connect with people at some of our events over the next month.

TALK

If you are feeling overwhelmed or under pressure, talk to someone about it. If you are worried about how you might feel on the day, talk to someone else who will be there too so you can support each other.

Between Christmas and New Year our Anxiety & Depression support group will be open to all members. Join us on Thursday 28th, see page 8-9 for more details.

It's a great chance to be around others who you can sit and talk to and share how you feel over the holiday season.

Around Community Living Well

Each month we'll be sharing news and information with you from around the whole of the Community Living Well service. This month we take a look at the Employment service.

EMPLOYMENT

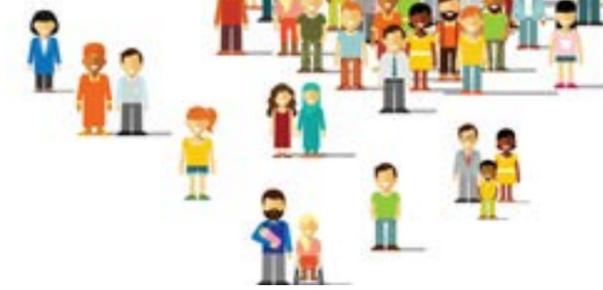
The Employment service at Community Living Well is here to help you get back into work, or to retain work if you're currently employed but struggling in your workplace because of your mental health.

We are a team of experienced and friendly advisers. We work out of the St. Charles Centre for Health and Wellbeing and the Violet Melchett Centre, though we can be flexible with where we meet (for example, some people who are in work prefer us to meet them in or around their workplace).

As you can imagine, we do what a lot of employment services do – help create or update your CV, support you with filling in application forms, writing cover letters and interview preparation.

SO WHAT MAKES US DIFFERENT?

Well, we take into account your mental health and how it affects you in the workplace, we listen to your individual support needs and base our sessions around what your goals are, and what you want to achieve. We offer up to 15 one-to-one sessions - some people know exactly what job they want and are ready to apply for work, whereas others may want a change in direction, to start afresh or perhaps get into work for the first time. We can help you look at your options, your skills, abilities and interests to help you decide what kind of work you would like. Some people want to build up experience by volunteering first or by doing some training to gain new skills. It's all based around you.



For those who are employed, we can support you (and your employer) with things like reasonable adjustments, disclosure, arranging phased return to work plans after a period of sick leave, knowing your rights in the workplace etc.... Again, it's all based around your individual support needs.

Clients who have used the Employment service have told us that as well as improving their job seeking skills and feeling more motivated, using the service has helped with their overall wellbeing – they feel more positive and feel able to deal with challenges.

We love seeing our clients reaching their goals – whether that's bagging an interview, starting a paid job or getting a certificate at the end of a course, we will celebrate with you along the way!

The Community Living Well Employment service is available to people:

- Aged 16 or over
- Who live in/are registered with a GP in Kensington and Chelsea, Queen's Park or Paddington
- Have long-term, stable mental health support needs
- Who are being looked after by primary care general practice services (not accessing any secondary care mental health services).

To get in touch with the Employment team email: wlccg.clwwellbeing@nhs.net call: 020 3028 7805

Living Well Workshops

Living Well Workshops provide a safe and supportive space to develop skills to manage the stresses and difficulties in your life.

This 2017, we've enjoyed a range of workshops together, from yoga and mindfulness to CBT based workshops on confidence building, stress and values, as well as guest speakers like Rachel Kelly, who have run workshops on food and mental health. If you have any suggestions or requests for Living Well Workshops you'd like to see in 2018, please get in touch.



LESS DISTRESS

Following the popularity of the Mindfulness and Emotional Freedom Technique (EFT), Mariam Davies is back to help us find ways of managing our stress and anxiety through these gentle and easy-to-use techniques. EFT is a fast, gentle and simple technique that can help you shift difficult emotions and feel more connected to the present.

Attendees will learn how to use EFT to address stressful situations and experiences. Participants are guided through safe meditation and visualisation exercises to help them relax. Mental wellbeing describes your mental state, how you are feeling and how well you can cope with day-to-day life.

