

## Leeds Mind Peer Support Group work programme 3<sup>rd</sup> January to 7<sup>th</sup> April 2017

*This programme is subject to change. Please see [www.leedsmind.org.uk](http://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](mailto: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 \*

Thursday 5 January	14:00-16:00	Clarence House
Friday 6 January	13:30-15:30	Phoenix Health and Wellbeing
Monday 9 January	14:00-16:00	Tenants Hall
Monday 9 January	18:00-20:00	Lovell Park Hub
Tuesday 10 January	10:30-12:30	Clarence House
Friday 3 February	13:30-15:30	Phoenix Health and Wellbeing
Tuesday 7 February	18:00-20:00	Clarence House
Monday 13 February	10:30-12:30	Tenants Hall
Wednesday 15 February	13:30-15:30	Phoenix Health and Wellbeing
Monday 20 February	18:00-20:00	Lovell Park Hub
Wednesday 22 February	13:30-15:30	Phoenix Health and Wellbeing
Thursday 23 February	14:00-16:00	Clarence House
Thursday 16 March	10:30-12:30	Clarence House
Wednesday 29 March	13:30-15:30	Phoenix Health and Wellbeing
Friday 7 April	10:30-12:30	Clarence House

### 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.

Wednesdays 13:00-15:30 1 March to 22 March Phoenix Health and Wellbeing

#### 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.

Mondays 10:30-12:30 20 February to 27 March Tenants Hall

**Courses continued:**

<b>Changing Gear: skills groups for people with lived experience of both mental health difficulties and using substances</b>			
Thursdays	13:30-15:30		Recovery Academy
26 January: Introduction to group work 2 February: Managing anxiety workshop 9 February: Introduction to group work 16 February to 23 March: Managing my mental health and substance use (6 sessions)*			
<b>Horizons: skills groups for people experiencing hardship crisis</b>			
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 and times tbc – please contact us for more information. Burley Lodge Centre			
<b>Living with my loss: for people who have been bereaved by suicide at any time</b>			
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 tbc – please contact us for more information or to reserve a place.			
<b>Managing anxiety*</b>			
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.			
Mondays	18:00-20:00	16 January to 6 February	Lovell Park Hub
<b>Managing my mental health*</b>			
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	12 January to 16 February	Clarence House
Tuesdays	18:00-20:00	21 February to 28 March	Clarence House
<b>Mindfulness and meditation*</b>			
Learn how to meditate and engage with mindfulness. Explore loving kindness, mindful meditation for pain, and how to overcome obstacles to mindfulness. 6 sessions.			
Thursdays	14:00-16:00	2 March to 6 April	Clarence House
<b>Self compassion*</b>			
Explore what compassion is, the components of self compassion, and when and how to be more compassionate towards yourself. 4 sessions.			
Mondays	10:30-12:30	16 January to 6 February	Tenants Hall
<b>NEW COURSE! Tree of life: exploring my life story*</b>			
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.			
Wednesdays	13:30-15:30	11 January to 8 February	Phoenix Health and Wellbeing
Mondays	18:00-20:00	27 February to 27 March	Lovell Park Hub

## Workshops

<b>Building resilience: coping with life's challenges</b>		
Explore what resilience is and learn how to recognise, maintain and build your ability to cope with difficulties and challenges.		
Tuesday 7 February	10:30-14:30	Tenants Hall
<b>Emotional eating</b>		
Learn what affects eating habits other than physical hunger, ways to have a healthier relationship with food, and ways to overcome barriers and setbacks.		
Friday 10 March	10:30-14:30	Clarence House
Wednesday 5 April	11:30-15:30	Phoenix Health and Wellbeing
<b>Managing anxiety</b>		
Learn what anxiety is, how to recognise it, and ways to manage and reduce it.		
Friday 17 February	10:30-14:30	Clarence House
Friday 3 March	11:30-15:30	Phoenix Health and Wellbeing
<b>Managing depression</b>		
Develop your understanding of depression and learn practical ways to manage it.		
Friday 20 January	10:30-14:30	Clarence House
Tuesday 7 March	10:30-14:30	Tenants Hall
<b>Managing loss</b>		
Explore what the impact of loss is on you and how to let go, accept change and move forward.		
Tuesday 31 January	10:30-14:30	Clarence House
<b>Managing self harm</b>		
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.		
Friday 24 March	10:30-14:30	Clarence House
<b>Setting boundaries</b>		
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

