

Mental Health Support Groups in Bath & NE Somerset

July 2013



Index

Monday	Page no
Greenlinks - Community Options & Bath Mind	05
Life Skills Art Group - Genesis	08
Sing and Smile – Creativity Works	09
5-a-side indoor football - Community Options	14
Walking Group, Bath	11

Tuesday	Page no
Keep Safe Keep Sane – Carer Support group	07
Social group in Bath - Community Options	10
Willow, Pottery and Carving - Creativity Works	12
Writing Space	13

Wednesday	Page no
BiPolar UK – Bath Group	02
Allotment group - Community Options	01
Chew Magna Wellbeing Group	04

Thursday	Page no
Social group in Bath - Community Options	10

Friday	Page no
Breathing Space	03
Greenlinks - Community Options & Bath Mind	05
Introduction to Surfing - 23 rd Aug– New Hope / St Mungo's	06

Saturday	Page no
Introduction to Surfing - Sat 28 th Sep – New Hope / St Mungo's	06

1.

Allotment group - Community Options

Facilitators

Grant Davis
Support
Worker

Group/course overview

Small friendly allotment site.
Aimed for a small group of Adults who wish to have – a
therapeutic, learning opportunity.

Day/Date/Time

Wednesday
10 am – 3pm

Group and learning approach

An opportunity to learn new skills,
Develop knowledge around nature and Horticulture.
Having fun!

Location

Leigh House &
Westfield
Radstock

Who is the group for

Adults who feel isolated, but wish to experience outdoor
life on the allotment site. A small friendly environment
With an opportunity to meet others who enjoy the same
interest.

Cost

free

How to join

Contact Community Options Team
01225 396033

2.

BiPolar UK – Bath Group

Facilitators

Charlie, Jeni,
Helen
Volunteers

Group/course overview

We are a peer support group that meets monthly, for anyone living and/or struggling with the symptoms of bipolar.

Day/Date/Time

The first Wed of
each month,
12:30pm -2:30pm

Group approach

Providing support, help, and information-sharing, in a friendly, informal setting.

Location

In central Bath –
call for more
information

Who is the group for

The group and monthly meetings are run by and for people affected by Bipolar. Family members, friends, and carers are all also welcome.

Cost

£1 donation
towards
refreshments

How to join

Just call a group member on 0845 4349769 or London office on 0207 9316480. If we are unable to answer your call please leave a message and we will call you back

For more information go to - www.bipolaruk.org.uk

3.

Breathing Space

Facilitators

Francesca
Orlandi and
volunteers

Group/course overview

Breathing Space - a weekly arts and crafts project managed by group members and volunteer facilitator with visiting arts tutors

Day/Date/Time

Fridays 2-4pm,

Group and learning approach

A peer led group which offers support to members through sharing and learning new skills. Members bring ideas to the group and decide on themes and art approaches they would like to cover. They also support the groups progression through fundraising. A great opportunity make friends in a safe non-judgmental group.

Location

@One,
Keynsham

Who is the group for

A peer led group designed to help people who have found themselves feeling lonely or disconnected and are having problems with anxiety and depression

Cost

£3 contribution
per session

How to join

To book a place phone Philippa at Creativity Works on 01761 438852 or New Routes telephone on 0117 958 9303 or 0117 958 9309

4.

Chew Magna Wellbeing Group

Facilitators

Grayam Crowl
Senior support
worker

Group/course overview

Social group aimed for adults who feel socially isolated in the Chew Magna areas.

The group aims to promote a friendly environment for people to come along have a chat, possible activity, and prevent social isolation.

Day/Date/Time

Wednesday
1pm – 2,30pm

Group and learning approach

Sirona care and Health has set up the group with support from local organisations and input from local residents.

The aim is for the group to be self-run, with local volunteer help, to make sure the meetings remain relevant to those living in the Chew Valley area.

Location

Millennium Hall
High Street,
Chew Magna.

Who is the group for

The new wellbeing group is open to all experiencing mental health issues, or who have gone through a recent life change.

Cost

Small charge
for beverages

How to join

Contact Community Options team - 01225 396033

5.