Our mental wellbeing is dynamic, it can change from moment to moment, day to day. Living Well Workshops aim to help people develop techniques to maintain and improve their emotional resilience and mental health.

Booking is essential for all the Living Well Workshops. Please contact Stuart to book your place and on the day, please wear comfortable clothing.

Tuesday 19th December | 12pm - 2pm
St. Charles Centre for Health and Wellbeing,
Exmoor Street, W10 6DZ (group room)

Stuart - 07495 579 252

Puzzle answer: There are 6 snakes, 7 people and 14 lizards.

1-to-1 peer support

Meet with a peer, 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, not a healthcare professional. It's someone who can put themselves in your shoes.

Sometimes just having a safe space and time to talk is enough. Your peer will be there to listen, relate to how you feel and even offer practical tips they themselves have used to overcome similar difficulties.

If you'd like to come and talk one-to-one with a peer, just get in touch with us. Each session is up to 45 minutes long. These sessions are already very popular so please get in touch soon if you'd like to be added to the waiting list. If you want to talk to someone before committing to a session, or to book, send us an email at peersupport@kcmind.org.uk or call Liam on 07960 290 265.

NORTH

The Mind Centre
7 Thorpe Close
Ladbroke Grove
W10 5XL

Thursday 7th Dec
Thursday 21st Dec

10am - 12:30pm
and 1:30pm - 5:30pm

SOUTH

Violet Melchett Health Centre
Community Living Well
2nd Floor, 30 Flood Walk
Chelsea, SW3 5RR

Thursday 14th Dec
Thursday 28th Dec

10am - 12:30pm
and 1:30pm - 5:30pm

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 aim to bring people together who can share their experience.



Living Well Workshops

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



Timebank Peer Support

The timebank is a network of peers who support each other using time like currency.



Social Peer Support

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



Online Peer Support

Peer support doesn't always have to be face to face. FriendsinNeed.co.uk is a secure website you can use to interact with peers from the comfort and security of your own home.

Peer Support Groups

Peer Support Groups are a way to give and receive mutual support to help manage the stresses in your life. Groups are co-facilitated by a peer. Join us for the depression and anxiety peer support group.

Places at the Peer Support Groups must be booked in advance. See below for contact details.



ANXIETY IS A word we use to describe feelings of unease, worry or fear. It incorporates both the emotions and the physical sensations we might experience when we are worried or nervous about something. We all know what it's like to feel anxious from time to time and because anxiety is a normal human experience, it's sometimes hard to know when it's becoming a problem for you - but if your feelings of anxiety are very strong, or last for a long time, it can be overwhelming.

DEPRESSION IS A low mood that lasts for a long time, and affects your everyday life. In its mildest form, depression can mean just low spirits. It doesn't stop you leading a normal life but makes everything harder to do and seem less worthwhile. At its most severe, depression can be life-threatening because it can make you feel suicidal or simply lose the will to live.

If you have or are experiencing either or both of these feelings, then read on to find out how attending a peer support group can help.

Difficulty with depression and anxiety affects around 1 in 6 people and even though it affects so many of us, it can often feel like you're the only one that feels this way. Structured self help peer support groups aim to bring people together who can share their experiences. It's your chance to talk without being judged, an opportunity to learn about how others in similar situations manage their symptoms (which you can try yourself) and connect with people who know what it's like to feel the way you do.

If you want to find out a bit more information or to book a place, please get in touch and email peersupport@kcmind.org.uk or call **Liam** on **07960 290 265**.

Once you've registered to the Peer Support service, members can expect to attend up to 6 sessions to get the most benefit from the groups and booking is essential.



In December come along to the group taking place on Thursday 28th, which is open to all members registered with the Peer Support service. You can use this opportunity to find out if a peer support group would benefit you.

