

# The Hope Guide

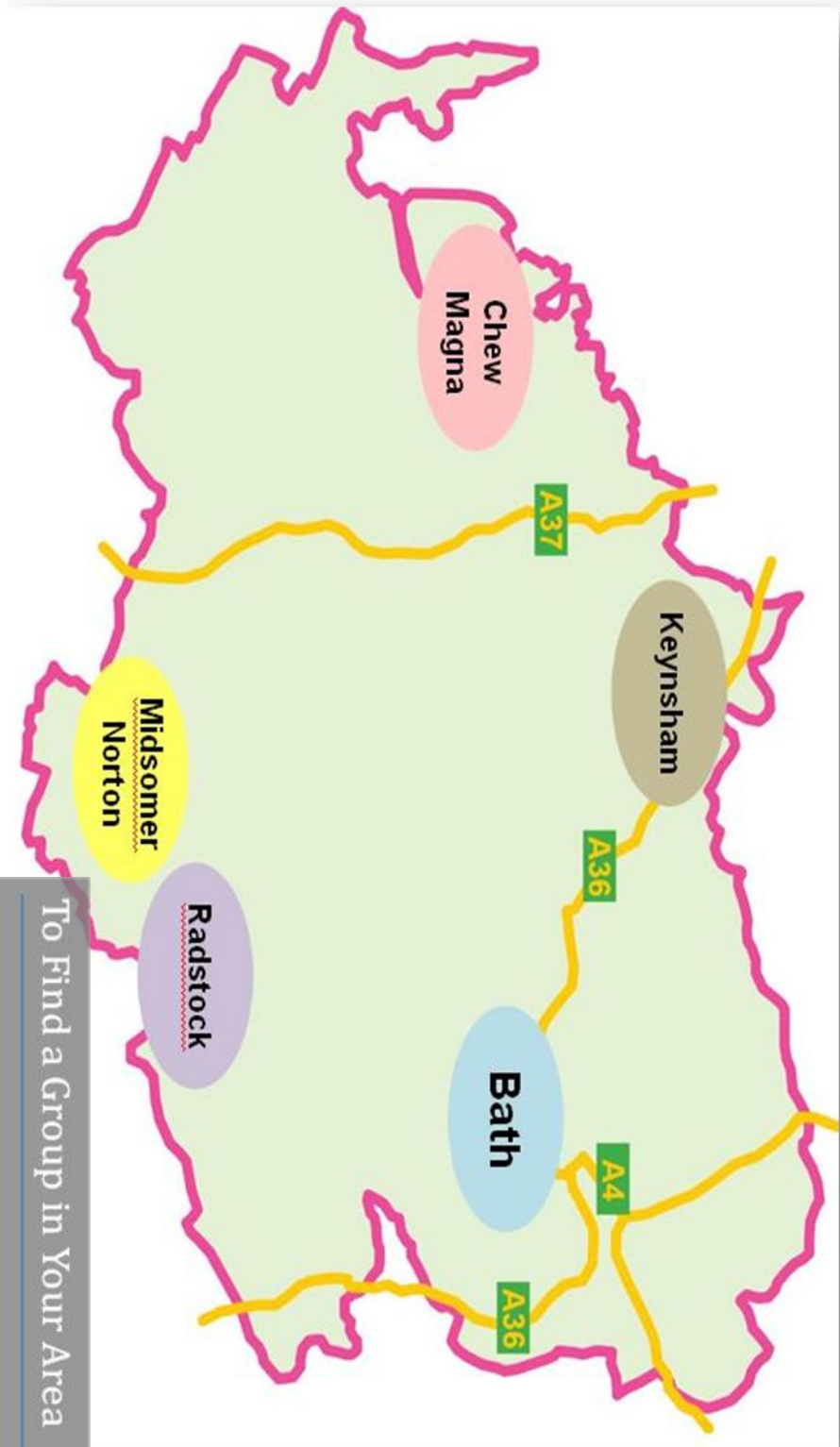
## Support Groups and Activities in Bath & NE Somerset

Oct - Jan 2014

Includes 45 groups and activities  
Version 2,



To receive your own copy of the Hope Guide  
text New Hope your e-mail or address - 0750 363 4068



**To Find a Group in Your Area**

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## 50 Strong - Julian House

<b>Facilitators</b>	<b>Group/course overview</b>
Mike - support worker	A small friendly group specifically for people aged 50 plus which offers a variety of activities chosen and planned by the group, to enhance wellbeing and reduce isolation
<b>Day/Date/Time</b>	<b>Activity detail</b>
Wednesday 9.30 meet	Varied activities including; walks, bowling, cooking, outings, fishing & gardening
<b>Location</b>	<b>Who is the group for</b>
Space 2      55 New King Street	People who are 50 plus and are engaging with agencies in BANES for support with homelessness, drugs or alcohol issues, mental health or criminality
<b>Cost</b>	<b>How to join</b>
No cost	Contact; Claire Lawrence 01225 354780, clairel@julianhouse.org.uk or ask your support worker to refer you

