

PEER SUPPORT GROUPS CALENDAR

From April 2024

Monday	Tuesday	Wednesday	Thursday	Friday
	Time to Get Together Women's Group 12.45pm – 2.15pm			
Living with Depression 5pm – 6.30pm	Hearing Voices + Living with Suspicion 2.45pm – 4.15pm			Walk + Talk 12pm – 2pm
				Peer support Social Group 5.15pm- 6.45pm

Key	In Person	Online
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We currently have a hybrid mix of online Zoom and in-person groups all lead by our trained Peer Support Volunteers (PSV's) who have their own lived experiences of mental health. 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 Lewisham-wellbeing-hub@together-uk.org if you'd like to speak to somebody, please give us a call on 020 3962 8210.

MONDAY

<p>Living with Depression 5pm until 6.30pm PSV & Wellbeing Advisor Colin + Avishi</p>	<p>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 wellbeing. Start your week off in a better place.</p>	<p>Online Fortnightly</p>
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TUESDAY		
<p>Time to get Together – Women’s Group 12.45pm until 2.15pm PSV Nalan</p>	<p>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.</p>	<p>In person Every Tuesday</p>
<p>Hearing Voices + Living with Suspicion 2.45pm until 4.15pm PSV Nalan</p>	<p>This is a safe and supportive group for people who hear voices or experience paranoia. You can share about your experiences as well as day to day life and receive non- medical support to accept, live and cope with these experiences and manage daily life.</p>	

FRIDAY		
<p>Walk and Talk 12pm until 2pm PSV Dee + Ian</p>	<p>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.</p>	<p>In Person Every Friday</p>
<p>Peer support Social 5.15pm – 6. 45pm PSV + LWH team</p>	<p>This is a social group for people to share hot drinks and biscuits with one another, engage in Art and Craft activities, play board games or cards. The aim of our peer support social is to create a space for people to connect, socialise and do activities that can benefit their wellbeing. The group will follow our peer support framework principles.</p>	<p>In Person Last Friday of the month ***</p>

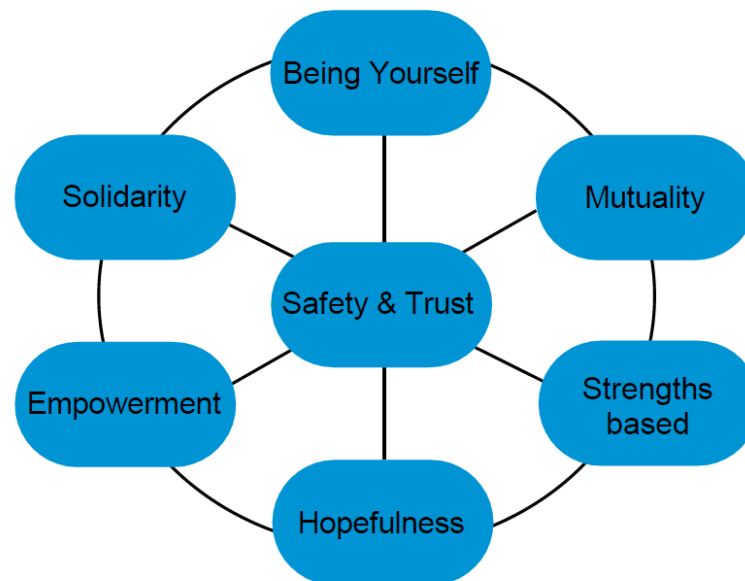
*** Our Peer support groups take breaks during school holiday times and bank holidays. They do not happen every day of the year, and the dates may differ.

What is Peer Support?

- *Peer is an interaction not an intervention.*
- *It's about supporting each other towards greater wellbeing.*
- *It's a group of peers = people of equal value and supporting each other on reciprocal basis.*
- *A group of peers who use their own experience as a tool for support.*

Peer Support is not about mentoring, role modelling, advocating, befriending, emotional or clinical support.

Principles of Peer Support with Together



These principles underpin each of our peer support groups which are promoted, practiced and shared. One of the main ways we promote safety and trust in each of our groups is by creating group agreements with the members that cover; respecting one another, providing a non-judgemental safe space and details around maintaining confidentiality.

Keeping in line with our core principle of creating safety and Trust in our Peer support groups, we will continue to host groups where at least two volunteers are available. However, it is important to mention that there may be times where we need to postpone the groups as we cannot provide enough group leaders on the day. We'd like to thank you in advanced for your understanding with this.

At the Lewisham Wellbeing hub, we recruit our volunteers on an ongoing basis. If you are interested in becoming a Peer support volunteer, or know of anyone who is then please do contact the Hub on Lewisham-wellbeing-hub@together-uk.org

The Lewisham wellbeing Hub does not offer Crisis support. If you are in crisis or know someone who is going through crisis you can contact:

- Call 111 to speak to the free NHS helpline for anyone with an urgent healthcare need. Tell them if you need a translator.
- Call 0800 731 2864 any time, any day of the year to speak to our mental health crisis line for people in Croydon, Lambeth, Lewisham and Southwark.
- The Samaritans: 24 hours a day, 365 days a year: 0845 790 9090