

# Group Information - 2023

## **Wellbeing and Recovery Emotional Support Group**

This group gives service users an opportunity to talk about their week, what works for them, highs and lows, reactions and goals for the upcoming week. We encourage service users to share only what they wish and to respect the confidentiality of others within this group.

## **Mindful Colouring and Craft**

Come join us, relax, chat and colour or craft with Julie. Adult colouring aims to relax, calm and distract the mind by concentrating on pen movements, colours and completing the picture. By using your hands and imagination, you can create, reuse and upcycle. Focusing your attention on the creative task at hand.

## **Meditation**

Let your mind wander, focusing on painting the scene our volunteer Stuart tells. Eyes closed, calming music and a clear mind for an hour each week.

## **Social Chat (Farnborough, Good Taste Cafe and Aldershot, Karuna Cafe)**

Gather for a weekly chat, meet new people and if you like, get a drink. Social chat is the perfect opportunity to get out of the house, meet new people and socialise.

## **25 Club**

This group is for individuals aged 18 to 25 to come together in a safe space to discuss emotions, coping strategies and experiences, celebrating highs and lows.

## **Carers Group**

A monthly gathering for like minded carers in similar situations to catch up, share and chat.

## **Yoga (Beginners and advanced)**

Yoga focuses the mind on being present, lowers stress hormones and increases endorphins making it the ideal relaxation practice for mental health. If you're experienced, or would like to push yourself, you're welcome to attend our advanced group. Both classes are weekly.

## **Pets as Therapy - Max the dog (limited spaces, please book)**

Once a month we're visited by our little fluffy friend Max. He comes for cuddles, pets and as much attention as you can give him. Pets are great stress relievers and are very good at increasing moods. If you're a dog lover, please come along!

### **Richmond Fellowship (please book with reception)**

Support with your CV, finding work or looking at your employment options

### **Tai Chi**

Summon your inner strength for this group. It's all about continuous, slow and intention movement. Focus your thoughts for an hour each week.

### **Quiz**

Put your knowledge to the test and join our monthly quiz, who will win this month?

### **Board Game Therapy**

Focus on the game at hand, relax and concentrate on your next move. Can you win against your competitor?

### **Allotment**

Get out your green fingers, learn, focus, nurture and grow plants and vegetables. Allotment group in Aldershot is a great way to socialise with likeminded people, get out of the house and gives you a project to focus on as well as the opportunity to learn new skills.

### **Peer Drop In**

For clients under Peer Support, this is a great opportunity for you to get support for any recent issues, or to help get referred to places like Citizens Advice.

### **Creative Writing**

Get lost in your imagination. What's the story of the scene you see in front of you? Put pen to paper and get creative in this group.