

PEER SUPPORT GROUPS CALENDAR

From April 2023

Monday	Tuesday	Wednesday	Thursday	Friday
	Time to Get Together Women's Group 12.30pm – 2.15pm			
Living with Depression 5pm – 6.30pm	Hearing Voices + Living with Suspicion 2.30pm – 4pm	LGBTQIA+ Group 5pm – 6pm	Word Craft 2.30pm – 3.30pm	Mindfulness + Visualisation Meditation 11am – 12pm
				Walk + Talk 12pm – 2pm

Key	In Person	Online
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We currently have a hybrid mix of online Zoom and in-person groups all facilitated by our trained Peer Support Volunteers (PSV's) who have their own lived experiences of mental health issues. Access to groups is by referral only but all are open to Lewisham residents 18 or over who are experiencing or have experienced mental health issues.

Get In Touch

You can e-mail us at or, Lewisham-wellbeing-hub@together-uk.org if you'd like to speak to somebody, please give us a call on 02086096747.

MONDAY		
Living with Depression 5pm until 6.30pm PSV Avishi, Stephen + Nikkita	A relaxed atmosphere of non-judgement. Discuss your week. Feel seen and heard. Know that you aren't alone. Discuss ways to help you lessen the inclines of your mental health. Start your week off in a better place.	Online Every Monday

TUESDAY		
Time to get Together – Women's Group 12.30pm until 2.15pm PSV Julie + Nalan	The group aims to provide a safe place to meet up, have a chat, feel less isolated to support each other and to build friendships all over a hot drink plus biscuits or fruit. We often have topics that we talk about to maintain well-being as well as some fun activities.	In person Every Tuesday
Hearing Voices + Living with Suspicion 2.45pm until 4.15pm PSV Julie + Lauren	This is a safe and supportive group for people who hear voices or have other unusual experiences and/or have paranoia. You can share about your experiences as well as day to day life and receive support to accept, live and cope with these experiences and manage daily life.	

Wednesday		
LGBTQIA+ Group 5pm until 6pm PSV Stephen, Nikkita & Colin	We are a support group for the LGBTQIA+ Community. It is a safe space for people to be their authentic selves in a non-judgemental environment. We are a community without restrictions on who you are.	Online Every Wednesday

THURSDAY

Wordcraft

2.30pm until 3.30pm
PSV Julia + Stephen

A quote from a group member
“When I started with Wordcraft, I wasn't confident in my own writing. It gave me a safe space to write and be creative. I now have articles published after a year of being supported by the group”

Online
Every Thursday

FRIDAY

Mindfulness and Visualisation Meditation

11am until 12pm
Volunteer: Jonny
Please log in 5 minutes before the start as late attendees won't be admitted

Mindfulness and compassion tools for wellbeing. Practicing short mindfulness practices, mindful movement and compassion meditations including visualisation practices. Also utilising reflecting on our core values, goal setting and action planning to take the practice out into our lives to improve our resources to cope with difficulties, and look at the weekly activities and social connection we are having.

Online
Alternate Fridays from 14/04/23

**Please wear loose,
comfortable clothing**

Walk and Talk

12pm until 2pm
PSV Dee, Ian + Peter

A short, gentle walk around a local park or place of interest. We provide a safe space, where we can be ourselves. You'll be amongst people who have empathy and understanding of mental ill health as we all have lived experience.

In Person
Every Friday