



## ITINERARY OF LIVE WELL KENT ON-LINE PEER SUPPORT GROUPS AND ACTIVITIES – MAY and JUNE 2020

*During the COVID-19 Lockdown, SpeakUpCIC are running the following peer support groups and activities online via Facebook Video Chat or Zoom. Groups are open to SpeakUpCIC LWK members. If people would like to participate in any of the on-line group sessions, they need to confirm by contacting either Maggie or Kay. For Zoom sessions, invites are emailed out individually just before the session starts with the link. NB: people participating in Zoom sessions will need to have the Zoom App downloaded onto their IT device. People wishing to participate in sessions via FB Video Chat need to have a FB account and will be called individually just before the session starts.*

DAY	TIME	FB or ZOOM	GROUP NAME	DETAILS
<b>Monday</b>	10.00am	FB video chat	Breakfast Club	Session includes conversations about topics and themes chosen by members throughout the week.
	12.00 noon	Zoom	Zoom at Noon	Session includes a Music Quiz – ‘Name the Intro’ and a group discussion.
<b>Tuesday</b>	10.00am	FB video chat	The Lockdown Mindfulness Challenge	Mindfulness exercises including meditation and relaxation led by therapist Adrienne Ayres.
	12.00 noon	Zoom	Zoom at Noon	Session includes ‘Steve’s Jukebox’ – uplifting classic songs to dance in your seats to.
	2.00pm	FB video chat	Computer Club	Advice and support regarding IT needs, different devices, using the internet, social media etc led by David Rowden.
<b>Wednesday</b>	10.00am	FB video chat	Breakfast Club	Session includes conversations about topics and themes chosen by members throughout the week.
	12.00 noon	Zoom	Zoom at Noon	Session includes a General Knowledge Quiz and group discussion.
	3.00pm	Zoom	PERDI (Personality Disorder Peer Support Group) for non-Thanet members.	A safe space where people living with a PD diagnosis can connect to share experiences and coping mechanisms etc.

<b>Thursday</b>	10.00am	FB video chat	Breakfast Club	Session includes conversations about topics and themes chosen by members throughout the week.
	12.00noon	Zoom	Zoom at Noon	Session includes a conversation based around the topic of the day as chosen by members.
	3.00pm	Zoom	PERDI (Personality Disorder Peer Support Group) for Thanet members.	A safe space where people living with a PD diagnosis can connect with others to share experiences and coping mechanisms etc.
	4.00pm	FB video chat	LGBTQ+ Peer Support Group	A weekly group providing the opportunity for members within the LGBTQ+ community to meet and chat and exchange experiences etc.
<b>Friday</b>	10.00am	FB video chat	Breakfast Club	Session includes conversations about topics and themes chosen by members throughout the week.
	12.00noon	Zoom	Zoom at Noon	Session includes 'Fun and Games' – a varied selection of games such as Charades and Who Am I?.
	2.00pm	Zoom	'Mind's Eye' Photography Group	Learn about techniques and tips for creating photographs on a range of different devices led by Ivan Elsom.
<b>Saturday</b>	10.00am	FB video chat	Breakfast Club	Session includes a conversation based around the topic of the day as chosen by members.
	12.00noon	Zoom	Zoom at Noon	Session includes an 'Egghead' trivia quiz.
<b>Sunday</b>	10.00am	FB video chat	Breakfast Club	Session includes a conversation based around the topic of the day as chosen by members.
	12.00noon	Zoom	Zoom at Noon	Session includes a group chat about subjects suggested by members.
<b>7 days per week</b>	Every night	FB Peer Support Group	Night Owls	A closed peer support group for people who experience difficulties sleeping. Night Owls is a safe space where people can chat with others during the night.

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