## 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.

<b>Family in Mind support group: for parents</b>			
Thursdays	10:30-12:30	Fortnightly	Leeds Media Centre
<b>General support group – daytime*</b>			
Wednesdays	13:00-15:00	Weekly	Clarence House
<b>General support group – evening*</b>			
Mondays	18:00-20:00	Twice per month	Inkwell
<b>THRU support group: for 16-25 year olds</b>			
Weekly. Dates and times tbc – please contact us for more information.			
<b>Trans support group: for people who identify as trans</b>			
Monthly. Dates and times tbc – please contact us for more information.			

## 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.

<b>18-30s social group</b>			
For ages 18-30. Fun and varied activities, such as trampolining, bowling, LazerZone and climbing.			
Thursdays	18:00-19:30	Fortnightly	Locations around Leeds
<b>Beginners' running group</b>			
All welcome including absolute beginners. Wear trainers and suitable clothes for running outdoors.			
Tuesdays	17:15-18:45	Weekly	De Lacey House
<b>Cooking group</b>			
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
<b>Creative writing group</b>			
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	Fortnightly	Clarence House
<b>Early evening social group</b>			
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. Alternates between Mon and Wed evenings.			
Mondays or Wednesdays	16:30-19:30	Fortnightly	Locations around Leeds
<b>Gardening group</b>			
Maintaining and developing the Clarence House garden. Please wear suitable outdoor clothes			
Wednesdays	10:30-13:30	Weekly	Clarence House
<b>Men's group</b>			
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. Alternates between Mon and Wed evenings.			
Mondays or Wednesdays	16:30-19:30	Fortnightly	Locations around Leeds
<b>Relaxation group</b>			
Try out different relaxation techniques such as mediation, and take part relaxing activities like games, drawing, photography, and arts and crafts. Occasional trips out around Leeds.			
Tuesdays	14:00-16:00	Fortnightly	Clarence House
<b>Satellite social group</b>			
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
<b>Singing group</b>			
Sing well known songs, learn vocal exercises and have fun together. Everyone welcome – no experience or skills necessary!			
Fridays	15:00-16:00	Fortnightly	Clarence House
<b>Spirituality group</b>			
Discussion group about spirituality, religion and more – people of any or no religion welcome.			
Mondays	14:00-15:30	Weekly	Clarence House
<b>Technicolour social</b>			
LGBT+ group run in partnership with Mesmac and Community Links. Friendly space to chat, relax and go on trips.			
Varying days and times – contact us for details.		Monthly	Locations around Leeds

## Activity and social groups continued:

<b>Textiles group</b>			
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
<b>Walking group</b>			
Gentle walk of just over one hour around the woods and canals of Horsforth.			
Wednesdays	13:30-15:00	Fortnightly	Clarence House
<b>Women's Group</b>			
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 and other venues

## Venues

<b>Burley Lodge Centre</b> 42-46 Burley Lodge Road, Burley LS6 1QF
<b>Clarence House</b> 11 Clarence Road, Horsforth LS18 4LB
<b>De Lacey House</b> Abbey Road, Kirkstall LS5 3HS
<b>Inkwell</b> 31 Potternewton Lane, Chapel Allerton LS7 3LW
<b>Leeds Media Centre</b> 21 Savile Mount, Chapeltown LS1 3HZ
<b>Lovell Park Hub</b> Wintoun Street, Leeds city centre LS7 1DA
<b>Phoenix Health &amp; Wellbeing</b> Oxford Chambers, Oxford Place, Leeds city centre LS1 3AX
<b>Recovery Academy</b> Hollis Place, off Burley Road LS3 1DG
<b>Tenants Hall</b> Acre Close, Middleton LS10 4HX
<b>West Yorkshire Playhouse</b> Quarry Hill, Leeds city centre LS2 7UP

**Booking and information line:** 0113 305 5803

**Email:** [peersupport@leedsmind.org.uk](mailto:peersupport@leedsmind.org.uk)

**Website:** [www.leedsmind.org.uk](http://www.leedsmind.org.uk)