

## Informal Peer Led Support Groups

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[www.blmind.org.uk](http://www.blmind.org.uk)

The groups listed below are for people who describe themselves as having mental distress and live, work, volunteer or have a GP in the London Borough of Bromley. Groups are run by dedicated volunteers some who are supported by Bromley & Lewisham Mind and some that are now independent of Bromley & Lewisham Mind. Please note group **Access** details as these will vary according to whether the group is independent of Bromley & Lewisham Mind or not. Any questions please contact **David Holmes** on 07841 206 710 *Please be aware that activity details and venues may be subject to change.*

Group	Frequency	Venue	Access
<p><b>Computer Clinic</b> Having problems with computers, tablets or phones? Want to set up an email account, learn to browse the net, do on-line shopping or look at any other problems with computer gear – come and meet with Stu and Tobi</p>	<p><b>Mondays</b> Weekly 10:00 to 12:00pm</p>	<p><b>Stepping Stones</b> 38 Masons Hill BR3 9JG</p>	<p><b>Independent Group</b> Please turn up on the day and register with the facilitator.</p>
<p><b>Music Workshop</b> Learn to play the guitar, hone your singing voice, bring along other musical skills and contribute to a vibrant workshop environment that continues to be asked to provide performers for local gigs.</p>	<p><b>Mondays</b> Weekly 10:00 to 12:30</p>	<p><b>Beckenham Centre</b> 20 b Hayne Road</p>	<p><b>Independent Group</b> Please turn up on the day and register with the facilitator.</p>
<p><b>Young Person's Social Support Group.</b> If you are under 29 and either attending one of these groups or part of the befriending project then you are welcome to come to this social / support group.</p>	<p><b>Mondays</b> Weekly 5:00 to 7:30pm</p>	<p><b>Various</b> Bromley venues.</p>	<p>Please call David Holmes on 07841 206 710</p>

<p><b>Classical Music Appreciation</b> Join the company of others who listen, share and appreciate a variety of classical music together.</p>	<p><b>Mondays</b> Weekly 1:30 to 3:00pm</p>	<p><b>Stepping Stones</b> 38 Masons Hill BR3 9JG</p>	<p>Please call our Referrals co-ordinator on 020 8289 5020, staff will alert the facilitator and ensure you know how to access the group.</p>
<p><b>Tai Chi</b> All are welcome to learn relaxation though breathing and gentle exercises. Also possibility of one-to-one support from Shiatsu practitioner.</p>	<p><b>Mondays</b> Weekly 12:00 to 3:00pm</p>	<p><b>Beckenham Centre</b> 20 b Hayne Road</p>	<p><b>Independent Group</b> Please attend the venue on the day and register your interest with the Tai Chi facilitator.</p>
<p><b>Handicrafts</b> Join this supportive environment to learn and practice a wide range of handicraft activity for personal use or retail.</p>	<p><b>Tuesdays</b> Weekly 10:00 to 12:30pm</p>	<p><b>Stepping Stones</b> 38 Masons Hill BR3 9JG</p>	<p>Please call our Referrals co-ordinator on 020 8289 5020, staff will alert the facilitator and ensure you know how to access the group.</p>
<p><b>LGBT</b> Join this sociable group that explores opportunities in the local and wider community.</p>	<p><b>Tuesdays</b> Alternate weeks 1:30 to 3:30pm</p>	<p><b>Various</b> Bromley venues</p>	<p>Please call our Referrals co-ordinator on 020 8289 5020, staff will alert the facilitator and ensure you know how to access the group.</p>
<p><b>Art</b> Be part of a well-established volunteer led group. Develop your work in the company of others with a wide range of skills and experience.</p>	<p><b>Tuesdays</b> Weekly 1:30 to 3:30pm</p>	<p><b>Beckenham Centre</b> 20 b Hayne Road</p>	<p>Please call our Referrals co-ordinator on 020 8289 5020, staff will alert the facilitator and ensure you know how to access the group.</p>
<p><b>Dress Making</b> Work to your own designs, cut patterns, make amendments, use machines and a variety of methods, in this studios class.</p>	<p><b>Wednesdays</b> Weekly 1:30 to 3:00pm</p>	<p><b>Beckenham Centre</b> 20 b Hayne Road</p>	<p><b>Independent Group</b> Please turn up on the day and register with the facilitator.</p>

