

## Greenwich Peer Support Groups & Events

Updated September 2019

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

Group	Details	Access
<b>Homeopathy and Cranial Sacral Therapy</b>	<b>Monday</b> <b>10.00am – 1pm</b>	Appointments only please contact Leona or Paul (020 8853 2395).
<b>Yoga</b> Small, friendly group meet to be guided through a gentle yoga practice. Work at your own pace.	<b>Monday</b> <b>10.30am – 12pm</b>	Just come along on the day and register with the group facilitator
<b>Drop in service</b>  Come along, have a friendly chat with our welcoming staff, volunteers.  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.	<b>Monday</b> <b>1pm - 3pm</b>  <b>Thursday</b> <b>1pm - 4pm</b>	Just come along on the day and register with the Leona or Paul.
<b>Board Games</b>  (after Monday drop in) Come along, enjoy and play a wide variety of games in this very popular group.	<b>Monday</b> <b>3pm - 4pm</b>	Just come along on the day and register with the group facilitator.
<b>Men's Group</b>  This Group is designed for men who need support in handling problems in their personal relationships.	<b>Monday</b> <b>6.30pm-8pm</b>	To join call Mindline (0208 853 1735).
<b>Thamesmead Drop-In</b> Come along to our new peer support drop in at Thamesmead	<b>Tuesday</b> <b>11am - 1pm</b>	Come along to the Jubilee Centre. Lytton Strachey Path, (off Timuss Avenue) Thamesmead, SE28 8DU  For more information call Leona or Paul (020 8853 2395)
<b>Mindfulness Drop-In</b>  All are welcome to learn to relax and focus our mind on being in the present, through breathing and movement exercises.	<b>Tuesday</b> <b>3pm - 4pm</b>	Just come along on the day and register with one of the group facilitators.

<p><b>Guitar and Music Group</b></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><b>Tuesday</b> <b>6.00pm – 7.30pm</b></p>	<p>To join, please contact Leona (020 8853 2395).</p>
<p><b>Bridge Drop-In</b></p> <p>Social group, evening drop in run by Bridge (provider of mental health and wellbeing services in Greenwich).</p>	<p><b>Tuesday</b> <b>7.30pm – 9.30pm</b></p>	<p>Just come along on the day and register with the group facilitator.</p>
<p><b>Hearing Voices</b></p> <p>A safe haven where people who hear, see or sense things other people don't can feel accepted, valued and understood.</p>	<p><b>Wednesday</b> <b>10am - 12pm</b></p>	<p>Referral only</p> <p>For details, please contact Leona (020 8853 2395).</p>
<p><b>Art and Craft Group</b></p> <p>Bring your own art or craft project or take part in simple activities.</p>	<p><b>Wednesday</b> <b>2pm - 4pm</b></p>	<p>Just come along on the day and register with the group facilitator.</p> <p>For details, please contact Leona (020 8853 2395).</p>
<p><b>Welfare Benefits Surgery.</b></p> <p>For people to check their entitlements to benefits, make claims for benefits, assist with benefit reviews and appeals, or change of circumstances.</p>	<p><b>Thursday</b> 10am – 1pm</p> <p>Welfare Rights Adviser from Disability Law Service</p>	<p>Appointment only.</p> <p>For further details, please contact Paul (020 8853 2395) for information.</p>
<p><b>Gardening Group</b></p> <p>Green fingers? Come along and tend our garden make new friends.</p>	<p><b>Thursday</b> <b>10am – 12.30pm</b></p> <p>Monthly during the winter.</p>	<p>For further details, please contact Leona (020 8853 2395) for information</p>
<p><b>Film Club</b></p> <p>Join the club and help decide which film you all want to watch each month.</p>	<p>Second <b>Thursday</b> of every month <b>4.30pm – 6.30pm</b></p>	<p>For details please contact Leona (020 8853 2395).</p>
<p><b>Form Filling Service</b></p> <p>Assistance and guidance to fill in forms such as PIP, ESA, Capability to Work, Freedom Pass etc.</p>	<p><b>Friday</b> <b>10am – 1pm</b></p>	<p>Appointment only.</p> <p>For further details, please contact Paul (020 8853 2395) for information.</p>
<p><b>Music Choir</b></p> <p>Hone your singing voice and raise the roof in this fun and vibrant group environment!</p>	<p><b>Friday</b> <b>10am – 11.30am</b></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 [leona.patterson@blgmind.org.uk](mailto:leona.patterson@blgmind.org.uk)**