## Acupuncture - Julian House

<b>Facilitators</b>	<b>Group/course overview</b>
New Highways -Vol	An on-going course ran by trained volunteers. Enjoy a relaxing ear acupuncture session to restore your sense of harmony, aids stress, anxiety, sleep and coping with drugs or alcohol issues
<b>Day/Date/Time</b>	<b>Activity details</b>
Thursday 1pm	Within a calm and relaxing environment learn relaxation techniques and experience the benefits of acupuncture to the ear
<b>Location</b>	<b>Who is the group for</b>
training room 55 New King Street	People who are engaging with agencies in BANES for support with homelessness, drugs or alcohol issues, mental health or criminality
<b>Cost</b>	<b>How to join</b>
No cost	Contact; Claire Lawrence 01225 354780, clairel@julianhouse.org.uk or ask your support worker to refer you

## Allotment group - Sirona Care & Health – Community Options

<b>Facilitators</b> Grant Davis Support Worker	<b>Group/course overview</b> Small friendly allotment site. Aimed for a small group of Adults who wish to have – a therapeutic, learning opportunity.
<b>Day/Date/Time</b> Wednesday 10 am – 3pm	<b>Activity details</b> An opportunity to learn new skills, Develop knowledge around nature and horticulture. Having fun!
<b>Location</b> Leigh House & Westfield Radstock	<b>Who is the group for</b> 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.
<b>Cost</b> Free	<b>How to join</b> Contact Community Options Team 01225 396033

## Bike Maintenance - Julian House

<b>Facilitators</b> Vinney- support worker	<b>Group/course overview</b> Learn how to maintain and fix a bike
<b>Day/Date/Time</b> Tuesday 2 sessions 10.00 & 1pm	<b>Activity details</b> Within the bike workshop learn about the different parts of a bike, the correct tools to use and how to maintain or fix a bike, leading to building your own bike
<b>Location</b> Bike Workshop, Corn Street	<b>Who is the group for</b> People who are engaging with agencies in BANES for support with homelessness, drugs or alcohol issues, mental health or criminality
<b>Cost</b> No cost	<b>How to join</b> Contact; Claire Lawrence 01225 354780, clairel@julianhouse.org.uk or ask your support worker to refer you

## BiPolar UK – Bath Group

<b>Facilitators</b> Charlie, Jeni, Helen Volunteers	<b>Group/course overview</b> We are a peer support group that meets monthly, for anyone living and/or struggling with the symptoms of bipolar.
<b>Day/Date/Time</b> First Wed of month, 12:30pm 2:30pm. <b>New Evening group</b> starts 22 <sup>nd</sup> Jan 7pm – 9pm	<b>Activity details</b> Providing support, help, and information-sharing, in a friendly, informal setting. Includes social activities and a library of information. New evening support group starting 22 <sup>nd</sup> Jan
<b>Location</b> In central Bath – call for more information	<b>Who is the group for</b> The group and monthly meetings are run by and for people affected by Bipolar. Family members, friends, and carers are all also welcome.
<b>Cost</b> £1 donation towards refreshments	<b>How to join</b> Just call a group member on 07534 530340. If your call is not answered please leave a message For more information - <a href="http://www.bipolaruk.org.uk">www.bipolaruk.org.uk</a>

## Breathing Space

<b>Facilitators</b> Volunteers group members, visiting artists and volunteers	<b>Group/course overview</b> Breathing Space - a weekly arts and crafts project managed by group members and volunteer facilitator with visiting arts tutors
<b>Day/Date/Time</b> Fridays 2.30 - 4.30pm	<b>Activity details</b> A peer led group offering 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. A great opportunity make friends in a safe non-judgmental group.
<b>Location</b> @One, Keynsham	<b>Who is the group for</b> A peer led group designed to help people who have found themselves feeling lonely or disconnected and are having problems with anxiety and depression
<b>Cost</b> £3 contribution per session	<b>How to join</b> To book a place phone Philippa at Creativity Works on 01761 438852 or New Routes telephone on 0117 958 9303 or 0117 958 9309

