



ITINERARY OF LIVE WELL KENT ON-LINE PEER SUPPORT GROUPS AND ACTIVITIES – APRIL 2021

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.

EASTER BANK HOLIDAY we will be running the following ONLINE GROUPS

GOOD FRIDAY (2 nd)	10.00am	Zoom	RELAXATION with Laura
	12.00am	Zoom	ZOOM AT NOON Music Quiz with Kay
SATURDAY (3 rd)	10.00am	FB Messenger Chat	CROSSWORDS & PUZZLES with Clare
SUNDAY (4 th)	10.00am	FB Messenger Chat	TEA & CHAT with David
MONDAY (5 th)	10.00am	Zoom	PETS AS THERAPY with Laura and Kelly. Bring along your pets!
** TUESDAY (6 th)	NO ZOOM AT NOON		

DAY	TIME	FB or ZOOM	GROUP NAME	DETAILS
Monday				
	10.00am	Zoom	TALKING & SHARING GROUP	Facilitated by Laura. An opportunity to learn from each other by sharing our positive experiences.
	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 hosted by Ivan. NB: open to people from all our key areas.
Tuesday	10.00am	FB messenger video chat	BREAKFAST CLUB	Facilitated by David. Peer support social group where people can chat over a cuppa.
	10.00 to 11.30am	Zoom	MINDFULNESS – UNWIND, RELAX & TAKE CARE (starting on 6 th)	Facilitated by therapist Adrienne. This is a course of 4 weekly sessions which include self-help techniques & exercises. <i>*Anybody interested please contact Maggie*</i>
	12.00 noon	Zoom	ZOOM AT NOON – TOPICAL DISCUSSION	Facilitated by Kay. Session includes group discussions about topics chosen by members.
	2.00pm	Zoom	GAMING GROUP	Facilitated by David and led by Thomas. For members who are interested in learning more about Dungeons & Dragons and online gaming etc. <i>*Anyone interested to contact David*</i>
	2.30pm	Zoom	THANET PERDI (Personality Disorder Peer Support Group)	Facilitated by Kay. Weekly online Personality Disorder Peer Support Group for PERDI members.
	4.30pm	Zoom	THANET PERDI	Facilitated by Sara. 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 Roger followed by a group discussion.
	3.00pm	Zoom	PERDI for non-Thanet members.	Facilitated by Kay. Group for non-Thanet members living with a PD diagnosis.
	6.00 to 7.00pm	Zoom	ANXIETY WORKOUT – next course starting on 21st.	Facilitated by therapist Sara. 4-week course exploring managing anxiety including self-help techniques. <i>*NB: anyone interested needs to register their interest with Kay prior to the start date*</i> .
Thursday	10.00am	FB messenger video chat	BREAKFAST CLUB	Facilitated by David. Peer support social group where people can chat over a cuppa.

	11.45am to 12.30am	Zoom	TAI CHI & MEDITATION	Facilitated by Tamar. <i>*Anyone interested please contact Maggie*</i>
	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 Maggie and 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	Zoom	RELAXATION GROUP	Facilitated by Laura. A chance for members to explore and share relaxation techniques.
	12.00noon	Zoom	ZOOM AT NOON	Facilitated by Kay. Session includes a COVID-19 update by our COVID Champion Ivan.
	2.00pm	Zoom	MEN'S GROUP	Facilitated by Ivan. Peer support group for men to connect and meet in a safe space.
	5.00pm	Zoom	ANXIETY PEER SUPPORT GROUP	Facilitated by Sara. <i>*NB: This group is a follow on for members who have attended the previous Anxiety Workout courses*</i> .
Saturday	10.00am	FB Messenger video chat	CROSSWORD & PUZZLES GROUP	Facilitated by Clare. Includes fun puzzles to stimulate the mind.
	11.30am	Zoom	SATURDAY MUSIC QUIZ	Music Quiz led by Shane. A fun quiz providing the opportunity for music lovers to test their knowledge on a range of music old and new!
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.
18th	1.00 – 3.00pm	Zoom	"Drawing the Soul" – ART & CRAFT GROUP	Led by Marta. A group for people to connect with others while working on their own projects or create a piece of artwork from the topic suggestion.
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 or Kay Byatt: Email – kay@speakupcic.co.uk

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