NORTH

St. Charles Centre for Health and Wellbeing, Exmoor St., W10 6DZ (Take Time to Talk group room)

Monday 6th Dec
6pm - 7:30pm

Monday 18th Dec
6pm - 7:30pm

SOUTH

Violet Melchett Health Centre, Community Living Well, 2nd Floor, 30 Flood Walk, Chelsea, SW3 5RR

Tuesday 12th Dec
10am - 11:30am

Thursday 28th Dec
2pm - 3:30pm

What you've said about Peer Support

“ I always have a great time when I come along to the groups

A chance to meet new people and try new interests

I had a really great experience with Yvonne and Liam, they were really fab to me!!

” Thanks for making me feel so welcome

Monday	Tuesday	Wednesday	Thursday	Friday	SAT	SUN
				1 1pm Feel Good Friday 1pm City Walkers	2	3
4 2:30pm Monday Social 5:30pm New Members Meet Up 6pm Peer Support Group 7:30pm Music & Wellbeing	5 2pm Poetry 2pm FiN Crafts - Festive Creations	6 3:30pm FiN Arts 5:30pm Coffee Break Club	7 10am 1-to-1 Peer Support 1:30pm Jewellery 1:30pm 1-to-1 Peer Support	8 1pm Feel Good Friday	9	10
11 2:30pm Monday Social	12 10am Peer Support Group 2pm Poetry 2pm FiN Crafts - Festive Creations	13 1pm Community Carols 2:30pm FiN Arts 5:30pm Coffee Break Club	14 10am 1-to-1 Peer Support 1:30pm Jewellery 1:30pm 1-to-1 Peer Support	15 1pm Feel Good Friday	16	17
18 1pm Growing Minds 2:30pm Monday Social 6pm Peer Support Group	19 12pm Living Well Workshop 2pm Poetry 2pm FiN Crafts - Festive Creations	20 2pm FiN Arts 5pm Market and Coffee	21 10am 1-to-1 Peer Support 1:30pm Jewellery 1:30pm 1-to-1 Peer Support 6pm Come Dine with Me	22 1pm Feel Good Friday 1pm Park Life	23	24
25	26 2:30pm Tuesday Social	27 2pm FiN Arts 6pm End of Year Party	28 10am 1-to-1 Peer Support 1:30pm Jewellery 1:30pm 1-to-1 Peer Support 2pm Peer Support Group 6pm Film Club	29 1pm Park Life 1pm Feel Good Friday 5pm Music & Wellbeing	30	31

Key ~ Types of Peer Support

- Living Well Workshops (p.6)
- One-to-One Peer Support (p.7)
- Peer Support Groups (p.8-9)
- Social and Online Peer Support (p.12-19)

SOCIAL PEER SUPPORT

Social peer support is delivered through Friends in Need groups. Friends in Need is a peer-to-peer support community, where you can meet others in a safe, supportive environment to join an activity or just spend time with people who have a similar interest and shared experience.



If you are eligible (check your eligibility on p.3) and you'd like to come along to any of the Social Peer Support meet ups, get in touch to register at peersupport@kcmind.org.uk or you can call or text the person listed by each meet up. If it's your first time, we'll meet with you beforehand to introduce you to others and answer any questions.

All our Social Peer Support meet ups are based around the five ways to wellbeing. These are simple actions that have been proven to improve our wellbeing. Read about the Five Ways below.

FIVE WAYS TO WELLBEING

KEEP CONNECTED WITH FIN SOCIAL



The first of the five ways is connecting with others. 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.

Keep Connected: page 14-15

TAKE NOTICE WITH FIN MINDFULNESS



Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons.

In all of our FiN Mindfulness activities 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.

Take Notice: page 18-19

KEEP LEARNING WITH FIN WE LOVE TO LEARN



Continued learning through life enhances self-esteem and encourages social interaction and a more active life. Anecdotal evidence suggests that the opportunity to engage in work or educational activities really helps to lift people out of depression. Why not come along to one of the many meet ups in which you can expand your mind, learn something new and connect with others?

