



Live well

Kent and Medway

DIARY OF LIVE WELL KENT PEER SUPPORT GROUPS - JUNE 2022

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/ 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. |
| | 10.00am | In-person at the Media Centre, Margate. | GARDENING, ART & CRAFTS GROUP | <i>If information is required, please contact Kay.</i> |
| | 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</u> members 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> |
| | 12.00 to 1.00pm | 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 | | | | |
|---------------------------|------------------|---|---|---|
| tba | tbc | On-line - Zoom | NEW MEMBERS WELCOME GROUP | Facilitated by the team – for new members to learn about SpeakUpCIC and our services and groups etc. |
| | 12.00 to 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 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. |
| | 10.00am | | GARDENING, ART & CRAFT GROUP | <i>If information is required, please contact Kay.</i> |
| | 11.00 to 12.30pm | Online - Zoom | THANET PERDI 4 | Facilitated by Sara. Online Personality Disorder Peer Support Group for PERDI members. <i>[Closed]</i> . |
| | 2.00pm | Online | COMPUTER CLUB | Facilitated by David. Support with IT which can be one-to-one as needed. |
| Thursday | | | | |
| Not 2nd | 10.00 to 11.00am | Online - Zoom | RELAXATION AND MEDITATION | Facilitated by Sara. Exercises to help promote relaxation. <i>*Anyone interested needs to register their interest with Maggie or Kay*</i> |
| Not 2nd | 12 noon | Online - Zoom | SERVICE USER FORUM | Facilitated by David. A 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> |
| Not 2nd | 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. |
| Not 2nd | 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> . <i>NB: Anyone wishing for further information please contact Kay</i> |

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|---------------------------|----------------|--|--------------------------------------|--|
| | 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> |
| Date tbc | 4.00pm | In-person at: The Promenade Margate (next to the station) | LGBTQ MEET UP | 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. |
| Not 3rd | 10.00am | | PERDI – GARDENING, ART & CRAFT GROUP | Closed Group – anyone requiring information to contact Kay. |
| Not 3rd | 1.00pm | In-person and online | THANET PERDI. | Facilitated by Kay. A safe space for members to share experiences and coping techniques etc. *Closed group – if anyone would like further information, please contact Kay* |
| Saturday | | | | |
| | 10.00am | Online - Zoom | CROSSWORD & PUZZLES GROUP | Facilitated by 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. |
| 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