



Live well

Kent and Medway

DIARY OF LIVE WELL KENT PEER SUPPORT GROUPS – APRIL 2022

SpeakUpCIC are pleased to announce further in-person groups alongside a full range of online groups.

The online groups are open to SpeakUpCIC members, so if you are a member and would like to participate in any sessions, you need to confirm by contacting either Maggie or Kay or as indicated – unless you are already on the invite list for participating in specific groups.

PLEASE NOTE -online Zoom groups, invites are emailed out individually by the facilitator before the session starts.

DAY	TIME	In-Person or Online	GROUP NAME & VENUE DETAILS	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.
<i>tbc</i>			GARDENING, ART & CRAFTS GROUP	<i>If information is required, please contact Kay or Maggie.</i>
<i>Not 18th</i>	1.30 - 3.30pm	In-person:	DOVER & DEAL MUSIC APPRECIATION GROUP [D & D MAG] Deal -Ability, 43 Victoria Road Deal CT14 7AY	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 is available should anyone wish to discuss service user issues or need support and advice.</i>
	12.00pm	Online - Zoom	MONDAY MOTIVATION	Facilitated by Kelly. A group to help promote motivation by fun activities etc.
	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. *Please contact Rox if you wish to attend. Email: rox@speakupcic.co.uk. Tel: 07907 803149*.
Tuesday				

<i>Date tbc</i>		On-line - Zoom	NEW MEMBERS WELCOME GROUP	Facilitated by the team – for new members to learn about SpeakUpCIC and our services and groups etc.
	12 - 1.30pm	Online - Zoom	THANET PERDI 1 (Personality Disorder Peer Support Group)	Facilitated by Kay. Weekly online Personality Disorder Peer Support Group for PERDI members. <i>[Closed]</i>
	3.30 - 5.00pm	Online – Zoom	THANET PERDI 3	Facilitated by Kay. <i>*Limited Space available – please contact Kay for further information*</i>
	4.00 - 5.30pm	Online – Zoom	THANET PERDI 2	Facilitated by Sara. Online Personality Disorder Peer Support Group for PERDI members. <i>[Closed]</i> .
Wednesday				
	10.00am	Online - Zoom	TALKING & SHARING	Led by Carolyn. Talking and sharing and making it up as we go! A fun and interactive session.
	10.00am		GARDENING, ART & CRAFT GROUP	<i>If information is required, please contact Kay or Maggie.</i>
	11.00am-12.30pm	Online - Zoom	THANET PERDI 4	Facilitated by Sara. Online Personality Disorder Peer Support Group for PERDI members. <i>[Closed]</i> .
20th	11.30am - 1.30pm	In-person:	MEET UP IN THE PARK Ellington Park, Ramsgate	An opportunity for members to meet up with others and Kay and Ivan for a cuppa and a chat. Meet outside the Cafe.
<i>Not 20th</i>	12.00 noon	Online - Zoom	ZOOM AT NOON	Facilitated by Ivan. Midweek chat and share.
	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				
Starts 7th	10.00am	Online - Zoom	RELAXATION AND MEDITATION	Facilitated by Sara. Exercises to help promote relaxation. <i>*Anyone interested needs to register their interest with Maggie*</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. <i>*Please contact David if you wish to attend. Email: david@speakupcic.co.uk.*</i>
7th, 14th 21st & 28th	2.00pm	Online - Zoom	MANAGING ANXIETY COURSE	Facilitated by Rox. This 4-week interactive course will provide the opportunity to learn coping techniques to help better manage Anxiety.
	1.30 -3.30pm	In-person:	THANET MUSIC APPRECIATION GROUP (THANET MAG) Unity House	Facilitated by Kay. A social peer support group for <u>Thanet members</u> to meet over a cuppa and enjoy sharing

			Percy Road (off Edgar Road) Cliftonville CT9 2DR	favourite pieces of music. Please feel free to bring along your CDs.
	4.30pm	Online - Zoom	D&D PERDI – for Dover & Deal members.	Facilitated by Kay. Group for <u>non-Thanet</u> members living with a PD diagnosis. <i>[Closed]</i> . NB: Anyone wishing for further information please contact Kay
	7.00 - 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>
28th	4.00pm	In-person:	LGBTQ MEET UP The Promenade Margate (next to the station)	Facilitated by Maggie and Ian Carter-Chapman. An opportunity for members to meet up for a chat and a meal.
Friday				
	10.00am	Online - Zoom	FRIDAY FUN!	Facilitated by Kelly. A fun interactive session including games, stories etc.
	10.00am		PERDI – GARDENING, ART & CRAFT GROUP	Closed Group – anyone requiring information to contact Kay.
	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 and members. 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!
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.
Starts 3rd	12 - 1.30pm	In-person – meet up locations in Thanet to be confirmed	NEW! MIND'S EYE – WALK, TALK & HISTORY	Facilitated by Ivan – this NEW group will provide the opportunity to meet up with others to enjoy a walk, learn about Thanet's history and take photographs etc. NB: Friendly dogs are welcome.
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. *Anyone interested 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