

Greenwich Peer Support Groups & Events

Updated January 2019

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

Group	Details	Access
<p>Drop in service</p> <p>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, barbecues, 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)</p> <p>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>Music Choir</p> <p>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</p> <p>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>Guitar and music group</p> <p>Come along and play guitar, sing along and bring along an instrument of your choice, everyone is welcome to this fun and vibrant group!</p>	<p>Tuesday 6.00pm – 7.30pm Weekly</p>	<p>Just come along on the day and register with the group facilitator</p>
<p>Bridge Drop-In</p> <p>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</p>	<p>Referral only (group currently full and on a waiting list). For details please contact Leona (020 8853 2395).</p>
<p>Art and Craft Group Bring your own art or craft project or take part in simple activities.</p>	<p>Wednesdays 2pm to 4pm from 20 February to 27 March</p>	<p>Just come along on the day and register with the group facilitator. For details please contact Leona (020 8853 2395).</p>
<p>Budgeting and money management</p>	<p>Thursdays 11.30am – 12.30pm. Weekly course Please note after week three we are unable to accept additional referrals.</p>	<p>Referral only. Next course due to start date to be arranged spring 2019. For details please contact our office on 020 8853 2395.</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 Adviser from Disability Law Service</p>	<p>Referral only. To see Welfare Rights Adviser you will need to complete a referral and make an appointment. Referral forms are kept in our reception. For further details please contact Sally Jones (020 8853 2395) for information.</p>
<p>Film Club Join the club and decide which film you all want to watch each month.</p>	<p>Second Thursday of every month 4.30pm – 6.30pm Next date: 14 February</p>	<p>For further details please contact Leona (020 8853 2395)</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>Book Club</p>	<p>Friday 1.30-2.45</p>	<p>Referral Only Starts 1 March 2019 For further details please contact Leona (020 8853 2395)</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 3pm – 5pm.</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 our main office on 020 8853 2395 or email greenwich@blgmind.org.uk