



Live well

Kent and Medway

ITINERARY OF LIVE WELL KENT PEER SUPPORT GROUPS - JANUARY 2022

Throughout January SpeakUpCIC are continuing to provide a full range of online groups only, **there will be no in-person groups**, this is owing to the increase of Covid infections and the drop off in attendances.

The online groups are open to SpeakUpCIC members, so if you are a member and would like to participate in any sessions, they need to confirm by contacting either Maggie or Kay. **PLEASE NOTE -online Zoom groups, invites are emailed out individually before the session starts.**

DAY	TIME	In-Person/ online details	GROUP NAME	DETAILS
Monday				
Not 3rd	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.
			GARDENING, ART & CRAFTS GROUP	CLOSED JANUARY
			DOVER & DEAL MUSIC APPRECIATION GROUP [D & D MAG]	CLOSED JANUARY
	6.00 - 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				
	10.00 to 11.30am	Online – Zoom	MINDFUL SELF-CARE	Facilitated by Adrienne. Over the course of 4 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. <i>[Closed]</i>
	1.30 to 3.00pm	Online - Zoom	THANET PERDI 1	Facilitated by Kay. Weekly online Personality Disorder Peer Support Group for PERDI members. <i>[Closed]</i>
	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. <i>[Closed]</i> .
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.
			GARDENING, ART & CRAFT GROUP	CLOSED JANUARY
			MEET UP IN THE PARK	CLOSED JANUARY
	12.00 noon	Online - Zoom	ZOOM AT NOON	Facilitated by Ivan. Midweek chat and share.
<i>Dates arranged</i>	2 - 3.00pm	Online - Zoom	NEW MEMBERS WELCOME GROUP	Facilitated by Rox – for new member directed to join by team members.
	2.00pm	Online	COMPUTER CLUB	Facilitated by David. Support with IT which can be one-to-one as needed.
	3.00pm	Online -Zoom	PERDI (for original Thanet members).	Facilitated by Kay. A safe space for <u>original</u> PERDI members to share experiences and coping mechanisms etc. <i>[Closed]</i>
Thursday				
	10.00 to 11.00	Online - Zoom	ANXIETY MANAGEMENT	Facilitated by Rox. 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 and Rox. Forum to capture and discuss service user issues relating to MH service provision and support.
			THANET MUSIC APPRECIATION GROUP (THANET MAG)	CLOSED JANUARY
<i>Details of meetings & forums can be obtained from Maggie</i>			LGBTQ PEER SUPPORT GROUP	Facilitated by Maggie and Ian Carter-Chapman. Contact Maggie for details

	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				
	10.00am	Online - Zoom	FRIDAY FUN!	Facilitated by Kelly. A fun interactive session including games, stories etc.
			PERDI – GARDENING, ART & CRAFT GROUP	CLOSED JANUARY
	12noon	Online - Zoom	ZOOM AT NOON – GENERAL KNOWLEDGE QUIZ	Facilitated by Ivan. An opportunity to share experiences during the week and take part in a fun General Knowledge quiz.
	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	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!
	6-8pm	Online-Zoom	NEWSROUND FORUM	Facilitated by Ivan – Saturday evening forum. Contact Maggie or Kay for details.
Sunday				
	10.00am	Online - Zoom	SUNDAY MORNING QUIZ	Facilitated by David. Social group for members to meet up and chat over a cuppa and participate in a fun quiz.
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 a week	Every night	Facebook 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>

Support helplines:

Mental Health Matters: 0800 107 0160

Samaritans: 116123

Kent Safe Havens (6-11pm). Thanet: 07850 655877 Canterbury: 07876 476703

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