Keep Learning: page 17

KEEP ACTIVE WITH FIN FITNESS



Regular physical activity is associated with lower rates of depression and anxiety. Exercise doesn't need to be particularly 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. Why not get active with a physical activity you enjoy and that suits your level of mobility and fitness?

Keep Active: page 16

GIVE WITH FIN GIVING



Participation in social and community life has attracted a lot of attention in the field of wellbeing research. 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.

December brain teaser:

At a recent visit to the reptile house at the local zoo, I counted a total of 27 heads and 70 feet.

I was counting snakes, lizards and people and I know that there were exactly twice as many lizards as people.

How many snakes did I count??

You can find the answer hidden somewhere in the magazine.

Puzzle from: brainbashers.com



KEEP CONNECTED



Christmas market and Coffee

December wouldn't be the same without a Christmas Market. So join us for a visit to the Southbank Centre Winter Festival and the Christmas Market at Tate Modern where you can catch up on last minute stocking filling and enjoy the beautiful Thames views. Pretty wooden chalets will be filled with accessories, intricate decorations and wooden toys with a festive vibe to add to the Christmas spirit. We'll also take advantage of the hot drinks available by having a chat over a coffee or a hot chocolate.

Meet us outside the side entrance to the Royal Festival Hall – next to the sculpture of Nelson Mandela.

Weds 20th Dec | 5pm - 7pm
Southbank Centre, Belvedere Rd, Lambeth, SE1 8XX

Contact Yvonne - 07964 376 928 or Whitney - 07908 265 183 to let us know you'd like to come along.

Feel Good Friday

Join in this mixed activity meet up to connect with others in the Queen's Park and Paddington areas. Jointly run with the Community Champions there is the opportunity to connect with others and participate in a variety of activities. Play board games or cards, or maybe try your hand at mindful colouring or have a game of pool.

Fri 1st, 8th, 15th, 22nd 29th Dec | 1pm - 3pm
The Stowe Centre, 258 Harrow Road, W2 5ES | Whitney - 07908 265 183

Community Carols

For those of you who want to get into the spirit of festive singing, join me at St Mary Abbots Parish Church for Community Carols. This is a wonderful time to get together, improve our mood and encourage a sense of community belonging. This will be followed by refreshments at the church.

Meet outside the church at 12:45pm. This is a free event.

Wed 13th Dec | 1pm - 2:30pm
St Mary Abbots Parish Church, Kensington Church St, Kensington, W8 4LA
Yvonne - 07964 376 928

Coffee Break Club

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

All the coffee meet ups take place at: Wholefoods (1st Floor Cafe), 63 Kensington High Street, W8 5SE | 5:30pm - 7pm

Weds 6th Dec Yvonne - 07964 376 928
Weds 13th Dec Whitney - 07908 265 183

Monday Social

Connect with others at the weekly Monday Social Club where you can chat and participate in one or all of the activities available. This is a great meet up to join whether you're new to the community or have been coming for a while.

Community Cooking & Social

Share your favourite meal with others. Cooking is taken in turns (if you would like to give it a go), there is a well equipped kitchen and it's a fantastic venue for members to come and cook a meal for each other.

We love to Sing

We invite you to come and sing with us. Group singing has been shown to have a positive effect on our wellbeing. You don't have to have operatic pipes to join in. There's no audition and no one will be forced into singing a solo.

Mon 4th, 18th and *Tues 26th Dec Stuart - 07495 579 252 2:30pm - 4:30pm
Mon 11th Dec Whitney - 07908 265 183

*Please note there is no Monday Social on Mon 25th Dec but we will be meeting on Tuesday 26th (Boxing Day) for our usual social group.

St. Peter's Church, Kensington Park Road (opposite Stanley Gardens) W11 2PN

New Members Meet Up

Be connected to others by joining the Peer Support community. If you are new to Peer Support, interested in some of the meet ups, or just want to find out more, this relaxed and informal monthly meet up is the perfect introduction.

At this meet up you can chat with a Peer Support coordinator who will explain the range of activities that you can participate in, and how to get started. Plus get to know others new to the community, share experiences and support one another.

