

Informal Peer Led Support Groups

For the most up to date version, please visit www.blgmind.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 & Greenwich Mind and some that are now independent of Bromley, Lewisham & Greenwich Mind. Please note group **Access** details as these will vary according to whether the group is independent of Bromley, Lewisham & Greenwich 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>Computer Clinic 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.</p>	<p>Mondays Weekly 10:00 to 12:00pm</p>	<p>Stepping Stones 38 Masons Hill BR3 9JG</p>	<p>Please call David Holmes on 07841 206 710 to express an interest.</p> <p>If you want to join the group you will also need to register with the service by calling our Referrals Co-ordinator on 020 8289 5020.</p>
<p>Music Workshop 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>Mondays Weekly 10:00 to 12:30</p>	<p>Beckenham Centre 20 b Hayne Road</p>	<p>Independent Group Please turn up on the day and register with the facilitator.</p>
<p>Classical Music Appreciation From Beethoven to Tchaikovsky, join the company of others who listen, share (so do bring your own music if you wish) and appreciate the music together.</p>	<p>Mondays Weekly 1:30 to 3:00pm</p>	<p>Stepping Stones 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>Tai Chi All are welcome to learn relaxation though breathing and gentle exercises. Also possibility of one-to-one support from Shiatsu practitioner.</p>	<p>Mondays Weekly 12:00 to 3:00pm</p>	<p>Beckenham Centre 20 b Hayne Road</p>	<p>Independent Group Please attend the venue on the day and register your interest with the Tai Chi facilitator.</p>
<p>Handicrafts Join this supportive environment to learn and practice a wide range of handicraft activity for personal use or retail.</p>	<p>Tuesdays Weekly 10:00 to 12:30pm</p>	<p>Stepping Stones 38 Masons Hill BR3 9JG</p>	<p>Please call our Referrals co-ordinator on 020 8289 5020.</p> <p>No new referrals at present</p>
<p>Out in Bromley LGBTQ, join this sociable group that explores opportunities in the local and wider community.</p>	<p>Tuesdays Alternate weeks 1:30 to 3:30pm</p>	<p>Various 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>Art 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>Tuesdays Weekly 1:30 to 3:30pm</p>	<p>Beckenham Centre 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>Sewing Making and Mending Work to your own designs making clothes, bags, cushions, curtain etc. Cut patterns; make amendments, use machines and a variety of methods, in this studios class.</p>	<p>Wednesdays Weekly 1:30 to 3:00pm</p>	<p>Stepping Stones 38 Masons Hill BR3 9JG</p>	<p>Independent Group Please turn up on the day and register with the facilitator.</p>
<p>Hearing Voices Support Group A safe haven where people who hear, see or sense things that other people don't can feel accepted, valued and understood.</p>	<p>Wednesdays Weekly 10:15 to 11:45am</p>	<p>Bromley Common Baptist Church Gravel Road Bromley BR28PE</p>	<p>Independent Group Please call 01689 811 222 to inquire about joining the group.</p>

<p>Hoarding Group Be a member of a non-judgmental environment where the impact of issues relating to hoarding are explored.</p>	<p>Wednesdays Weekly 2:30 to 4:00pm</p>	<p>Anchor House 5 Station Road Orpington BR6 0RZ</p>	<p>Please call David Holmes on 07841 206 710 to express an interest.</p>
<p>Art 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>Thursdays Weekly 1:30 to 3:30pm</p>	<p>Stepping Stones 38 Masons Hill BR3 9JG</p>	<p>Independent Group Please turn up on the day and register with the facilitator.</p>
<p>Craft Group Try your hand at new techniques, be guided by supportive volunteers to make a range of wonderful creations.</p>	<p>Thursdays Weekly 1:30 to 3:30pm</p>	<p>Beckenham Centre 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>Art You are welcome to join this calm, group where you will pick up watercolour and other artistic skills</p>	<p>Thursdays Weekly 1:00 to 4:00pm</p>	<p>Anchor House 5 Station Road Orpington BR6 0RZ</p>	<p>Independent Group Please turn up on the day and register with the facilitator.</p>
<p>Women's Support Group 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>Fridays weekly 1:45 to 3:15pm</p>	<p>Stepping Stones 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>TGIF@Mind (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>Fridays Weekly 7:30pm to 10:30pm</p>	<p>Stepping Stones 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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Evening sessions

Pool Group	Mondays: 5:45 pm to 7:45 pm	Thursdays: 5.45 pm to 7:45 pm
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Open Access

Please contact us on **020 8289 5020** or recoveryworks@blgmind.org.uk if you are interested in attending

	Monday	Tuesday	Wednesday	Thursday	Friday
Anchor House 5 station Road Orpington BR6 0RZ	10:00 to 1:30	10:00 to 1:30	12:30 to 4:00	No session	12:30 to 4:00
Beckenham Centre 20 B Hayne Road Beckenham BR3 4HY	10:00 to 1:30	10:00 to 1:30	No session	10:00 to 1:30	No session
Stepping Stones 38 Masons Hill Bromley BR2 9JG	12:30 to 4:00	12:30 to 4:00	No session	12:30 to 4:00	No session