## Central Bath Music Therapy Group - Soundwell

<b>Facilitators</b>	<b>Group/course overview</b>
Soundwell Cathy and Marcus	Music Therapy Group
<b>Day/Date/Time</b>	<b>Activity details</b>
Weekly Thursdays 11.30 – 12.30	Music Therapy Group to help relieve stress, anxiety and depression – to share problems and difficulties in a safe space without the need to talk and to promote creativity, well being, self expression and a sense of belonging through the music created.
<b>Location</b>	<b>Who is the group for</b>
Central United Reformed Church, Grove St, Bath, BA2 4BA Disabled access	Individuals living with any sort of mental distress including those with high mental health support needs, anxiety, stress, depression, unwanted thoughts.No musical experience needed.
<b>Cost</b>	<b>How to join</b>
Donation towards tea and coffee	Contact Soundwell on 01225 862938 or 07743 714096 or email <a href="mailto:lisa.otter-barry@soundwell.org.uk">lisa.otter-barry@soundwell.org.uk</a>

## Chew Magna Wellbeing Group

<b>Facilitators</b>	<b>Group/course overview</b>
Grayam Crowl Senior support worker	Social group for adults who feel socially isolated in the Chew Magna area. A friendly environment for people to come along have a chat, possible activity, and prevent social isolation.
<b>Day/Date/Time</b>	<b>Activity details</b>
Wednesday 1pm – 2,30pm	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 ensure the meetings remain relevant to those living in the Chew Valley area.
<b>Location</b>	<b>Who is the group for</b>
Millennium Hall High Street, Chew Magna	The new wellbeing group is open to all experiencing mental health issues, or who have gone through a recent life change.
<b>Cost</b>	<b>How to join</b>
Small charge for beverages	Contact Community Options team - 01225 396033



## Computer - Drop In Genesis Trust Life Skills

<b>Facilitators</b>	<b>Group/course overview</b>
Paul and John Volunteer I.T. support	Opportunity to access computers and the internet for free, help given if/when you need it.
<b>Day/Date/Time</b>	<b>Activity details</b>
Mondays 2pm-4pm	Access the internet for job searches, housing and benefit information or to hone your computer skills with friendly support.
<b>Location</b>	<b>Who is the group for</b>
Genesis Life Skills, 1-3 James Street, West, Bath Disabled access	Vulnerable and marginalised clients who do not have access to the internet or who need support with application forms etc.
<b>Cost</b>	<b>How to join</b>
	Drop-in

## Cookery Course - Julian House

<b>Facilitators</b>	<b>Group/course overview</b>
Claire MO lead Vicky (vol)	An 8 week course cooking fresh, seasonal , affordable food, learn about food hygiene, budgeting and healthy eating in a small friendly group
<b>Day/Date/Time</b>	<b>Activity details</b>
Friday 11.30-13.30	Recipes are chosen by the group who work together, sharing tasks to prepare and cook the meal which is then eaten together.
<b>Location</b>	<b>Who is the group for</b>
Space 2, 55 New King Street, Bath	People who are engaging with agencies in BANES for support with homelessness, drugs or alcohol issues, mental health or criminality
<b>Cost</b>	<b>How to join</b>
No cost	Contact; Claire Lawrence 01225 354780, <a href="mailto:clairel@julianhouse.org.uk">clairel@julianhouse.org.uk</a> or ask your support worker to refer you

## Creative Writing for beginners - Creativity Works

<b>Facilitators</b>	<b>Group/course overview</b>
TBC	A new creative writing project that provides a safe space to meet others and to share and learn creative writing skills.
<b>Day/Date/Time</b>	<b>Activity details</b>
January 2014	Group members develop, learn and share new skills in creative writing. The group will be co-facilitated by 2 arts tutors.
<b>Location</b>	<b>Who is the group for</b>
Central, Bath Disabled access	The group is for people who are new to creative writing and would like to develop their skills and share ideas. The group is for people who have some experience of mental illness and provides a safe, non-judgemental space to meet others.
<b>Cost</b>	<b>How to join</b>
Contributions welcome	Contact Philippa 01761 438852 <a href="mailto:philippa@creativityworks.org.uk">philippa@creativityworks.org.uk</a>

## Families Also Matter (FAM) - DHI

<b>Facilitators</b>	<b>Group/course overview</b>
DHI staff	A weekly group for families and individuals that are affected by someone else's drug use.
<b>Day/Date/Time</b>	<b>Activity details</b>
Tuesdays 5.30pm to 6.30pm at <b>Midsomer Norton</b> , Thursdays 6.00pm - 7.00pm at <b>Bath</b>	The group enables people to share experiences, coping strategies and improve understandings of how they can positively support someone who is using substances.
<b>Location</b>	<b>Who is the group for</b>
Midsomer Norton - The Recovery Hub, High Street, BA3 2DP Bath - Project 28, 28 Southgate Street, BA1 1TP	Anyone who is affected by the substance use of a friend, partner or family member to meet others in a similar situation.
<b>Cost</b>	<b>How to join</b>
No cost	To register for this group call 01225 310077 or 07717 853132