Greenlinks - Community Options & Bath Mind

Facilitators

Claire,
Grant &
Amanda

Group/course overview

Greenlinks – gardening for leisure and pleasure

By participating in gardening, we hope you will gain many advantages, including social, physical and psychological benefits.

Day/Date/Time

Monday and
Friday
12.30pm -
3.30pm

Group and learning approach

The site is peaceful and attractive with shared shed and poly – tunnel. There are facilities to make hot drinks and an environmentally friendly toilet with disabled access. Opportunities to develop knowledge around nature and horticulture, nurturing and harvesting produce, learning new skills.

Each person will want to get different things from participating, ranging from developing an interest in outdoor activities and nature to making friends and working as a team member..

Location

Monksdale
Road
Bath. BA2 2JF

Who is the group for

Anyone affected by mental health issues

Gardening support workers will work with you to find out what you wish to achieve

Cost

free

How to join

Contact Grant Davis Support worker
Community Options Team
01225 396033

6.

Introduction to Surfing – New Hope / St Mungo's

Facilitators

New Hope
volunteers & St
Mungo's staff

Group/course overview

Monthly Introductory Lessons & Transport to
Woolacombe, North Devon.

A day trip to the sea if you don't want to surf!
Sessions will last all day: early morning to evening.

Day/Date/Time

Fri 23rd Aug
Sat 28th Sep

Group approach

Improve your confidence; Start a new hobby;
Make friends; Spend time at the coast
Have Fun!!!
Up to 7 people surfing and 6 non surfing spaces

Location

Pick up from
Bath train
station, and
others where
possible

Who is the group for

For those who have been affected by mental health
issues and their supporter.

Cost

£6.50 in
advance per
session

How to join

Book and pay in advance accepted at St Mungo's offices
at Greenpark station or by post, call Ralph first on 0782
511 5775

For more information, contact Sue:

suzannenewhope@gmail.com or call 07580680778

7.

Keep Safe Keep Sane – Carer Support group

Facilitators

Bev and Tanya are members of New Hope and working with St Mungo's and the Carers Centre

Group/course overview

Keep Safe Keep Sane - we are a peer support group for carers of people with mental health difficulties.

Day/Date/Time

2nd Tuesday of each month
7-9 pm

Group approach

We offer peer support and access to training for carers. We aim to improve relationships and raise carer awareness with statutory mental health organisations.

Location

Kingsmead Court,
Kingsmead North,
Bath, BA1 1XD

Who is the group for

This is a group for any carer of someone with mental health difficulties. It is run by other carers who have an understanding of the challenges that carers face.

Cost

free

How to join

Contact us on:
Phone number 07528 668040
Twitter: @keepsafekeepsan
Website: keepsafekeepsane.org

8.

Life Skills Art Group - Genesis

Facilitators

Denise Weikert
Jaq Hough &
Matt Prescott

Genesis Trust
Life Skills

Group/course overview

The Genesis Life Skills Art Group aims to encourage and support people to have a go at art in a relaxed, playful and experimental way.

We offer a range of art activities including gallery visits and workshops and the opportunity to take part in exhibitions.

Day/Date/Time

Mondays
11am – 1pm

Group and learning approach

We are a friendly and welcoming group who support each other in our creativity. There is a wide range of materials available and the opportunity to try out ideas and techniques.

Location

Salvation Army
James Street
West, Bath

Disabled
access

Who is the group for

The group is for anyone who wants to have a try at doing some art and explore their creative side. We provide a safe and supportive space to meet new people and improve mental wellbeing and confidence.

No experience needed, just the willingness to have a go.

Cost

Free -
Donations
welcome

How to join

For more information and application form please contact

Denise or Carey on 01225 463549

9.

Sing and Smile – Creativity Works

Facilitators

Creativity Works

Group/course overview

Sing songs, meet new people, gain confidence and develop your voice! The sessions offer an opportunity to sing songs from around the world in a relaxed and friendly atmosphere. No experience necessary.

Day/Date/Time

Monday
afternoons
2 -4pm,

Group and learning approach

This is a group that is supported by the ideas of its members who contribute within the sessions and the running of the group.

