

Leeds Mind Peer Support Group work programme September to December 2019

This programme is subject to change. Please see www.leedsmind.org.uk for updates.

About the service: All our peer support groups are used, delivered, developed and led by people with shared experiences on an equal and mutual basis, in order to better manage their wellbeing. Unless stated, groups are open to anybody who wants to engage with peer support group work.

Booking: Places are limited and booking is essential.

To book or for more information, call 0113 305 5800 or email peersupport@leedsmind.org.uk

You will be contacted one to two weeks before the group and asked to confirm that you are coming. If you do not confirm, your place will be offered to someone else.

Cost: There is no charge for our groups, but donations are very welcome.

Missed sessions:

- If you cannot come to a session, please let us know by phone or email as soon as possible.
- If you miss any **three sessions within three months** or **two sessions in a row** without letting us know, we will cancel the rest of your bookings. You may not be able to book onto any more groups.

Venues: Full venue details will be given when you book your place.

- Introduction to group work: p.2
- Courses: p.3
- Workshops: p.4-5
- Support groups: p.6

Booking and information line: 0113 305 5800

Email: peersupport@leedsmind.org.uk

Website: www.leedsmind.org.uk

Facebook: www.facebook.com/MindLeeds

Twitter: @leedsmind

"I knew by taking part in a group I wasn't just helping myself - I was helping others too, just as the rest of the group was helping me. That was the first time I saw how I could take what has had a negative impact on my life and turn that experience into a positive."

Introduction to group work

Find out more about our peer support skills groups and experience being in a group.

* Attendance is essential prior to joining any group marked with a *

Thursday 5 September	14:00-16:00	Horsforth
Friday 13 September	10:30-12:30	Horsforth
Tuesday 17 September	14:00-16:00	City centre
Tuesday 24 September	18:00-20:00	Horsforth
Tuesday 1 October	10:30-12:30	City centre
Monday 7 October	14:00-16:00	Horsforth
Thursday 24 October	14:00-16:00	Horsforth
Friday 8 November	10:30-12:30	Horsforth
Monday 11 November	18:00-20:00	Horsforth
Wednesday 27 November	10:30-12:30	City centre
Thursday 19 December	14:00-16:00	Horsforth

"Peer support has made a difference because I can now manage my mental health, I am not as anxious, lonely or fearful. I feel free, safe, not judged, not discriminated against, safe and comfortable when I am at Leeds Mind. I am more socially active, physically active and emotionally well. Doing these sessions has motivated me to want to help others and inspire them in the same way that I have been inspired by the groups I have attended and the people I have met. It really is wonderful."

Courses

Anger*			
<i>Please note this is not an anger management course.</i>			
Explore what anger is, its effects on you and others around you, the beliefs and behaviours that fuel it, and how to avoid unhelpful responses. 4 sessions.			
Mondays	14:00-16:00	25 November to 16 December	Horsforth
Assertiveness skills*			
Learn about assertiveness and benefit from opportunities to practice assertiveness skills in a safe, supportive environment. These skills include identifying your needs, asking for what you want, saying no and responding to criticism. 6 sessions.			
Fridays	10:30-12:30	15 November to 20 December	Horsforth
Building self-esteem*			
Explore how you think and feel about yourself and how this affects your life and relationships. Learn to recognise your strengths and resources, and use them to build your self-esteem and personal effectiveness. 6 sessions.			
Tuesdays	14:00-16:00	5 November to 10 December	City centre
Managing my mental health*			
Develop your understanding of mental health, what affects it and how you can build and maintain it. Look at how your relationship with yourself and others can impact on your mental health, and how you can develop strategies to look after yourself. 6 sessions.			
Thursdays	14:00-16:00	7 November to 12 December	Horsforth
Managing anxiety*			
Learn what anxiety is and how to recognise it. Explore the impact of anxiety on your life and practical ways to manage and reduce it. 4 sessions.			
Thursdays	10:30-12:30	26 September to 17 October	City centre
Mindfulness and meditation*			
Learn how to meditate and engage with mindfulness. Explore loving kindness, mindful meditation for pain, and how to overcome obstacles to mindfulness. 6 sessions.			
Wednesdays	10:30-12:30	9 October to 20 November (week off 13 November)	City centre
Self compassion*			
Explore what compassion is, the components of self compassion, and when and how to be more compassionate towards yourself. 4 sessions.			
Tuesdays	18:00-20:00	1 October to 22 October	Horsforth

*Attendance at an Introduction to Group Work session (details on page 2) is essential prior to joining any group marked with a *.

Booking is essential for all courses.

"The group was just what I needed. I've realised I'm not alone and learnt lots of positive ways to get through the difficult times."

