



Leeds Mind Peer Support Group work programme April to July 2016

This programme is subject to change. Please see groupworksleedsmind.org 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: Unless stated there is no charge, but donations are very welcome and help us develop the 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 group work and experience being in a group.

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

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| Friday 15 April | 10:30-12:30 | Clarence House |
| Thursday 21 April | 10:30-12:30 | Phoenix Health and Wellbeing |
| Monday 9 May | 18:00-20:00 | Lovell Park Hub |
| Monday 23 May | 10:30-12:30 | Clarence House |
| Wednesday 8 June | 13:30-15:30 | Phoenix Health and Wellbeing |
| Thursday 9 June | 10:30-12:30 | Tenants Hall |

Courses

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.

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| Friday | 10:30-12:30 | 22 April to 27 May | Clarence House |
| Monday | 18:00-20:00 | 16 May to 27 June [no group 30 May] | Lovell Park Hub |
| Thursday | 10:30-12:30 | 16 June to 21 July | Tenants Hall |

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.

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| Tuesday | 10:00-12:00 | 12 April to 17 May | Tenants Hall |
| Wednesday | 13:30-15:30 | 15 June to 20 July | Phoenix Health and Wellbeing |

Assertiveness*

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.

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| Thursday | 10:30-12:30 | 28 April to 2 June | Phoenix Health and Wellbeing |
| Tuesday | 10:00-12:00 | 31 May to 5 July | Tenants Hall |



Peer Support Group Works

Peer-led learning



Courses continued:

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| Mindfulness and meditation* Learn how to meditate and engage with mindfulness. Explore obstacles and how to overcome them, self-nurturing meditation practice, meaning and awareness. 5 sessions. | | | |
| Monday | 11:00-13:00 | 11 April to 16 May [no group 2 May] | Clarence House |
| Self compassion* Explore what compassion is, the components of self compassion, and when and how to be more compassionate towards yourself. 4 sessions. | | | |
| Thursday | 13:30-15:45 | 5 May to 26 May | Clarence House |
| 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. | | | |
| Monday | 10:00-12:30 | 6 June to 27 June | Clarence House |
| 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. | | | |
| Thursday | 10:00-12:30 | 10 March to 12 May [no group 7/14 April] | Clarence House |
| Family in Mind: for parents and their children. Course for adults run by Leeds Mind; course for children/young people run by Willow on Wednesdays. Explore the issues affecting your family with others going through similar experiences and learn how to manage your mental health. At the end of course, parents and children will work together, building on family strengths to plan for the future. 6 sessions + joint session. | | | |
| Tuesday | 12:30-14:30 | 19 April to 24 May | Clarence House |
| THRU: for 16-25 year olds, run in partnership with The Market Place | | | |
| Building self esteem (THRU) 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 self-esteem. 6 sessions. | | | |
| Tuesday | 17:30-18:30 | 19 April to 24 May | The Market Place |
| Building resilience (THRU) Learn what resilience is, what affects it, what makes a resilient person, and how you can build and develop your own resilience. 6 sessions. | | | |
| Tuesday | 17:30-18:30 | 7 June to 12 July | The Market Place |

Workshops

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| Managing anxiety Learn what anxiety is, how to recognise it, and ways to manage and reduce it. | | | |
| Monday 18 April | 10:30-14:30 | | Tenants Hall |
| Wednesday 4 May | 10:30-14:30 | | Clarence House |
| Friday 24 June | 11:00-15:00 | | 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. | | | |
| Thursday 21 April | 10:30-14:30 | | Clarence House |



Peer Support Group Works

Peer-led learning



Workshops continued:

