

PEER SUPPORT

Community Living Well

FEBRUARY 2018

ABOUT

PEER SUPPORT

Four new peer support groups begin in February, offering even more ways to benefit from peer support.

PAGE 6-8

NEWS FROM

COMMUNITY

LIVING WELL

Find out about other parts of Community Living Well. PAGE 4

SOCIAL

MEET UPS

We're off to Kew Gardens in February, the Royal College of Music and the Design Museum.

PAGE 12-19



Community
LivingWell

Working together for your wellbeing

Meet the team

You can refer yourself to Peer Support on the Community Living Well website: communitylivingwell.co.uk.

For more information 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 wlcgg.clwwellbeing@nhs.net.



Liz Duff

Team Leader

liz.duff@kcmind.org.uk

07976 244 589 (Working days; Mon - Thu)



Liam Pywell

Peer Support Development Worker

liam.pywell@kcmind.org.uk

07960 290 265



Whitney Shaw-Dale

Peer Support Coordinator

whitney.shaw-dale@kcmind.org.uk

07908 265 183 (Working days; Mon, Wed-Fri)



Yvonne Nelson

Peer Support Coordinator

yvonne.nelson@kcmind.org.uk

07964 376 928 (Working days; Tue, Wed)



Stuart Beck

Peer Support Coordinator

stuart.beck@kcmind.org.uk

07495 579 252



Christina Bengston

Marketing Coordinator

christina.bengston@kcmind.org.uk

07908 265 186

Letter from the editor

Welcome to your February edition of the Peer Support magazine. This month you'll notice that we've increased the number of peer support groups. There are now four different groups in which you can benefit from peer support.

Using our own experience to help one another can be immensely rewarding and beneficial to our mental health. If you don't feel ready to share, that's ok, sometimes just hearing about the experiences of others can be really inspiring. It can be comforting to know that you're not alone and that others feel the same way you do.

We really hope you find something this month that you'd like to come along to. If you're new to the service please just check the criteria on the next page and get in touch.

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

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 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 both peer-led and 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.



Timebank Peer Support

The timebank is a network of peers who support each other using time as if it were 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.



Around Community Living Well

News and information from around the whole of Community Living Well.

WHAT IS COMMUNITY LIVING WELL?

If you need support to improve your mental health and wellbeing Community Living Well is a service that offers you a different kind of support for your mental health needs.

It brings people together from your local NHS, voluntary sector and local community groups in one service which will work alongside you and your GP to help you access the support you need.

WHAT ARE THE BENEFITS

Community Living Well offers easy access to a range of wellbeing and clinical services in one place, including:

- **Primary Care Liaison**
support from specialist mental health workers
- **Psychological Therapies**
to help if you are stressed, worried or low in mood. We can also help individuals who are adjusting to having a new baby or those who need help to live with a long term condition
- **Mother Tongue Counselling**
culturally appropriate one-to-one talking therapies and wellbeing workshops in Arabic and Farsi languages

- **Navigators**
practical support with a range of issues including benefits, debt, housing options, access to health and social care services and support to access specialist advice and information
- **Employment Support**
supporting you to find work, take steps to improve your job prospects or keep your current job
- **Peer Support**
wellbeing workshops, one-to-one support, peer support groups, social activities and online peer support with other people who have had similar experiences to you
- **Self Help**
access to self help resources.

HOW DO I GET IN CONTACT?

You can easily refer yourself to the service by visiting the Community Living Well website. You can also ask your GP or another health professional involved in your care to refer you.

communitylivingwell.co.uk

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 can put themselves in your shoes, have empathy with your situation and share their personal experience of mental health and recovery.

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 meet for one-to-one Peer Support.

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.

One-to-one peer support takes place at the two locations below, for dates and times of sessions check the calendar on page 10-11.

NORTH

St Charles Centre for Health and Wellbeing
Exmoor Street
W10 6DZ

SOUTH

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

#PeerTalk

PEER SUPPORT TRAINING

-- Starting in February --

Interested in peer support training? The peer support training programme aims to help you understand peer support and develop the basic skills and knowledge which you can apply to a peer support role.

To find out more about the peer support training course get in touch with Liam on 07960 290 265 or by email at peersupport@kcmind.org.uk.

Quotes from some of our previous attendees:

“ Comprehensive training, providing clear understanding of the fundamentals, important concepts and essentials for Peer Support.