Mon 4th Dec | 5:30pm - 7pm
Wholefoods (1st Floor Cafe), 63 Kensington High Street, W8 5SE
Liz - 07976 244 589

Come Dine with Us

Come and join us for a festive meal out at Nandos! A great chance to gather with others, have a chat, and eat a meal together. The table is booked for 6pm and we will aim to order by 6.15pm. The social setting is a great opportunity for you to make new friends and acquaint with current members.

This is a very popular activity so booking is essential. Contact Stuart to book your place.

Thursday 21st December | 6pm - 8:30pm
Nandos, 229-231 Kensington High Street, W8 6SA
Stuart - 07495 579 252



KEEP ACTIVE



Growing Minds

Please join us for Growing Mind's Big Reveal.

Growing Minds is growing. In 2018, we will be presenting a vibrant and varied schedule that will take participants on a journey, from our new growing site to field trips in the borough with talks on urban wildlife and animal encounters.

Monthly ecotherapy sessions will chart your wellbeing through the seasons and talks on cutting-edge research into environmental urban planning will stimulate the mind and exercise the body.

To celebrate the new and improved Growing Minds, we're inviting you to come and enjoy mince pies and festive beverages with us. If you've been to Growing Minds before we look forward to seeing you again!

18th Dec | 1pm - 3:30pm
Meanwhile Wildlife Garden, 154 Kensal Road, W10 5BN

Whitney - 07908 265 183

City Walkers

Staying physically active can help recovery from depression, improves sleep, mood and self-esteem. Plus walking together in a group can help us to stay motivated. Add in local historical landmarks and our city walkers groups become a fantastic way of improving our wellbeing.

Gunnersbury and Syon Parks

We'll be walking through Carville Hall Park, Boston Manor Park, River Brent and the Thames Path, ending at Richmond Tube Station.

Friday 1st Dec
1pm - 4:30pm (set off at 1:15pm)
Acton Town Tube Station, Gunnersbury Lane, W3 8HN
Stuart - 07495 579 252

Park Life

Move your mood with our eco-therapeutic Park Life walks.

Holland Park

Join us for a festive coffee and walk in Holland Park! Have a chat and a stroll in this beautiful local park. Meet at 1pm at Holland Park cafe, to set off at 1:45pm.

Friday 22nd Dec | 1pm - 3pm
Holland Park Cafe, Holland Park, Ilchester Place, W8 6LU

St. James's Park

Meet outside St James's Park tube station, Petty France / Broadway exit at 1pm, to set off at 1:15pm.

Friday 29th Dec | 1pm - 2:30pm
St James's Park Tube Station, SW1H 0BD

Stuart - 07495 579 252



KEEP LEARNING



Arts: Painting and Drawing

Participation in the arts can have a really positive impact on our mental health, contributing to an increase in self-esteem, motivation and relaxation. In this group we will be developing our artistic abilities, creating our own art and learning from and appreciating the skills of others. You don't have to be Picasso to join us for this relaxed weekly art group, you only need an interest in art. So get in touch to find out more.

Art Therapy Taster Session

Qualified art therapist Elaine Zapple Gulliver will give members an hour's art therapy taster session. This session will include an introduction to art therapy, who it may benefit and the methods involved, as well as providing members with the opportunity to participate in art therapy as a group.

This session will provide a non-judgmental space in which people can safely explore their experiences with a qualified therapist. No previous knowledge or expertise in art is required.

Weds 6th Dec | 3:30pm - 4:30pm

Christmas Art

Along with the regular art programme, this week will provide members with the opportunity to make an array of Christmas themed art work including cards, decorations and Christmas wreaths.

Weds 13th Dec | 2pm - 4pm
Weds 20th Dec | 2pm - 3:45pm
Weds 27th Dec | 2pm - 4pm

Chelsea Theatre, 7 Worlds End Place, SW10 0DR
Whitney - 07908 265 183

Jewellery Making

Research has shown that jewellery making can increase a person's feeling of wellbeing, happiness and self-worth. It makes people feel relaxed and produces a sense of accomplishment.