<p><b>Hearing Voices Support Group</b> A safe haven where people who hear, see or sense things that other people don't can feel accepted, valued and understood.</p>	<p><b>Wednesdays</b> Weekly 10:15 to 11:45pm</p>	<p><b>Bromley Common Baptist Church</b> Gravel Road Bromley Common BR28PE</p>	<p><b>Independent Group</b> Please call 01689 822 111 to inquire about joining the group.</p>
<p><b>Hoarding</b> Be a member of a non-judgmental environment where the impact of issues relating to hoarding are explored.</p>	<p><b>Wednesdays</b> Weekly 2:30 to 4:00pm</p>	<p><b>Anchor House</b> 5 Station Road Orpington BR6 0RZ</p>	<p><b>Independent Group</b> Please call 01689 822 111 to inquire about joining the group.</p>
<p><b>Art</b> Work in this calm environment with volunteers who have a variety of skills that will support you to try different methods and styles.</p>	<p><b>Thursdays</b> Weekly 1:30 to 3:30pm</p>	<p><b>Stepping Stones</b> 38 Masons Hill BR3 9JG</p>	<p><b>Independent Group</b> Please turn up on the day and register with the facilitator.</p>
<p><b>Craft Group</b> Try your hand at new techniques, be guided by supportive volunteers to make a range of wonderful creations.</p>	<p><b>Thursdays</b> Weekly 1:30 to 3:30pm</p>	<p><b>Beckenham Centre</b> 20 b Hayne Road</p>	<p>Please call our Referrals co-ordinator on 020 8289 5020, staff will alert the facilitator and ensure you know how to access the group.</p>
<p><b>Art</b> You are welcome to join this calm, group where you will pick up watercolour and other artistic skills</p>	<p><b>Thursdays</b> Weekly 1:00 to 4:00pm</p>	<p><b>Anchor House</b> 5 Station Road Orpington BR6 0RZ</p>	<p><b>Independent Group</b> Please turn up on the day and register with the facilitator.</p>
<p><b>Women's Support Group</b> Is for women to receive and give support from/to each other in whatever they are dealing with. We also try to have some fun along the way.</p>	<p><b>Fridays</b> weekly 1:45 to 3:15pm</p>	<p><b>Stepping Stones</b> 38 Masons Hill BR3 9JG</p>	<p>Please call our Referrals co-ordinator on 020 8289 5020, staff will alert the facilitator and ensure you know how to access the group.</p>

<p><b>TGIF@Mind</b> (formally Young @ Mind) Come along and share the company of others in this youthful environment of people with similar interests such as cinema restaurants etc.</p>	<p><b>Fridays</b> Weekly 7:30pm to 10:30pm</p>	<p><b>Stepping Stones</b> 38 Masons Hill BR3 9JG</p>	<p>Please call our Referrals co-ordinator on 020 8289 5020, staff will alert the facilitator and ensure you know how to access the group.</p>
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## Open Access

Please contact us on **020 8289 5020** or [recoveryworks@blmind.org.uk](mailto:recoveryworks@blmind.org.uk) if you are interested in attending

	Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Anchor House</b> 5 station Road Orpington BR6 0RZ</p>	10:00 to 1:30	10:00 to 1:30	12:30 to 4:00	10:00 to 1:30	12:30 to 4:00
<p><b>Beckenham Centre</b> 20 B Hayne Road Beckenham BR3 4HY</p>	10:00 to 1:30	No session	No session	10:00 to 1:30	10:00 to 1:30
<p><b>Stepping Stones</b> 38 Masons Hill Bromley BR2 9JG</p>	12:30 to 4:00	12:30 to 4:00	10:00 to 1:30	12:30 to 4:00	10:00 to 1:30
	Mondays: 5:45 pm to 7:45 pm		Thursdays: 5.45 pm to 7:45 pm		