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| Building resilience | | |
| Learn how to recognise, develop and maintain your resilience. | | |
| Friday 29 April | 11:00-15:00 | Phoenix Health and Wellbeing |
| Monday 13 June | 10:30-14:30 | Tenants Hall |
| Managing depression | | |
| Learn what is meant by depression, what can trigger it and ways to manage it. | | |
| Monday 16 May | 10:30-14:30 | Tenants Hall |
| Wednesday 6 July | 10:30-14:30 | 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. | | |
| Friday 20 May | 11:00-15:00 | Phoenix Health and Wellbeing |
| Setting boundaries | | |
| Learn why boundaries are important and how to set, move and maintain them. | | |
| Wednesday 15 June | 10:30-14:30 | Clarence House |
| Managing loss | | |
| Learn what the impact of loss is on you and how to let go, accept change and move forward. | | |
| Monday 11 July | 10:30-14:30 | Tenants Hall |
| Stigma and mental health: moving beyond labels | | |
| 2 part workshop | | |
| tbc | tbc | tbc |

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.

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| General support group – daytime* | | | |
| Wednesday | 13:00-15:00 | Weekly | Clarence House |
| General support group – evening* | | | |
| Monday | 18:00-20:00 | Fortnightly | Inkwell |
| THRU support group: for 16-25 year olds | | | |
| Tuesday | 16:30-17:30 | Weekly | The Market Place |
| Trans support group: for people who identify as trans | | | |
| Please contact us for details of dates and venue | | | |
| Family in Mind support group: for parents | | | |
| Thursday | 12:30-14:30 | Fortnightly | Leeds Media Centre |

Mindfulness drop-ins

Practise and develop your mindfulness skills. No booking required. £6/£3 concessions.

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| Drop-in practice – daytime | | |
| Monday [except first Monday of each month] | 14:00-15:00 | Clarence House |
| Mindfulness circle drop-in | | |
| Tuesday | 17:25-19:00 | Inkwell |
| Drop-in practice – evening | | |
| Wednesday | 18:15-19:45 | Clarence House |



Peer Support Group Works Peer-led learning



Mindfulness retreats

£20/£10 concessions. Please bring lunch to share.

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| Healing and the heart Explore what we understand as the space of the "heart" and what obstructs healing, using mindfulness investigation, Chinese physical culture and heart centric chanting. A willingness to share difficulties as well as positive experiences is encouraged. | | |
| Saturday 26 March | 9:45-16:00 | Clarence House |
| Deeper dimensions of loving kindness Explore in depth loving kindness and other heart-centric meditation and mindfulness approaches. We will utilise enhancing positive emotion practises and philosophy. | | |
| Saturday 23 April | 9:45-16:00 | Clarence House |
| Exploring death and dying using mindfulness Whether you experience anxiety reflecting on death or have recently been bereaved, this retreat offers the opportunity to explore death and dying, drawing on secular outlooks and sacred technology from traditional societies. | | |
| Saturday 28 May | 9:45-16:00 | Clarence House |
| "Feeling connected": Interdependency and exploring ethics and mindfulness Explore mindfulness "philosophy" that suggests wellbeing is optimised by a positive relationship with our ethical life, which affects ourselves and our family, friends and community. A willingness to share on ethical issues and participate in mindfulness practice is requested. | | |
| Saturday 25 June | 9:45-16:00 | Clarence House |
| Healing difficulties with mindfulness and visualisation Explore healing and alignment with deeper nature, drawing on Indian, Kashmiri and Tibetan tantric visualisation and mindfulness approaches. | | |
| Saturday 23 July | 9:45-16:00 | Clarence House |

Venues

Clarence House
 11 Clarence Road
 Horsforth
 LS18 4LB

Phoenix Health & Wellbeing
 Oxford Chambers, Oxford Place
 Leeds
 LS1 3AX

Tenants Hall
 Acre Close
 Middleton
 LS10 4HX

Inkwell
 31 Potternewton Lane
 Chapel Allerton
 LS7 3LW

Lovell Park Hub
 Wintoun Street
 Leeds
 LS7 1DA

The Market Place
 8 New Market Street
 Leeds
 LS1 6DG

Leeds Media Centre
 21 Savile Mount
 Chapeltown
 LS1 3HZ

Booking and information line: 0113 305 5803

Email: peersupport@leedsmind.org.uk