So why not join our regular jewellery making group? We have some very experienced members who help each other and newcomers to get started.

Thursday 7th, 14th, 21st and 28th Dec
1:30pm - 4:30pm
Chelsea Theatre, 7 Worlds End Place, SW10 0DR

Whitney - 07908 265 183

Crafts: Festive preparations

In November we focused on enterprise so this month, let's make things for ourselves, our friends and family. We'll extend the festive preparations by making Christmas decorations, cards and garnishes.

As usual, let's get creative and colourful at this festive time. We'll be making a range of different Christmas decorations for the tree and home. If you've got your own ideas about what you would like to make, come along and share them with the group. We're starting early so we've got a few weeks to build up a good stock of goodies. Get in touch to find out more.

Tuesday 5th, 12th and 19th December
2:15 - 4:15pm
Chelsea Theatre, 7 Worlds End Place, SW10 0DR
Yvonne - 07968 376 928

TAKE NOTICE



Music and Wellbeing

Music is known to improve human cognitive function and increase both concentration and attention. It also has a much more important emotional benefit. Music uplifts our mood and brings people closer together. 2017 has included a variety of music visits, from the Royal College of Music to the Royal Festival Hall. We started as a small group of music fans and we have grown into a regular, relaxing and friendly meet up.

Harlem Quartet

Performing Beethoven's last string quartet and many other beautiful pieces, join us to listen to New York's Harlem Quartet.

Monday 4th Dec | 6:45pm - Late (please arrive by 7:15pm concert begins at 7:30pm).

Meet in reception of Amaryllis Fleming Concert Hall, Royal College of Music, Prince Consort Rd, SW7 2BS

A Hard Candy Christmas ~ country meets gospel

Join us for a special musical event that celebrates the Queen of Country music as Our Lady J, accompanied by her Gospel Choir, sings Dolly Parton's greatest hits! Come and have a listen, a chat, a dance, and have fun.

Friday 29th Dec | 5pm - 7:30pm (music is between 5:30pm - 7pm).

Meet in Level 2 Bar area of the Clore Ballroom, Royal Festival Hall, Southbank Centre, Belvedere Road, SE1 8XX

Contact: Stuart 07495 579 252



Film Club - 'Elf'

Join us for a festive film club night as we watch 'Elf'. This is a family friendly comedy (PG rating) starring Will Ferrell who is a human raised as an elf in the North Pole. A nice chance to watch a movie together and there will be hot drinks, popcorn, biscuits and snacks to share!

This is a popular activity with limited places, so please contact Stuart or Liam to reserve your place.

Thursday 28th Dec | 6pm - 9pm
The Mind Centre, 7 Thorpe Close, W10 5XL

Stuart - 07495 579 252 and
Liam - 07960 290 265

(Stuart will be on holiday between Mon 4 Dec - Mon 18 Dec so please during this time contact Liam to book your place)

Poetry ~ Words and Healing

For many people, reading, writing and listening to poetry helps them to feel calm and relaxed.

If you have an interest in poetry then do come along to this member led meet up. Each week members will bring a poem—something they've found or written themselves, to share and discuss with others. If you'd like to join this group please get in touch with Liz on the number below.

Tuesday 5th, 12th and
19th Dec
2pm - 3:30pm

St. Charles Centre for Health and
Wellbeing, Exmoor St., W10 6DZ
(Take Time to Talk group room)

Liz - 07976 244 589





Community
LivingWell

Working together for your wellbeing



Peer Support end of year celebration

Wednesday 27 December 2017 | 6pm-9pm



Please contact us by Friday 24th December to let us know you'd like to attend and for more details.

email peersupport@kcmind.org.uk

or call / text Whitney on 07908 265 183



Community Living Well Peer Support is provided by Kensington and Chelsea Mind.
www.kcmind.org.uk | 020 8964 1333
Charity no. 1002986

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