

Group Information - 2024

Wellbeing and Recovery Emotional Support Group

This group gives service users an opportunity to talk about their week, what works for them, discuss the highs and lows & sharing of knowledge from lived experience. At the group we like and encourage service users to share only what they wish to and to respect the confidentiality of others within this group. It is a safe space to talk about things you may not have had anyone to talk to about. We also have worksheets which help in day to day difficulties.

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

This is a calm space where Stuart will set a scene and guide you in focussed concentration and relaxation bringing you to a place of tranquillity. With eyes closed, calming music and a clear mind for an hour each week, let your mind wander as you drift off into your imagination. This practice of meditation can actually address stress, whether positive or negative. Meditation may also reduce the areas of anxiety, and keep you focussed on the moment.

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

Why not come to our get together to chat to like minded people and perhaps make new friends. There are drinks and food available but you don't need to, if all you want to do is have a catch up so no money needed. Social chat is the perfect opportunity to get out of the house, spend time with others, meet new people and socialise.

Under 25's Chat

We welcome individuals aged 18 to 25 to socialise in a safe space where we can discuss emotions, suggest coping strategies and share experiences by celebrating the highs and working through the lows.

Carers Group

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

Yoga (Session 1 & 2)

Yoga focuses the mind on being present, lowers stress hormones and increases endorphins making it the ideal relaxation practice for mental health. Learn how to mindfully breathe away tension and anxiety whilst going through some gentle stretches to calm and help ease pain in the physical body.

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

Once a month we're visited by our little fluffy friend Max. This is your chance to forget the world (if only for an hour) and to receive unconditional love while you're with him. Max is always pleased to see you and will be wagging his tail as you come in. This group goes a long way to improving your mood and is a great stress reliever. He is here to have pets and cuddles with and as much attention as you can give him. 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 calculated 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? Everyone is welcome (you don't need to know all the answers) as this is a fun activity.

Board Game Therapy

Focus on the game at hand, relax and concentrate on your next move. Can you win against your Competitor? Come and find out and have some fun at the same time.

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 like minded people, get out of the house, breathe in some fresh air and it gives you a project to focus on as well as the opportunity to learn new skills.

Peer Drop In

Service Users and Carers: Andover Mind recognises the importance of involving service users in the development, planning, and evaluation of our services. At the drop in we seek feedback on what our service users feel we need more of or any ideas they may feel will enhance our service. The aim is to understand their needs and preferences better. Additionally, it is for service users to participate in and 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.