

Social Support Groups

Leeds Mind recognises how important it is for people to be able to socialise with others who have experienced mental health issues that are similar to their own. People in the Wellbeing service will be able to access a range of social and life skills groups, which are facilitated by staff, volunteers, are peer-run.

These include:

- Men's group
- Women's group
- Youth Group
- Spirituality group

For full details of current groups, please go to www.leedsmind.org.uk following the links to Wellbeing, then Groups.

Volunteering

The support that the Wellbeing service offers is greatly enhanced by the work of volunteers. Our volunteers act as befrienders, lead and support self-help groups and courses, co-ordinate social groups, provide counselling and assist with gardening, reception and admin support.

We always need a steady supply of people coming forward. If you would like further information, please contact; volunteering@leedsmind.co.uk



Referral

With the exception of Self-Help or Peer Support and the Craft Cafe at Inkwel, referrals need to come through mental health professionals, such as Care Co-ordinators, Community Psychiatric Nurses, Psychiatrists, Occupational Therapists or a GP.

The Recovery Journey

The Wellbeing service is very proud that we are able to offer a clear route through the different elements of our service. The one-to-one work provided through Keyworking and Befriending can lead to our Peer Support and social groups or the creative activities offered through Inkwel and then onto the volunteering opportunities or education and employment support.

Contact Details

Leeds Mind

Clarence House
11 Clarence Road, Horsforth
Leeds LS18 4LB

Tel: (0113) 305 5802

Email: wellbeing@leedsmind.org.uk

Website: www.leedsmind.org.uk



Leeds Mind Wellbeing Service

The Wellbeing service brings together **Keyworking, Counselling, Befriending, Self-Help and Inkwel (Community Arts)**

This service is for adults whose mental health issues impact significantly on their lives. We focus on supporting people to make specific changes in their lives, to assist with their recovery process.



Counselling

This service supports people on their recovery journey who want to try and change a particular aspect of their life. We generally offer a short-term or medium-term series of sessions (12-24 sessions) and on occasions will offer more. We charge a small contribution based on income for this service, but donations are appreciated to help cover the costs of this element of the service.

Keyworking

We work with individuals who are looking to make changes to improve resilience and to achieve their goals. We use the Outcome Star to help identify two or three areas which individuals wish to focus on. The length of the Keyworking partnership will be based on need and may last up to 2 years. Examples of areas of work we support people with include:

- coping strategies for mental wellbeing
- finding meaningful activities

Befriending

This is for people who have become socially isolated and have little positive contact with friends or family. We carefully match the person with a trained volunteer, who will meet the person regularly to support them in achieving agreed goals. Partnerships generally last up to one year. Befrienders support people to:

- become confident leaving the home
- engage in various activities within the community.



Inkwell (Community Arts)

Inkwell offers people opportunities to use creative skills as part of their recovery process and personal development. Structured classes are delivered by experienced artists in a friendly, positive and relaxing space.

Classes include:

- **Drawing & painting**
- **Pottery**
- **Life drawing**

A sample programme can be accessed by going to www.leedsmind.org.uk, then Inkwell.

Inkwell also provides a Craft Café, which is open to everyone, offering the chance to explore new and ancient handicrafts. Students' talents are celebrated through exhibitions and events.

Inkwell is based in Chapel Allerton. Buses 2, 3 and 3a travel from Leeds city centre to the Technorth Centre, Inkwell is just opposite.

Peer Support

This is for anyone who wants to take back control of their lives and responsibility for their own wellbeing. We provide a range of short courses, one day workshops and peer-support groups for people who are willing to share experiences and want to explore what they can put in place to make changes in their lives. We believe that individuals are experts in their own emotional distress and encourage people to draw on their own strengths and experiences, to improve and maintain their own wellbeing.

There is no formal referral process - please get in touch

Short courses. These five or six week courses include confidence building, assertiveness skills, self-esteem building and mindfulness and meditation. We recommend that anyone who is new to group work, start with a confidence building course, as the skills developed on this course are utilised in the others.

Workshops. We offer a variety of one day workshops on a range of specific topics, such as: developing resilience, setting boundaries and managing anxiety.

Support groups. In these groups people can explore difficulties and successes at their own pace whilst receiving and giving mutual support from, and to, other group members.

Further information, a full list of courses, and a sample programme can be accessed by going to www.leedsmind.org.uk and following the links to Wellbeing Peer Support.

