

Greenwich Peer Support Groups & Events

Updated September

2018

All groups are held at the address above unless stated otherwise.

Group	Details	Access
<p>Drop in service Come along, have a friendly chat with our welcoming staff, volunteers.</p> <p>A great chance to meet and get to know new people. Refreshments and snacks are available. Various events and activities are run including quizzes, barbeques, knitting, karaoke etc.</p>	<p>Monday, 1pm - 3pm Weekly</p> <p>Thursday, 1pm - 4pm Weekly</p>	<p>Just come on the day and register with the group facilitator.</p>
<p>Board Games (after Monday drop in) Come along, enjoy and play a wide variety of games in this very popular group.</p>	<p>Monday 3pm - 4pm Weekly</p>	<p>Just come along on the day and register with the group facilitator.</p>
<p>Creative Writing A fun way to express yourself through writing and to build your confidence and creativity.</p>	<p>Tuesday 10.30am - 11.45am Weekly</p>	<p>Just come along on the day and register with the group facilitator.</p>
<p>Music Choir Hone your singing voice and raise the roof in this fun and vibrant group environment!</p>	<p>Tuesday 12pm – 1.30pm Weekly</p>	<p>Just come along on the day and register with the group facilitator</p>
<p>Mindfulness Drop-In All are welcome to learn to relax and focus our mind on being in the present, through breathing and movement exercises.</p>	<p>Tuesday 3pm - 4pm Weekly</p>	<p>Just come along on the day and register with one of the group facilitators.</p>
<p>Bridge Drop-In Evening drop in run by Bridge support.</p>	<p>Tuesday 7.30pm – 9.30pm Weekly</p>	<p>Just come along on the day and register with the group facilitator.</p>

<p>Hearing Voices A safe haven where people who hear, see or sense things other people don't can feel accepted, valued and understood.</p>	<p>Wednesdays 10am - 12pm Weekly at Ormiston Road To be held at Greenwich Maritime Museum on 10th October, 14th November and 12th December.</p>	<p>Referral only (group currently full and on a waiting list).</p> <p>For details please contact Dominic Dowling (020 8853 2395) for information.</p>
<p>Budgeting and money management</p>	<p>Thursdays 11.30am – 12.30pm. Weekly course from September 20th to November 29th 2018.</p> <p>Please note after week three (4th October) we are unable to accept additional referrals.</p>	<p>Referral only.</p> <p>For details please contact Dominic Dowling (020 8853 2395) for information.</p>
<p>Welfare Benefits Surgery. For people to check their entitlements to benefits, make claims for benefits, assist with benefit reviews and appeals, or change of circumstances.</p>	<p>Every Thursday 10am – 1pm. Welfare Rights Officer from Disability Law Surgery</p>	<p>Referral only. To see Welfare Rights Officer you will need to complete a referral and make an appointment. Referral forms are kept in our reception.</p> <p>For further details please contact Dominic Dowling (020 8853 2395) for information.</p>
<p>Gardening group Get green fingered and learn to plant plants, herbs and flowers, and learn more about horticulture skills in our beautiful garden.</p>	<p>Fridays 10am – 12pm Weekly</p>	<p>Referral only (group currently full)</p>
<p>Homeopathy sessions One to one appointment sessions with a registered Homeopath.</p>	<p>First Friday of every month 10am – 1.30pm</p>	<p>Appointment only</p> <p>Contact Glynis Akers or Dominic Dowling (020 8853 2395) for more information.</p>
<p>Diabetes Group Drop in If you would like some support and advice on how to better manage your diabetes, come along to this friendly peer support group.</p>	<p>First Friday of every month</p>	<p>Just come along on the day and register with the group facilitator.</p>

For further information about Greenwich Peer Support Groups and events, please contact Dominic on 020 8853 2395 or email dominic.dowling@blgmind.org.uk.