## Gardening Group – Mulberry House (St Mungo’s)

<b>Facilitators</b>	<b>Group/course overview</b>
Pete Hayward & Robyn Williams	A chance to learn about gardening and meet new people at Mulberry and from the local community.
<b>Day/Date/Time</b>	<b>Activity details</b>
Thursdays 11am-3pm	Learn new skills about garden maintenance and growing food in a relaxed environment
<b>Location</b>	<b>Who is the group for</b>
Mulberry House, Weston Park, BA1 4AN  Disabled access: but not to all of garden	Anyone who has experienced mental health issues and has an interest in, or would like to learn more, about gardening.
<b>Cost</b>	<b>How to join</b>
Free	Please contact Robyn Williams for information on referrals <a href="mailto:robyn.williams@mungos.org">robyn.williams@mungos.org</a> 01225 427 644

## Greenlinks - Bath Mind & Sirona Care & Health – Community Options

<b>Facilitators</b>	<b>Group/course overview</b>
Claire, Grant & Amanda	Greenlinks – gardening for leisure and pleasure
<b>Day/Date/Time</b>	<b>Activity details</b>
Monday and Friday 12.30pm - 3.30pm	Opportunities to develop knowledge around nature and horticulture, nurturing and harvesting produce, learning new skills. Benefits include: developing an interest in outdoor activities and nature to making friends and team working. A peaceful and attractive site with shared shed and poly – tunnel, an environmentally friendly toilet with disabled access.
<b>Location</b>	<b>Who is the group for</b>
Monksdale Road Bath. BA2 2JF	Anyone affected by mental health issues Gardening support workers will work with you to find out what you wish to achieve
<b>Cost</b>	<b>How to join</b>
free	Contact Grant Davis Support worker Community Options Team 01225 396033

## Grow it, Cook it, Share it - Bath City Farm

<b>Facilitators</b> Helen Fisher	<b>Group/course overview</b> An environmental project where volunteers can get involved in activities such as animal care, green wood working, learning to cook with own grown produce, gardening on our large allotment, or sowing seeds and potting on in the poly tunnel.
<b>Day/Date/Time</b> Every Wednesday from 10-12 and Thursdays 10 - 3pm	<b>Activity details</b> Friendly group for anyone looking to get involved with positive outdoor activities than help improve physical and mental health. The farm is a beautiful setting with amazing views and lovely gardens and animals.
<b>Location</b> Bath City Farm Kelston View, BA2 1NW Disabled access	<b>Who is the group for</b> The project is for anyone who has suffered mental distress and we have activities to suit all abilities.
<b>Cost</b> Free	<b>How to join</b> Contact Helen Fisher 01225 481269 or <a href="mailto:helen@bathcityfarm.org.uk">helen@bathcityfarm.org.uk</a> <a href="http://www.bathcityfarm.org.uk">www.bathcityfarm.org.uk</a>

## Inspirational Arts and Crafts

<b>Facilitators</b> Tanya McEwan	<b>Group/course overview</b> A peer lead support group in which people, affected by mental health issues, can learn and socialise with others in the same position. Everybody within the group has a passion for art and helping each other to achieve our goals.
<b>Day/Date/Time</b> Fridays 11:30 to 14:30	<b>Activity details</b> Group members take part in sketching, acrylic painting and any type of art work that they wish to do. We make calendars, Christmas cards, knitting and patchwork. We sometimes take part in art exhibitions and much more.  We have a volunteer art teacher and, at times, we hire professionals. A friendly facilitator/volunteer will help you feel at ease. Come along and see what we're all about.
<b>Location</b> Southdown Methodist Church	<b>Who is the group for</b> Anyone affected by mental health issues.
<b>Cost</b> £3 which includes refreshments.	<b>How to join</b> Contact Christine Robinson on 07974004978

## Introduction to Surfing – New Hope / St Mungo's

<b>Facilitators</b>	<b>Group/course overview</b>
New Hope volunteers & St Mungo's staff	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.
<b>Day/Date/Time</b>	<b>Activity details</b>
Call for dates & times Last trip planned for October	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
<b>Location</b>	<b>Who is the group for</b>
Pick up from Bath train station, & others where possible	For those who have been affected by mental health issues and their supporter.
<b>Cost</b>	<b>How to join</b>
£6.50 in advance per session	Book and pay in advance accepted at St Mungo's offices at Greenpark station or by post, call Ralph on 0782 511 5775 For more information, contact Sue: <a href="mailto:suzannenewhope@gmail.com">suzannenewhope@gmail.com</a> or call 07580680778