Highly interactive sessions were instrumental to ensure and reinforce understanding, in a safe learning environment.

Engaging delivery, strong focus on preparation and understanding of content. Supportive throughout the sessions and follow-up.

The Peer Support training sessions, significantly increased my knowledge and competence in the area of Peer Support.



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 one of the peer support groups.

ANXIETY & DEPRESSION PEER SUPPORT GROUP

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.

For the anxiety and depression peer support group, members must book and can then expect to attend up to 6 sessions to get the most benefit from the groups.

NORTH

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

Monday 12th | 6pm - 7:30pm
Whitney - 07908 265 183

Monday 26th | 6pm - 7:30pm
Stuart - 07495 579 252

SOUTH

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

Tuesday 6th & 20th Feb
11:30am - 1pm

Yvonne - 07964 376 928

FEEL GOOD FRIDAY PEER SUPPORT GROUP

Connect with others at the weekly Feel Good Friday Peer Support group.

Feel Good Friday Peer Support has been extended and will now start at 12pm with a new element, drop-in peer support. From February the drop-in group will also be co-facilitated by a peer worker, someone who can use their experience of mental health difficulty to support you and the group.

A drop-in peer support group is a safe and relaxed space where you can talk about your experience of mental health difficulty openly, with others who really do understand. You can share your experiences and hear others talk about theirs which gives you the opportunity to learn how others look after their mental health.

Unlike the Anxiety and Depression support groups, the drop in groups will be more flexible. You don't have to wait for space to become available to attend and there is no limit to how many times you attend. You also don't have to come every week, giving you choice and control over when you want to access support. There isn't a focus on any particular mental health diagnosis or subject, meaning the conversation is completely led by members in the group and what you want to talk about.

After the Peer Support session there are a variety of social activities to get involved in. Here you are able to join in this mixed activity jointly run with the Community Champions. There is the opportunity to connect with others and participate in a variety of activities such as, board games, pool, cards, or maybe try your hand at mindful colouring.

Friday 2nd, 9th, 16th & 23rd Feb & 2nd Mar
12pm to 3pm

The Stowe Centre, 258 Harrow Road, W2 5ES

Whitney - 07982 265 183



Peer Support Groups

FILM CLUB - PEER SUPPORT GROUP

Join us for our latest edition of Film Club! We will be watching 'A Beautiful Mind', a biographical drama based on the Nobel Laureate winner John Nash, a maths genius who develops paranoid schizophrenia and endures delusional episodes from his days as a student and throughout his prominent career.

We will have a discussion afterwards based around the portrayal of mental health within the movie.

There will also be refreshments and snacks (and popcorn) provided.

Please confirm your place and contact Stuart as we have limited seats available for this popular activity.

**Thursday 8th Feb
6pm - 9:30pm**

**The Mind Centre, 7 Thorpe Close, W10
5XL**

Stuart - 07495 579 252

MONDAY SOCIAL PEER SUPPORT GROUP

As of February the Monday Social will be developing to include a drop in peer support element. The group will be a safe place where you can open up about how your mental health affects you, as well as have the opportunity to connect with others over a meal. The group will also be co facilitated by a peer worker, someone who can use their experience of mental health difficulty to support you.

Community Cooking

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 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.

**Monday 5th, 12th, 19th
& 26th Feb | 2:30pm to 4:30pm**

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

Stuart - 07495 579 252



Living Well Workshops

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

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 the Peer Support Coordinator listed, to book your place.

UNDERSTANDING MINDFULNESS

This month the Living Well Workshop is an Introduction to Mindfulness. We welcome back Clinical Psychologist Dr. June Leslie. This workshop can help you to gain a better understanding of why mindfulness can help with emotional difficulties and stress, and explores some practical techniques that can be used in our lives on a day to day basis.

Guidance and information will also be provided as to how to take the practice further and access other mindfulness courses and services.

