

Leeds Mind Peer Support Group work programme April to August 2017

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

Booking: Places are limited and booking is essential.

To book or for more information, call 0113 305 5803 or email peersupport@leedsmind.org.uk

Cost: There is no fixed charge for our groups, but donations are very welcome and help us to maintain and develop our service.

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.

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 *

Friday 7 April	10:30-12:30	Clarence House
Monday 10 April	10:30-12:30	Clarence House
Tuesday 18 April	18:00-20:00	Clarence House
Thursday 20 April	14:00-16:00	Clarence House
Friday 21 April	13:30-15:30	Tenants Hall
Monday 24 April	18:00-20:00	Lovell Park Hub
Thursday 11 May	10:30-12:30	Clarence House
Monday 22 May	18:00-20:00	Lovell Park Hub
Friday 26 May	13:30-15:30	Tenants Hall
Tuesday 6 June	18:00-20:00	Clarence House
Wednesday 7 June	13:30-15:30	Phoenix Health and Wellbeing
Thursday 8 June	14:00-16:00	Clarence House
Monday 26 June	10:30-12:30	Clarence House
Tuesday 11 July	14:00-16:00	Clarence House
Wednesday 26 July	13:30-15:30	Phoenix Health and Wellbeing
Thursday 10 August	14:00-16:00	Clarence House
Wednesday 23 August	13:30-15:30	Phoenix Health and Wellbeing

Courses

Anger*

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.

Fridays 13:30-16:00 28 April to 19 May Tenants Hall

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.

Thursdays 14:00-16:00 15 June to 20 July Clarence House

Courses continued:

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.			
Wednesdays	13:30-15:30	19 April to 24 May	Phoenix Health and Wellbeing
Mondays	11:00-13:00	5 June to 10 July	Clarence House
Changing Gear: skills groups for people with lived experience of both mental health difficulties and using substances			
Dates. Please contact us for more information.		Recovery Chapel	
Horizons: skills groups for people experiencing hardship crisis			
A partnership with Better Leeds Communities and Age UK Leeds. Leeds Mind is offering peer support courses and workshops to share knowledge and learn valuable skills to prevent future crisis. Horizons also offers free, independent, professional and impartial advice and advocacy.			
Dates to be confirmed. Please contact us for more information.		Burley Lodge Centre	
Living with my loss: for people who have been bereaved by suicide at any time			
Develop ideas about grief and bereavement, learn coping strategies, and discuss how to manage the difficult times. A safe space to work on building long term resilience while sharing your experiences and finding a way to carry those lost into the future with you. 8 sessions.			
Dates and venue to be confirmed. Please contact us for more information.			
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	14:00-16:00	4 May to 25 May	Clarence House
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.			
Tuesdays	14:00-16:00	18 April to 23 May	Clarence House
Wednesdays	13:30-15:30	14 June to 19 July	Phoenix Health and Wellbeing
Mondays	10:30-12:30	17 July to 21 August	Clarence House
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.			
Tuesdays	18:00-20:00	13 June to 18 July	Clarence House
NEW PROGRAMME! Prism: skills groups for people who identify as LGBT+			
Dates and venues to be confirmed. Please contact us for more information.			
Self compassion*			
Explore what compassion is, the components of self compassion, and when and how to be more compassionate towards yourself. 4 sessions.			
Mondays	18:00-20:00	5 June to 26 June	Lovell Park Hub
Tree of life: exploring my life story*			
Reflect on your past experiences, identify your strengths, and focus on your hopes and goals for the future in this creative and positive course. 5 sessions.			
Tuesdays	18:00-20:00	25 April to 23 May	Clarence House
Fridays	13:30-15:30	23 June to 21 July	Tenants Hall

Workshops

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 24 July	10:30-14:30	Clarence House
NEW WORKSHOP! Coping with panic*		
Explore what panic is and how to recognise it, and learn ways to manage and reduce it.		
Tuesday 4 July	10:30-12:30	Clarence House
NEW WORKSHOP! Coping with setbacks*		
Explore how setbacks affect you and learn coping strategies and practical tools to solve problems and recognise your achievements.		
Friday 2 June	13:30-15:30	Tenants Hall
Tuesday 15 August	14:00-16:00	Clarence House
Emotional eating*		
Learn what affects eating habits other than physical hunger, ways to have a healthier relationship with food, and ways to overcome barriers and setbacks.		
Wednesday 5 April	11:30-15:30	Phoenix Health and Wellbeing
Mondays 8 AND 15 May	18:00-20:00	Lovell Park Hub
Friday 14 July	10:30-14:30	Clarence House
NEW WORKSHOP! Five ways to wellbeing*		
Learn five actions you can take in your everyday life to help you feel good and function well.		
Monday 24 April	10:30-12:30	Clarence House
Wednesday 31 May	13:30-15:30	Phoenix Health and Wellbeing
Managing anxiety*		
Learn what anxiety is, how to recognise it, and ways to manage and reduce it.		
Monday 8 May	11:00-15:00	Clarence House
Friday 23 June	10:30-14:30	Clarence House
Mondays 10 AND 17 July	18:00-20:00	Lovell Park Hub
Wednesday 2 August	11:30-15:30	Phoenix Health and Wellbeing
Managing depression*		
Develop your understanding of depression and learn practical ways to manage it.		
Fridays 9 AND 16 June	13:30-15:30	Tenants Hall
Wednesday 30 August	11:30-15:30	Phoenix Health and Wellbeing
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.		
Wednesday 14 June	10:30-14:30	Clarence House
NEW WORKSHOP! 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.		
Monday 10 April	11:00-15:00	Clarence House
Tuesday 20 June	10:30-14:30	Clarence House
Setting boundaries*		
Explore why we need physical and emotional boundaries in our lives, and how to set and maintain healthy personal boundaries.		
Monday 3 April	10:30-14:30	Clarence House
Wednesday 9 August	10:30-14:30	Clarence House

