



ITINERARY OF LIVE WELL KENT PEER SUPPORT GROUPS AND ACTIVITIES - JULY 2021

SpeakUpCIC is 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.

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. NOT on 12th
	6.00pm to 8.00pm	Zoom	SPEAKUPCIC ROUND TABLE	Weekly evening service user group hosted by Ivan and staff. 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 RADICAL SELF CARE - COURSE	Facilitated by therapist Adrienne. This is a <u>4-week</u> course for people who want to learn self-help skills. <i>*Please contact Maggie or Kay*</i>
	12.00 noon	Zoom	ZOOM AT NOON – TOPICAL DISCUSSION	Facilitated by Kay. Session includes group discussions about topics chosen by members.

	1.30pm	Zoom	THANET PERDI 1 (Personality Disorder Peer Support Group)	Facilitated by Kay. Weekly online Personality Disorder Peer Support Group for PERDI members. [Closed]
Starting 13th	3.30pm	Zoom	NEW Thanet PERDI 3	Facilitated by Kay. <i>*Limited Space available – please contact Kay for further information*</i>
	4.30pm	Zoom	THANET PERDI 2	Facilitated by Sara. Online Personality Disorder Peer Support Group for newer PERDI members. [Closed]
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 <u>non-Thanet</u> members living with a PD diagnosis. [Closed]
	6.00 to 7.00pm	Zoom	ANXIETY WORKOUT – <u>next course date TBC</u>	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 who will forward start date and details*.</i>
Thursday	10.00am	FB messenger video chat	BREAKFAST CLUB	Facilitated by David. Peer support social group where people can chat over a cuppa. NOT on 8th
8th & 15th only	10.00 to 11.00am	Zoom	ASSERTIVENESS TRAINING PROGRAMME	Facilitated by Laura. <i>*Anyone interested please contact Maggie*</i>
	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. [Closed]
	3.00pm	Zoom	LGBT PEER SUPPORT GROUP	Facilitated by Amanda and Ian Carter-Chapman. A weekly group providing the opportunity for members within the LGBT community to meet, chat and share experiences etc.

	7.00 to 8.30pm	Zoom	MAN CAVE	Facilitated by Ivan and led by Shane. An evening group where men members can meet to share and discuss ideas, hobbies etc. <i>*Anyone interested please contact Kay or Ivan*</i>
Friday	10.00am	Zoom	RELAXATION GROUP	Facilitated by Laura. A chance for members to explore and share relaxation techniques. NOT on 30th
	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. <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. NOT on 11th
18th & 25th 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. <i>*Anyone interested please contact Kay*</i>
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. <i>*Anyone interested please contact Maggie*</i>

IN PERSON GROUPS AND ACTIVITIES

SpeakUpCIC are planning to re-introduce more in-person groups during July in compliance with Government Covid-19 regulations. Further details will be announced in due course.

During this month we are continuing our Weekly WALK & TALK groups predominately for members who are not able to participate in our online groups and who would like to meet up with others.

RAMSGATE WALK & TALK led by David every WEDNESDAY at 2.00pm.

MARGATE WALK & TALK led by Su every SUNDAY at 11.00am.

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

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 Tel: 07543 977670. Maggie: maggie@speakupcic.co.uk