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

Tuesday 13th February

11:15am - 1pm
(please arrive by 11am for a prompt 11:15am start)

**St. Charles Centre for Health and Wellbeing,
Exmoor Street, W10 6DZ**

(Arrive at the Take Time to Talk reception)

**To reserve your place contact Liz
07976 244 589**

Monday	Tuesday	Wednesday	Thursday	Friday	SAT 3
			1 10am 1-to-1 Peer Support 1:30pm Jewellery 2:30pm 1-to-1 Peer Support	2 12pm Feel Good Friday 3pm 1-to-1 Peer Support	SUN 4
5 1pm Growing Minds 2:30pm Monday Social 5:30pm New Members Meet Up 6pm Peer Support Training	6 10am 1-to-1 Peer Support 11:30am Peer Support Group 1:30pm 1-to-1 Peer Support 2:15pm Crafts for Wellbeing 6pm Come Dine With Us	7 2pm Art for Wellbeing 5:30pm Coffee Break Club	8 10am 1-to-1 Peer Support 6pm Film Club	9 12pm Feel Good Friday 2pm Park Life 3pm 1-to-1 Peer Support	SAT 10 12pm Kew Gardens SUN 11
12 2:30pm Monday Social 6pm Peer Support Group 6pm Peer Support Training	13 10am 1-to-1 Peer Support 11:15am Living Well Workshop 2:15pm Crafts for Wellbeing	14 2pm Art for Wellbeing 5:30pm Coffee Break Club	15 10am 1-to-1 Peer Support 1:30pm Jewellery 2:30pm 1-to-1 Peer Support 7:30pm Music & Wellbeing	16 12pm Feel Good Friday 2pm Park Life 3pm 1-to-1 Peer Support	SAT 17 SUN 18
19 2:30pm Monday Social 6pm Peer Support Training	20 10am 1-to-1 Peer Support 11:30am Peer Support Group 1:30pm 1-to-1 Peer Support 2:15pm Crafts for Wellbeing	21 2pm Art for Wellbeing 5:30pm Coffee Break Club	22 10am 1-to-1 Peer Support	23 12pm Feel Good Friday 3pm 1-to-1 Peer Support	SAT 24 SUN 25
26 2:30pm Monday Social 6pm Peer Support Group 6pm Peer Support Training	27 10am 1-to-1 Peer Support 2:15pm Crafts for Wellbeing 7:30pm Music & Wellbeing	28 2pm Art for Wellbeing 5:30pm Coffee Break Club	1 10am 1-to-1 Peer Support 1:30pm Jewellery	2 12pm Feel Good Friday 3pm 1-to-1 Peer Support 4:30pm Park Life 6pm Design Museum	SAT 3 SUN 4 3pm Music & Wellbeing

Key ~ Types of Peer Support

- One-to-One Peer Support (p.5)
- Peer Support Training (p.5)
- Peer Support Groups (p.6-8)
- Living Well Workshops (p.9)
- Social Peer Support (p.12-19)

SOCIAL PEER SUPPORT

Social peer support offers a chance to participate in 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.

FIVE WAYS TO WELLBEING

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.

<p>K E E P CONNECTED</p> <p>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.</p> <p>Page 13</p> 	<p>T A K E NOTICE</p> <p>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.</p> <p>Page 16-17</p> 	<p>K E E P ACTIVE</p> <p>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.</p> <p>Page 18-19</p> 	<p>K E E P LEARNING</p> <p>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?</p> <p>Page 14-15</p> 	<p>GIVE</p> <p>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.</p> 
--	---	--	--	---

KEEP CONNECTED



Come Dine with Us

Busaba

This month, we're off to the wonderful Busaba - Thai infusion with a savoury selection of freshly prepared salads, stir fries and curries. The social setting is an opportunity for you to make new friends and reacquaint with current members.

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

Busaba, Southern Terrace, Westfield, Shepherds Bush, Ariel Way, W12 7GA

Tues 6th Feb | 6pm – 8pm
Yvonne – 07964 376 928

New Members Meet Up

Feel connected to others by joining the Friends in Need community. If you are new to the Friends in Need community, interested in some of the meet ups, or just want to find out more, come along to this relaxed and informal meet up.

At this meet up you can chat with a Friends in Need coordinator who will explain the range of activities that you can participate in and how to get started.

Wholefoods (1st Floor Cafe), 63 Kensington High Street, W8 5SE

Mon 5th Feb | 5:30pm - 7pm
Liz - 07976 244 589



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 7th Feb	Stuart - 07495 579 252
Weds 14th Feb	Stuart - 07495 579 252
Weds 21st Feb	Stuart - 07495 579 252
Weds 28th Feb	Liz - 07976 244 589

KEEP LEARNING



Crafts for Wellbeing

This month, we're going to source different craft ideas and projects from a bank of different resources and make use of our vast range of craft materials. Bring along anything from home that you may be working on. All you need is a willingness to try something new and to enjoy a creative setting.