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	Clarence House
General support group – evening*			
Mondays	18:00-20:00	Twice per month	Inkwell
THRU support group: for 16-25 year olds			
Tuesdays	16:30-18:30	Weekly	The Market Place
Please contact us for information about other THRU groups.			

***Attendance at an Introduction to Group Work session (details on page 1) is essential prior to joining any group marked with a *.**

Booking is essential for all groups.

Activity and social groups

Socialise, get involved in activities and learn new skills in a safe, supportive environment. These groups are about chatting and having fun in a relaxed space, and are less focussed on emotional support than the skills and support groups. They are led by volunteers, who can meet you at your first group to introduce you. Most groups have funding to contribute towards members' costs.

18-30s social group			
For ages 18-30. Fun and varied activities, such as trampolining, bowling, LazerZone and climbing.			
Thursdays	18:00-19:30	Fortnightly	Locations around Leeds
Cooking group			
Plan, prepare and cook a meal as a group, then sit down to eat together! £1 suggested donation.			
Mondays	11:00-13:00	Fortnightly	Clarence House
Creative writing group			
The group does short writing exercises, creating poems and short stories. Members can share their work or keep it private. Trips to the theatre and other literary places of interest.			
Tuesdays	10:30-12:30	Weekly	Clarence House
Early evening social group			
Mixed social group that goes out for drinks and a meal together around Leeds. Members decide on venues, and £2 is given towards cost of food.			
Varying days	16:30-19:30	Fortnightly	Locations around Leeds
Gardening group			
Maintaining and developing the Clarence House garden. Please wear suitable outdoor clothes.			
Wednesdays	10:30-13:30	Weekly	Clarence House
Men's group			
Social group for men that goes out for drinks and a meal together around Leeds. Members decide on venues, and £2 is given towards cost of food.			
Varying days	16:30-19:30	Fortnightly	Locations around Leeds
Relaxation group			
Try out different relaxation techniques such as meditation, and take part in relaxing activities like games, arts and crafts, drawing and photography. Occasional trips out around Leeds.			
Tuesdays	14:00-16:00	Fortnightly	Clarence House
Satellite social group			
Mixed social group that meets on Fridays for tea and a chat, and plans trips through the week to the cinema, theatre and places of interest across Yorkshire. Trips are often subsidised.			
Fridays + trips on other days	12:00-15:00	Weekly	West Yorkshire Playhouse café
Spirituality group			
Discussion group about spirituality, religion and more – people of any or no religion welcome.			
Mondays	14:00-15:30	Weekly	Clarence House
Technicolour social			
LGBT+ group run in partnership with Mesmac and Community Links. Friendly space to chat, relax and go on trips.			
Thursdays	Twice per month		Locations around Leeds
Textiles group			
Bring a project to work on with the help of the group and/or learn new skills. Basic materials provided or bring your own. Lots of tea and friendly conversation.			
Thursdays	10:30-12:30	Weekly	Clarence House

Activity and social groups continued:

Walking group

Gentle walk of just over one hour around the woods and canals of Horsforth.

Wednesdays 13:30-15:00 Fortnightly Clarence House

Women's Group

Alternates between meeting at West Yorkshire Playhouse and going out somewhere else, either to another café or on a trip out to a gallery, park or other city.

Mondays 13:00-15:00 Weekly West Yorkshire Playhouse café + other venues

Venues

Burley Lodge Centre

42-46 Burley Lodge Road, Burley LS6 1QF

Clarence House

11 Clarence Road, Horsforth LS18 4LB

Inkwell

31 Potternewton Lane, Chapel Allerton LS7 3LW

Leeds Media Centre

21 Savile Mount, Chapeltown LS1 3HZ

Lovell Park Hub

Wintoun Street, Leeds city centre LS7 1DA

Phoenix Health & Wellbeing

Oxford Chambers, Oxford Place, Leeds city centre LS1 3AX

Recovery Chapel

Hollis Place, off Burley Road LS3 1DG

Tenants Hall

Acre Close, Middleton LS10 4HX

The Market Place

18 New Market Place, Leeds city centre LS1 6DG

West Yorkshire Playhouse

Quarry Hill, Leeds city centre LS2 7UP

Booking and information line: 0113 305 5803

Email: peersupport@leedsmind.org.uk

Website: www.leedsmind.org.uk