Workshops

Building confidence		
Explore what confidence means to you, what gets in the way of your confidence, and ways to build and maintain your confidence.		
Monday 2 September ^o	14:00-16:00	Horsforth
Building resilience: coping with life's challenges*		
Explore what resilience is and learn how to recognise, maintain and build your ability to cope with difficulties and challenges.		
Monday 9 September ^o	14:00-16:00	Horsforth
Friday 25 October	10:30-14:30	City centre
Building self-esteem		
Explore what self-esteem means to you and ways to build and maintain healthy self-esteem.		
Monday 23 September ^o	14:00-16:00	Burley
Coping with Christmas*		
Christmas can be a very difficult time of year for many reasons. Explore how it makes you feel and practical ways to reduce the stress and anxiety that this time of year can bring.		
Friday 15 November	10:30-14:30	City centre
Friday 13 December	10:30-14:30	Horsforth
Coping with panic*		
Explore what panic is and how to recognise it, and learn ways to manage and reduce it.		
Monday 7 October ^o	14:00-16:00	Burley
Monday 2 December	18:00-20:00	Horsforth
Coping with setbacks*		
Explore how setbacks affect you and learn coping strategies and practical tools to solve problems and recognise your achievements.		
Monday 9 December	18:00-20:00	Horsforth
Five ways to wellbeing*		
Learn five actions you can take in your everyday life to help you feel good and function well.		
Monday 18 November	18:00-20:00	Horsforth

More workshops on page 5...

*Attendance at an Introduction to Group Work session (details on page 2) is essential prior to joining any group marked with a *.

Booking is essential for all workshops.

"I was worried about being judged and was nervous, but I wasn't judged at all. I felt comfortable and enjoyed coming every week. Peer support has been important for me because I've learnt a lot... I now can look after myself better, I've learnt how to build positive relationships with myself and I know my own strengths."

Workshops continued

Managing anxiety*		
Learn what anxiety is, how to recognise it, and ways to manage and reduce it.		
Wednesday 11 September	10:30-14:30	City centre
Monday 30 September ^o	14:00-16:00	Horsforth
Monday 25 November	18:00-20:00	Horsforth
Managing money		
Explore what money and debt mean to you, how money affects you, and strategies for dealing with debts.		
Monday 16 September ^o	14:00-16:00	Burley
Managing my mood*		
Explore the effects of different moods on our daily lives, what can impact on our moods, and how we can develop positive strategies to manage our moods.		
Friday 4 October	10:30-14:30	Horsforth
Wednesday 11 December	10:30-14:30	City centre
Managing self harm*		
This is a workshop for people who use self harm as a coping strategy, and provides an opportunity to look at ways of managing this behaviour in a non-judgmental space.		
Tuesday 29 October	10:30-14:30	City centre
New beginnings*		
Experience the sharing of different narratives and perspectives, explore the benefits of mindfulness and gratitude, and learn practical tools to help you turn your desires into reality.		
Wednesday 18 September	10:30-14:30	City centre
Self compassion*		
Explore what self compassion is and how to be more compassionate towards yourself.		
Wednesday 4 September	10:30-14:30	City centre
Setting boundaries*		
Explore why we need physical and emotional boundaries in our lives, and how to set and maintain healthy personal boundaries.		
Friday 11 October	10:30-14:30	Horsforth
Wednesday 4 December	10:30-14:30	City centre

*Attendance at an Introduction to Group Work session (details on page 2) is essential prior to joining any group marked with a *.

Booking is essential for all workshops.

^oWorkshops marked with a ^o are part of the Horizons project, a partnership with Better Leeds Communities. If you have not attended an Introduction to Group Work, you will need to join these workshops early. Please ask for details when booking.

"It has really reduced my isolation and was a way to express to others with similar histories, similar and painful experiences. There was a great deal of insight into how we see things and how to better manage our lives."

Support groups

Develop a deeper understanding of your mental health in a safe, supportive environment with others who have been through similar experiences. Celebrate successes, receive support when things aren't going so well, share experiences and learn from other people's coping strategies.

General support group – daytime*			
Wednesdays	13:00-15:00	Weekly	Horsforth
General support group – evening*			
Mondays	18:00-20:00	Twice per month	Chapel Allerton
Leeds Suicide Bereavement Service support group: for people who have been bereaved by suicide at any time			
Wednesdays	18:00-20:00	Weekly	City centre
Leeds Suicide Bereavement Service also has a drop-in group on the first Tuesday of every month, 18:00-20:00 at Leeds Civic Hall.			
THRU skills and support groups: for 16-25 year olds			
Mondays	16:30-18:30	Weekly	City centre
Thursdays	16:30-18:30	Weekly	City centre
Introduction to group work (THRU only)			
Tuesday 9 July	11:00-12:00		City centre

*Attendance at an Introduction to Group Work session (details on page 2) is essential prior to joining any group marked with a *.

Booking is essential for all support groups, apart from the Leeds Suicide Bereavement drop-in.

*"The support group allows me to take responsibility of my wellbeing, giving me a regular time and space where I can check in with myself and reflect on how I'm doing and get ideas on how to help myself do better. I get so much from being in the company of others who experience or have experienced similar things to me. It has inspired me to try new things, take small risks in order to grow, and try to be kinder to myself when things go wrong. It has given me confidence and the ability to feel at ease in social situations that would normally cause me distress...
It's fantastic; almost magical."*