



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

*SpeakUpCIC are running the following peer support groups and activities online via Facebook Video Chat or Zoom. Groups are open to SpeakUpCIC service user 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 wishing to participate in sessions via FB Messenger 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	Zoom	WELCOME GROUP for new SpeakUpCIC members	Led by staff (rotating between Maggie, David, Kay). For new members to learn about SpeakUpCIC, the support we provide and connect with other members.
	10.00am	FB messenger video chat	BREAKFAST CLUB	Peer support social group led by members and supported by staff.
	12.00 noon	Zoom	ZOOM AT NOON – MUSIC QUIZ	Facilitated by Kay. Session includes a Music Quiz led by Jonathan followed by a group discussion about topics of interest.
	2.00pm	Zoom or FB messenger video chat	COMPUTER CLUB	Facilitated by David. Support with IT which can be one-to-one as needed and fortnightly workshops on IT topics to be scheduled based on needs.
	7.00pm to 9.00pm	Zoom	SPEAKUPCIC ROUND TABLE	Facilitated by David and supported by Ivan. Weekly evening service user forum group for people to connect with others to share issues, experiences, feedback etc. NB: open to people from all our key areas.

<b>Tuesday</b>	10.00am	Zoom	COURSE: MINDFULNESS BASED STRESS REDUCTION	Facilitated by therapist Adrienne Ayres. Mindfulness exercises including meditation and relaxation. An 8-week course which started on 4 <sup>th</sup> August (ends on 29/9)
	12.00 noon	Zoom	ZOOM AT NOON – TOPICAL DISCUSSION	Facilitated by Kay. Session includes group discussions about topics chosen by members.
	3.00pm	Zoom	THANET PERDI – for new members (as from 18/8)	Facilitated by Kay. Weekly online Personality Disorder Peer Support Group for new PERDI members.
<b>Wednesday</b>	10.00am	FB messenger video chat	HAPPINESS GROUP	Led by Clare Wright. A social group for members to meet up and share positive ideas to promote happiness and wellbeing.
	12.00 noon	Zoom	ZOOM AT NOON – GENERAL KNOWLEDGE QUIZ	Facilitated by Kay. Session includes a General Knowledge Quiz led by Roger followed by a group discussion.
	3.00pm	Zoom	PERDI (Personality Disorder Peer Support Group) for non-Thanet members.	Facilitated by Kay. Group for non-Thanet members living with a PD diagnosis.
<b>Thursday</b>	10.00am	FB messenger video chat	WOMEN’S GROUP	Facilitated by Maggie. Session providing a safe space for women members to chat and discuss issues.
	12.00noon	Zoom	SERVICE USER FORUM	Facilitated by David and Ivan. Forum to capture SU issues and concerns relating to MH service provision and support.
	3.00pm	Zoom	PERDI (Personality Disorder Peer Support Group) for Thanet members.	Facilitated by Kay. A safe space for <u>original</u> PERDI members to share experiences and coping mechanisms etc.
	4.00pm	FB Messenger video chat	LGBTQ+ PEER SUPPORT GROUP	Facilitated by Ian Carter-Chapman. A weekly group providing the opportunity for members within the LGBTQ+ community to meet, chat and share experiences etc.
<b>Friday</b>	10.00am	FB Messenger video chat	CHAT AND GAMES	Facilitated by members Ian Ellard and Amanda Stokell. A social group where members can socialise and play interactive games etc.
	12.00noon	Zoom	ZOOM AT NOON – THEMED DISCUSSION	Facilitated by Kay. Session includes themed discussion agreed by members in advance.

<i>FORTNIGHTLY</i>	2.00pm	Zoom	MIND'S EYE PHOTOGRPAHY GROUP	Facilitated by Ivan. Learn about techniques and tips for creating photographs on a range of different devices.
<i>FORTNIGHTLY</i>	2.00pm	Zoom	MEN'S GROUP	Facilitated by Ivan. Peer support group for men to connect and meet in a safe space.
<b>Saturday</b>	10.00am	FB Messenger video chat	MUSIC APPRECIATION GROUP	Facilitated by Maggie, Clare and Jason. The opportunity to share favourite pieces of music.
	11.30am	Zoom	EGGHEADS MUSIC TRIVIA QUIZ	Facilitated by Kay. Session includes a trivia quiz led by Ivan.
<b>Sunday</b>	10.00am	FB Messenger video chat	TEA AND CHAT	Facilitated by David. Social group for members to meet up and chat over a cuppa.
<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.
<b>NEW GROUPS TO COME ...</b>				
<b>TBC - Weekly Evening Group</b>	7.00pm	Zoom	ANXIETY SUPPORT GROUP	Facilitator TBC. Weekly evening group for people to learn and share coping mechanisms for managing anxiety.
<b>TBC - Fortnightly</b>		Zoom	ART & CRAFT GROUP	Facilitator TBC. Weekend art and craft peer support group.

**Contact:** Maggie Gallant: Email – [maggie@speakupcic.co.uk](mailto:maggie@speakupcic.co.uk)

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