



ITINERARY OF LIVE WELL KENT ON-LINE PEER SUPPORT GROUPS AND ACTIVITIES – NOVEMBER 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
Monday	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 members 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	Weekly evening service user group. NB: open to people from all our key areas. 2 nd SU Forum; 9 th Discussion Group 16 th Speakers Forum (with Amanda Hatfield-Tugwell – Manager of the Beacon); 23 rd Poetry & Creative Writing; 30 th Art Group.
Tuesday	10.00am	FB messenger video chat	BREAKFAST CLUB	Peer support social group led by members and supported by staff.

	10.00am	Zoom	RELAXING WAYS TO COPE WITH LOCKDOWN	Facilitated by therapist Adrienne Ayres. Mindfulness exercises including meditation and relaxation. [NB: these will be four-week courses].
	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	Facilitated by Kay. Weekly online Personality Disorder Peer Support Group for new PERDI members.
Wednesday	10.00am	FB messenger video chat	HAPPINESS GROUP	Led by Clare Wright. A social group for members to meet up and enjoy virtual ‘adventures’ 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 members 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.
	6.00pm	Zoom	ANXIETY WORKOUT	Facilitated by Sara. 4-week course exploring managing anxiety including self-help techniques.
Thursday	10.00am	FB messenger video chat	WOMEN’S GROUP	Facilitated by Maggie. Session providing a safe space for women members to chat and share experiences.
	12.00noon	Zoom	SERVICE USER FORUM	Facilitated by David and Ivan. Forum to capture service user 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.
Friday	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.
Saturday	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.
Sunday	10.00am	FB Messenger video chat	TEA AND CHAT	Facilitated by David. Social group for members to meet up and chat over a cuppa.
1st November	1.00 – 2.30pm	Zoom	ESCAPE – ART WORKSHOP	Facilitated by artist Carla Knight. A workshop for people to connect with others and work on a piece of artwork collectively.
7 days per week	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.

Our peer support groups and activities are for SpeakUpCIC members. If anyone would like further information about becoming a member please contact us.

Contact: Maggie Gallant: Email – maggie@speakupcic.co.uk

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