Tues 6th, 13th, 20th and 27th Feb

2:15 - 4:15pm

Chelsea Theatre, 7 Worlds End Place, SW10 0DR

Yvonne - 07968 376 928

Art for Wellbeing

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.

Art for the home

This month we will be making decorative pieces of art for the home, using concrete and a little bit of imagination. For the first two weeks we will be making concrete bowls, and for the last two weeks we will be moving on to beautiful decorative candles.

Wednesday 7th, 14th, 21st and 28th February
2pm - 4pm

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



Museums

Design Museum

Join us for an early evening visit to the Design Museum! A great chance to have a look around the free displays, chat with others, and enjoy the building's architecture. Meet just inside the main entrance at 6pm.

Friday 2nd March

6pm - 7:30pm

Design Museum, 224 - 238 High Street Kensington, W8 8AG

Stuart - 07945 545 545

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

Thurs 1st & 15th Feb & 1st Mar

1:30pm - 4:30pm

Chelsea Theatre, 7 Worlds End Place, SW10 0DR

Whitney - 07908 265 183





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.

Wind Ensemble

The Royal College of Music Wind Ensemble performs exciting new works and arrangements by composers of the college. This includes Bach's 'great' fantasia and fugue in an arrangement by Kieran Timbrell, as well as pieces for wind ensemble by Lara Poe and Paul Evernden.

Thursday 15th Feb | 6:45pm - Late

(please arrive by 7:15pm concert begins at 7:30pm).

Symphony Orchestra ~ Stravinsky's Journey

Singers from Moscow Tchaikovsky Conservatory join us for Renard – the fable of the Fox, the Cock, the Tomcat and the Ram – and Mavra, based on a poem by Pushkin, which tell nostalgic stories from Stravinsky's homeland in Russia. They frame two pieces for wind instruments composed during his immersion into the world's artistic capital, Paris, shortly after the First World War.

Tuesday 27th Feb | 6:45pm - Late

(please arrive by 7:15pm concert begins at 7:30pm).

Bach Cantatas

The Royal College of Music's Chamber Choir and Baroque Orchestra come together to perform two joyous cantatas by JS Bach including *Resound, ye drums! Ring out, ye trumpets!* written in 1733 for the Queen of Poland Maria Josepha.

Sunday 4th Mar | 2:15pm - 5pm (approx)

(please arrive by 2:45pm concert begins at 3pm).

For all these concerts meet in reception of Amaryllis Fleming Concert Hall, Royal College of Music, Prince Consort Rd, SW7 2BS

Contact: Stuart 07495 579 252



Discover ~ Winter at Kew

We're still in the throws of winter so let's enjoy the winter blossom with snowdrops, woodland walks and a vast range of wintery plants to admire within a natural and calm environment.

Discovery Walking Tour

This one hour tour will provide you with specialist knowledge about the beauty of the botanical gardens and the delights that the garden has to offer. After the tour, you can view and enjoy the gardens at your own leisure.

Other areas of interest include the Tropical Paradise in which you can enjoy the colourful floral displays, including a bright Vanda tunnel and arches decorated with orchids.

We have 18 spaces for the tour so please get in touch to book your place. First come, first served.

Saturday 10th February | 11:45am - 5pm

(Please leave plenty of time to get to Kew – please don't be late as you risk missing the guided tour)

Victoria Gate Entrance, Kew Gardens, TW9 3JR

(Nearest tube: Kew Gardens (District and Circle Line))

Yvonne - 07976 244 589





KEEP ACTIVE

Growing Minds ~ relaunch

Growing Minds will run monthly taking in the opportunities afforded by different seasons and weather conditions. Spring, summer and early autumn activities will include the raising and tending of ornamental and edible plants as well as plant and habitat maintenance; the consideration of visual and auditory observation of wildlife and habitats – time will be spent considering an array of sensory stimuli including scent, colour, texture and shape of plant structures as well as evaluation of the surrounding sounds.

During cold and wet weather conditions, the project will focus upon workshops covering subjects such as plant and wildlife ecology, soil science and the identification of pests and diseases. Speakers will be invited during the winter on an array of relevant subjects.

Time will be allocated to consider individual emotional and physical responses to each activity with an opportunity for feedback at the end of each session.

