

Live well

Kent and Medway



ITINERARY OF LIVE WELL KENT PEER SUPPORT GROUPS AND ACTIVITIES – OCTOBER 2021

Throughout October SpeakUpCIC are continuing to provide a full range of online groups and activities and a selection of in-person groups. Groups are open to **SpeakUpCIC service user members** and if members would like to participate in any group sessions, they need to confirm by contacting either Maggie or Kay.

For online Zoom group sessions, invites are emailed out individually before the session starts.

DAY	TIME	In-Person/ online details	GROUP NAME	DETAILS
Monday				
	10.00am	Online - Zoom	WOMEN'S GROUP	Facilitated by Kay. An opportunity for women members to meet up over a cuppa to chat and share experiences with each other.
	10.00 to 12noon	In-person at: The Margate Media Centre King Street Margate CT9 1DA	GARDENING GROUP	Facilitated by Nicky and Simone. Gardening and crafts in the SpeakUpCIC Safe Haven Garden area. <i>*If anyone is interested in participating, please let Maggie or Kay know*.</i>
Starting 11th	1.45 to 3.00pm	Online - Zoom	SELF HELP CLUB	Facilitated by Roxana. This NEW weekly group will provide the opportunity to discuss and explore ideas and methods in relation to taking the helm of our own recovery journey.
	1.30 to 3.30pm	In-person at: Deal Ability 43 Victoria Road Deal CT14 7AY	DOVER & DEAL MUSIC APPRECIATION GROUP [D & D MAG]	Facilitated by Kay and David. A social peer support group for <u>Dover and Deal members</u> to meet over a cuppa, share favourite pieces of music and enjoy fun quizzes etc. <i>NB: David will also be available should anyone wish to discuss service user issues or need support and advice.</i>

	6.00pm to 8.00pm	Online - Zoom	SPEAKUPCIC ROUND TABLE	Weekly evening engagement group hosted by the team to provide the opportunity for people to share service user issues, feedback and concerns etc. NB: open to people from all our key areas.
Tuesday				
Starting 5th	10.00 to 11.30am	Online – Zoom	MINDFUL SELF CARE 8-week course	Facilitated by Adrienne. Over the course of 8 weeks, Adrienne will demonstrate a range of mindful meditation and self-compassion techniques to enhance mental wellbeing. NB: Anyone wishing to participate please contact Maggie
	11.00am	Online - Zoom	PERDI (Personality Disorder Peer Support Group) for non-Thanet members.	Facilitated by Kay. Group for <u>non-Thanet</u> members living with a PD diagnosis. [Closed]
	1.30 to 3.00pm	Online - Zoom	THANET PERDI 1	Facilitated by Kay. Weekly online Personality Disorder Peer Support Group for PERDI members. [Closed]
	3.30pm to 5.00pm	Online – Zoom	THANET PERDI 3	Facilitated by Kay. <i>*Limited Space available – please contact Kay for further information*</i>
	4.00 to 5.30pm	Online – Zoom	THANET PERDI 2	Facilitated by Sara. Online Personality Disorder Peer Support Group for PERDI members. [Closed].
Wednesday				
	10.00 to 11.00am	Online - Zoom	TALKING & SHARING	Led by Carolyn. Talking and sharing and making it up as we go! A fun and interactive session.
	10.00 to 12noon	In-person at: The Margate Media Centre	GARDENING GROUP	Facilitated by Nicky and Simone. Gardening and crafts in the SpeakUpCIC Safe Haven Garden area. <i>*If anyone is interested in participating, please let Maggie or Kay know*</i> .
20th	11.30 to 1.30pm	In-person at: Ellington Park, Ramsgate	MEET UP IN THE PARK	An opportunity for members to meet up with others and the team for a cuppa and a chat. Meet outside the Cafe.
	12.00 noon	Online - Zoom	ZOOM AT NOON – GENERAL KNOWLEDGE QUIZ	Facilitated by Ivan. Session includes a General Knowledge Quiz led by Roger followed by a group discussion.

	1.45 to 3.00pm	Online - Zoom	WRITING TO RECOVERY	Facilitated by Roxana. This NEW weekly group will explore various methods of writing to promote inner healing.
	2.00pm	Online or Phone	COMPUTER CLUB	Facilitated by David. Support with IT which can be one-to-one as needed and to include themed topics.
	3.00pm	Online & In-person	PERDI (for original Thanet members).	Facilitated by Kay. A safe space for <u>original</u> PERDI members to share experiences and coping mechanisms etc. [Closed]
Thursday				
14th, 21st, 28th & 4th November	11 to 12noon	Online - Zoom	ANXIETY MANAGEMENT	Facilitated by Roxana. 4-week course exploring self-help techniques to help manage anxiety. <i>*Anyone interested needs to register their interest with Maggie or Kay*</i>
	12 noon	Online - Zoom	SERVICE USER FORUM	Facilitated by David. Forum to capture and discuss service user issues relating to MH service provision and support.
	1.30 to 3.30pm	In-person at: Unity House Percy Road (off Edgar Road) Cliftonville Margate CT9 2DR	THANET MUSIC APPRECIATION GROUP (THANET MAG)	Facilitated by Kay. A social peer support group for <u>Thanet members</u> to meet over a cuppa and enjoy sharing favourite pieces of music. Please feel free to bring along your CDs. NB: Halloween Party on the 28 th !
	3.00pm	Online - 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	Online - Zoom	MAN CAVE	Facilitated by Shane. An evening group where (Thanet) members can meet to share and discuss ideas, hobbies etc. <i>*Anyone interested please contact Kay*</i>
Friday				
1st	10.30am	In-person at: Broadstairs at Morrelli's	MEET UP	Ian Carter-Chapman is inviting members to meet up with him for a coffee and a chat at Morrelli's during the Broadstairs Food Festival.

	10.00am	Online - Zoom	FRIDAY FUN!	Facilitated by Kelly. A fun interactive session including games, stories etc.
	10.00 to 12noon	In-person at: The Margate Media Centre	PERDI GARDENING & CRAFT GROUP	Facilitated by Nicky and Simone. Gardening and crafts in the SpeakUpCIC Safe Haven Garden area for PERDI members. [Closed].
	12noon	Online - Zoom	ZOOM AT NOON	Facilitated by Ivan. An opportunity to share experiences during the week.
	2.00pm	Online - Zoom	THANET MEN'S GROUP	Facilitated by Ivan. Peer support group for men to connect and meet in a safe space.
Saturday				
	10.00am	Online - Zoom	CROSSWORD & PUZZLES GROUP	Facilitated by Clare. Includes fun puzzles to stimulate the mind.
	12noon	Online - Zoom	SATURDAY MUSIC QUIZ	Music Quiz facilitated 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	Online - Zoom	TEA AND CHAT	Facilitated by David. Social group for members to meet up and chat over a cuppa.
	11.00am	In-person MARGATE	WALK & TALK	Led by Su. An opportunity to meet up with others for a walk and a chat in Margate. <i>*If anybody is interested, please contact Maggie*</i> .
Dates to be confirmed	1.00 – 3.00pm	Online - 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 or Maggie*</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>

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