

CONNECT & DO

Programme of peer led events and workshops – February 2017

We offer a variety of peer led workshops and events as part of the Peer Support Network to help build confidence and social connections in Lambeth. We aim to grow informal peer support by providing opportunities for people to meet others, learn together and share stories, resources and opportunities with the aim of improving wellbeing.

Visit us Monday to Friday 10:00am – 4:00pm @ Connect & Do Space: 107 Railton Road, Brixton SE24 0LR
 Contact us on: Tel: 020 7737 2888; E-mail: peernetworklambeth@certitude.org.uk ; [@ConnectAndDo](https://twitter.com/ConnectAndDo)

Regular Workshops/Events	When	Time	Venue/Room	Facilitator
Creative Drop In Artist Jake Meyer shall be hosting a creative drop in whereby you can have a chat, do a sketch, drink a cuppa and get inspired. Stay as long or as short a period as you like.	Every Monday starting on 16 th January until 13 th March.	10am-4pm	Ground Floor	Jake Meyer
Coffee Morning/Afternoons A friendly get together to meet new people and chat over a cuppa or coffee and light refreshments.	Every Wednesday	10am-12	Ground Floor and parks weather permitting	Loy White Peer Supporter for the Network.
	Every Friday	3pm – 4.30pm		
Social Media 101 Introducing social media websites such as Twitter and Connect & Do. Learn how they can be used to build social connections.	Every Wednesday To arrange a session any other time contact the team on details above	1pm – 2.30pm	Blue Room	Daniel Campbell Connect & Do website and community networks lead
Friends Connected Enabling people to explore the value in themselves and support to build self confidence and connect with others.	Every Wednesday	4pm-6pm	Meeting point - Ground Floor- Community outings	Ahmed Karaifi Salim Peer Community Connector
Maria's Mosaics Meet new people whilst learning the fun and creative art of Mosaic making.	Every Friday	11:30am–1:30pm	Purple Room	Maria McDonald Peer Supporter

Peer Support Network

Knitting Group Whether you are an absolute beginner or have been knitting for years, this class offers the opportunity to improve your skills while meeting new people.	Every Friday	11am-3pm	Ground Floor and local cafes	Christina Silingyte Peer Supporter
Printing Workshop Starting with simple block prints on paper and then moving on to more complex techniques on a variety of textiles and clothing.	The last Friday of every month.	2.00pm - 4.00pm	Ground Floor	Audrey Mathura Peer Supporter