Interspersed throughout the year will be visits to local growing sites that may provide inspiration for our own growing space as well as volunteer opportunities with the Meanwhile Garden Community Association.

We look forward to your participation and would appreciate people arriving on time so that we can start our programme promptly.

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

Stuart - 07495 579 252

Park Life

Move your mood with our eco-therapeutic park life walks. Most of us know that physical activity can increase happiness but did you know that being exposed to the natural environment is as important to boost mood. Join a friendly group as we explore the beautiful parks of London. Connect with others; take notice of nature and the changing seasons and increase your mental health and wellbeing.

Kensington Gardens

Friday 9th Feb | 2pm - 3:30pm (set off at 2:15pm)
Queensway Tube Station, 17 Bayswater Rd, W2 4SS

Regents Park

Join us for a stroll around Regents Park.
Friday 16th Feb | 2pm - 3:30pm (set off at 2:15pm)
The Metropolitan Bar (next to Baker St tube station exit), 7 Station Approach, Marylebone Rd, NW1 5LD

Holland Park

Join us for a hot drink and a walk in beautiful Holland Park, including the Japanese gardens.
Friday 2nd Mar | 4:30pm - 6pm (set off 4:45pm)
Holland Park Cafe, Holland Park, Ilchester Place, W8 6LU
For all Park Life walks contact Stuart - 07495 579 252

February brain teaser:

A group of trainee astronauts are all sitting around the table, waiting to start their first day of training. From the clues given below, can work out where everyone sits?

Clues

1. William is next to Alisa and Nick.
2. William is across from Gabbie.
3. Amanda is next to Sarah.
4. Sarah is across from Eric.
5. Nick is next to Eric.
6. Sydney is at Seat 4 and sits next to Gabbie
7. Gabbie has a higher seat number than Sydney.
8. Alisa is not in Seat 2.



Note: Seat 1 is next to Seat 2 and Seat 8, etc. Seat 5 is across from Seat 1, and Seat 7 is across from Seat 3, etc. Seat 2 is a higher seat number than Seat 1, etc.

You can find the answer hidden somewhere in the magazine.
 Puzzle from: brainbashers.com



Community Living Well Peer Support is not a crisis service. If you are worried about your mental health or the mental health of a friend or family member then please contact the Single Point of Access for help, advice or support over the phone, 24 hours a day. 0800 0234 650. Or visit www.kcmind.org.uk for more crisis advice.

Around West London

Other activities of interest outside of Community Living Well

Earl's Court Depression Self Help Group

Meeting on the first and third Monday of each month from 6:30pm - 8pm.

Set up in 2015 it's an evening meeting that is a safe space to come and talk about how things are going for you. It's a space to support each other in recovery. It is open to all, and is part of the national self-help network supported by [Mind](#). If you'd like to some more information please contact: earlscourtdepressionselfhelp@gmail.com and please come along to the next meeting.

Man v Fat Football

Man v Fat is a unique men's weight loss programme!

FREE 14 weeks football with 24 hour peer and professional support. Open to males in Westminster, Hammersmith & Fulham and Kensington & Chelsea residents with a Body Mass Index (BMI) of 27.5 and above. Positive results on the scales drives positive results on the pitch, and teams receive goals based on weight loss as well as those during the game. **Call 07740739037** or email jimmy.rushworth@thrivetribe.org.uk for any questions or to request a leaflet drop.

Yoga 4 Health

Free yoga classes to improve your health and wellbeing

Are you are affected by stress or anxiety, need to lose weight, keep your heart healthy, need to lower your risk of type 2 diabetes or need help to feel well, healthy and supported? If the answer is yes then you might be eligible for a FREE 10-week yoga course. You can refer yourself by calling **freephone 0800 246 5863** or download **this form (<http://bit.ly/2DG1Q2D>)** and hand it to your GP or GP Practice.

LGBTQ+ History Month Celebration

Open Information Day, Tuesday 27th February. 11:30am - 3:30pm

Taster sessions for the activities include creative writing and film, open door to counsellor and group facilitators, presentations about LGBTQ+ heroes and heroines. A subsidised lunch will be served at 1pm (2 course meal for £3) with a raffle draw. The event is taking place at 35 Ashley Road, N19 3AG. To RSVP please email sigal.avni@islingtonmind.org.uk. For more information go to the [Islington Mind website](#).