

**ITINERARY OF LIVE WELL KENT PEER SUPPORT GROUPS AND ACTIVITIES – JUNE 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 members would like to participate in any of the on-line group sessions, they need to confirm by contacting either Maggie or Kay (unless stated otherwise). 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.*

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| **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. |
|  | 6.00pm to 8.00pm | 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 BASED COGNITIVE THERAPY/STRESS REDUCTION COURSE | Facilitated by therapist Adrienne. \*COURSE FULL\*  NB: *No session on 22nd.* |
|  | 12.00 noon | Zoom | ZOOM AT NOON – TOPICAL DISCUSSION | Facilitated by Kay. Session includes group discussions about topics chosen by members. |
| 8; 15; 22 & 29th  **4 WEEKS ONLY** | 2.00pm | Zoom | INNER EVENT – Self Empowerment & Motivation Course. | Facilitated by Rox. SPACES ARE LIMITED. \*Please contact Maggie\* |
|  | 1.30pm | 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 newer 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 the 9th | Facilitated by therapist Sara. 4-week course exploring managing anxiety including self-help techniques*. \*NB: anyone interested needs to register their interest with Kay prior to the start date\*.* |
| **Thursday** | 10.00am | FB messenger video chat | BREAKFAST CLUB | Facilitated by David. Peer support social group where people can chat over a cuppa. |
| **NOT 10th and 17th.** | 11.45am to 12.30am | Zoom | TAI CHI & MEDITATION | Facilitated by Tamar. *\*Anyone interested please contact Maggie\** |
|  | 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 original PERDI members to share experiences and coping mechanisms etc. |
|  | 3.00pm | Zoom | LGBTQ+ PEER SUPPORT GROUP | Facilitated by Amanda and Ian Carter-Chapman. A weekly group providing the opportunity for members within the LGBTQ+ community to meet, chat and share experiences etc. |
| Starting on the 10th | 7.00 to 8.30pm | Zoom | MAN CAVE | Facilitated by Ivan and led by Shane. A NEW evening group where men members can meet to share and discuss ideas etc. *\*Anyone interested please contact Kay or Ivan\** |
| **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. General discussion etc. |
|  | 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. \**NB: This group is a follow on for members who have attended the previous Anxiety Workout courses\*.* |
| **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. |
| **27th ONLY** | 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. *\*Anyone interested please contact Kay\** |
| **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. \*A*nyone interested please contact Maggie\** |

**NEW – WEEKLY WALK & TALK GROUPS**

**SpeakUpCIC are planning to re-introduce more in-person groups from July in compliance with Government Covid-19 regulations. During this month, we will be holding two outdoor groups for members who are not able to participate in our online groups and who would like to meet with others.**

**IF ANYONE IS INTERESTED IN EITHER OF THESE ACTIVITIES, PLEASE CONTACT MAGGIE.**

**RAMSGATE WALK & TALK led by David. Starting on Wednesday 2nd June. MARGATE WALK & TALK led by Su. Starting on Sunday 6th June.**

**Our peer support groups and activities are for SpeakUpCIC members. If anyone would like further information about becoming a member, please contact us.** Kay: Email – [kay@speakupcic.co.uk](mailto:kay@speakupcic.co.uk) Tel: 07543 977670. Maggie: [maggie@speakupcic.co.uk](mailto:maggie@speakupcic.co.uk)