

Informal Peer Led Support Groups Temporary changes re Covid-19

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. All groups are keeping in contact with one another using phone or other online medium and willing to take new members unless marked as **Currently on hold**

Group	Frequency	Normal Venue	Access
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.	Mondays Weekly 10:00 to 12:00pm	Stepping Stones 38 Masons Hill BR3 9JG	Please call: 020 8289 5020 Or email: recovery.works@blgmind.org.uk
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.	Mondays Weekly 10:00 to 12:30	Beckenham Centre 20 b Hayne Road	Please call: 020 8289 5020 Or email: recovery.works@blgmind.org.uk
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.	Mondays Weekly 1:30 to 3:00pm	Stepping Stones 38 Masons Hill BR3 9JG	Currently on hold
Y@M (Young at Mind) If you are aged 18 to 29 you are invited to join this welcoming group of young people, enjoy each other's company and take part in activities.	Mondays Weekly 6:00pm to 7:30pm	Stepping Stones 38 Masons Hill BR3 9JG	Please call: 020 8289 5020 Or email: recovery.works@blgmind.org.uk

<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: 020 8289 5020 Or email: recovery.works@blgmind.org.uk</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: 020 8289 5020 Or email: recovery.works@blgmind.org.uk</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: 020 8289 5020 Or email: recovery.works@blgmind.org.uk</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>Currently on hold</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: 020 8289 5020 Or email: recovery.works@blgmind.org.uk</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: 020 8289 5020 Or email: recovery.works@blgmind.org.uk</p>
<p>Art Work in this calm environment with volunteers who have a variety of skills that will support you to try</p>	<p>Thursdays Weekly 1:30 to 3:30pm</p>	<p>Stepping Stones 38 Masons Hill BR3 9JG</p>	<p>Currently on hold</p>

different methods and styles.			
<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>Currently on hold</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>Currently on hold.</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: 020 8289 5020 Or email: recovery.works@blgmind.org.uk</p>
<p>TGIF@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: 020 8289 5020 Or email: recovery.works@blgmind.org.uk</p>