The sessions are offered as part of the Mental Health Creative Support Service giving an opportunity to learn some creative skills, make new friends, help build confidence.

Location

Central Bath

Who is the group for

Suitable for people who are experiencing or are in recovery from anxiety, depression and mental health illness.

Cost

Free

How to join

To book a place phone Philippa at Creativity Works
01761 438852

10.

Social group in Bath - Community Options

Facilitators

Sue Hall
Grant Davis
Support
workers

Group/course overview

The Social group is very informal. It aims to bring people together who feel socially isolated.

The group provides good social networking facilities. We aim to provide a safe environment where people can come along to have a chat / read the papers/ or join in with an activity

Day/Date/Time

Tuesday and
Thursday
10.30 am –
2.30pm

Group and learning approach

The group has regular social and learning opportunities, advice and activities such as quiz's and board games light snack lunches and beverages at low cost

Location

Hayhill Baptist
Church
Fountain
Buildings Bath

Who is the group for

The Group is aimed at Adults who have experienced or experiencing mental ill health ,alongside social isolation.

Cost

Small cost for
Light lunch /
beverages.

How to join

Contact office for details and referral form, or ask your care coordinator or G.P. to refer to Community Options Team.
01225 396033

11.

Walking Group, Bath

Facilitators

David Woods
volunteer

Group/course overview

The walking group is made up of people who enjoy walking in a group in and around Bath. The group also travels to interesting places in the South West for walks. We walk between 2 and 4 miles each time

Day/Date/Time

Mondays

10.30am

Group and learning approach

We are an informal group who support each other. The walks often finish in a cafe for a bite to eat.

Come along and enjoy walking around the historic town of Bath

Location

Outside The
Forum, nr job
centre, Bath,
BA1 1UG

Who is the group for

Anyone who wants to improve their mental wellbeing, social network and physical health through walking with peers.

Cost

Free

How to join

Come along on the first Monday of any month
For more information Call David on 01225 312 009
Ring Sunday between 6.30pm to 7.30pm to let me know if coming to group.

12.

Willow, Pottery and Carving - Creativity Works

Facilitators

Creativity Works and Community Options Team

Group/course overview

A new 8 week course to have a go at 3 art forms – Willow weaving, Pottery and Carving.

Day/Date/Time

Tues 2 - 4pm
13th, 20th, 27th
July,
3rd, 10th, 17th,
24th Sept

Group and learning approach

These sessions are offered as part of the Mental Health Creative Support Service giving an opportunity to learn some creative skills, meet new people and build confidence

Location

Gateway Centre, London Road, Bath

Who is the group for

Suitable for people who are experiencing or are in recovery from anxiety, depression and mental health illness.

Cost

Free

How to join

To book a place phone Philippa at Creativity Works 01761 438852 or Sue Hall, Community Options Team 01225 396033

13.

Writing Space

Facilitators

Group members and artist David Davies and other writers

Group/course overview

A creative writing and poetry group for people with experience of writing who would like to meet others to share ideas and mutual support in the writing process. Some sessions will be facilitated by a writer, others will be for the group to continue developing their ideas.

Day/Date/Time

Tuesday afternoons
1–4pm,

Group and learning approach

A peer led group. These sessions are suitable for experience of writing. Members contribute to the ideas and running of the group. For details of beginners writing course contact Creativity Works (see below)

Location

Central Bath

Who is the group for

Suitable for people who are experiencing or are in recovery from anxiety, depression and mental health illness.

Cost

£2 donation

How to join

To book a place phone Philippa at Creativity Works
01761 438852

14.

5-a-side indoor football - Community Options

Facilitators

George Clack
Support worker
Coach -Steve
Porter

Group/course overview

5-a-side indoor football

Day/Date/Time

Mondays
10.30 -
11.30am

Group and learning approach

Come along and have some fun kicking a football around with likeminded people who enjoy football.

Location

Bath Sports
Centre

Who is the group for

Anyone who feels this activity will help towards their mental wellbeing and improve their physical health.

Cost

£1 per session

How to join

Contact the office for referral information
01225 396033