## IT Beginners Course - Julian House

<b>Facilitators</b>	<b>Group/course overview</b>
Andy Casework lead	If you think a "mouse" is an animal and a "keyboard" is a musical instrument then this is the IT course for you, learn the basics to access the things you need
<b>Day/Date/Time</b>	<b>Activity details</b>
Monday 11.00-12.00	Starting from scratch learn how to use a computer, set up an email, access the internet for benefits information. homeseach bidding, job search or just for fun
<b>Location</b>	<b>Who is the group for</b>
Space 2      55 New King Street	People who are engaging with agencies in BANES for support with homelessness, drugs or alcohol issues, mental health or criminality
<b>Cost</b>	<b>How to join</b>
No cost	Contact; Claire Lawrence 01225 354780, <a href="mailto:clairel@julianhouse.org.uk">clairel@julianhouse.org.uk</a> or ask your support worker to refer you

## Keep Safe Keep Sane – Carer Support group

<b>Facilitators</b>	<b>Group/course overview</b>
Bev and Tanya are members of New Hope and working with St Mungo's and the Carers Centre	Keep Safe Keep Sane - we are a peer support group for carers of people with mental health difficulties.
<b>Day/Date/Time</b>	<b>Activity details</b>
2 <sup>nd</sup> Tuesday of each month 7-9 pm	We offer peer support and access to training for carers. We aim to improve relationships and raise carer awareness with statutory mental health organisations.
<b>Location</b>	<b>Who is the group for</b>
Bath Carers' Centre The Woodlands Lower Bristol Road Bath BA2 9ES	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.
<b>Cost</b>	<b>How to join</b>
Free	Contact us on: Phone number 07528 668040 Twitter: @keepsafekeepsane Website: <a href="http://www.keepsafekeepsane.org">www.keepsafekeepsane.org</a>

## Kitchen Creations - Creativity Works, Second Step

<b>Facilitators</b>	<b>Group/course overview</b>
Carol Kenward	A creative group to encourage participants to devise own recipes by experimenting with fresh, local ingredients to create healthy, tasty meals.
<b>Day/Date/Time</b>	<b>Activity details</b>
January 2014 tbc	Identify tastes, select ingredients, devise recipes within a budget, work as part of a team to create exciting new dishes.
<b>Location</b>	<b>Who is the group for</b>
Bath	Suitable for people who are experiencing or are in recovery from anxiety, depression and mental illness.
<b>Cost</b>	<b>How to join</b>
Free	To book a place phone Second Step 01225 7502617 or Creativity Works 01761 438852

## Life Skills Art Group - Genesis

<p><b>Facilitators</b> Denise Weikert Jaq Hough &amp; Matt Prescott</p>	<p><b>Group/course overview</b> 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.</p>
<p><b>Day/Date/Time</b> Mondays 11am – 1pm</p>	<p><b>Activity details</b> 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.</p>
<p><b>Location</b> Salvation Army James Street West, Bath Disabled access</p>	<p><b>Who is the group for</b> 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.</p>
<p><b>Cost</b> Free - Donations welcome</p>	<p><b>How to join</b> For more information and application form please contact Denise or Carey on 01225 463549</p>

## Make and Bake - Bath City Farm

<p><b>Facilitators</b> Sarah Neale</p>	<p><b>Group/course overview</b> Volunteers will be supported to do a variety of craft activities such as making candles, spinning wool, baking, making chutneys and jams and much more. Made products go on sale through our farm shop and at craft fairs, farmers' markets and village fetes to fund the project.</p>
<p><b>Day/Date/Time</b> Wednesdays 1pm - 4pm</p>	<p><b>Activity details</b> Relaxed social activity in beautiful surroundings. A friendly small group. A chance for volunteers to express their creativity, learn new skills, socialise with others and take pride in producing great gifts for the public to admire and purchase!</p>
<p><b>Location</b> Bath City Farm Kelston View, Whiteway, BA2 1NW</p>	<p><b>Who is the group for</b> People suffering from mental distress or social isolation, particularly from the Southdown area. Ideal for volunteers with reduced mobility. Disabled access available</p>
<p><b>Cost</b> Free</p>	<p><b>How to join</b> For more information, to sign up, or to refer a client, contact: Sarah Tel: 01225 481269 e-mail: <a href="mailto:sarah@bathcityfarm.org.uk">sarah@bathcityfarm.org.uk</a></p>

## Mindfulness Course – Bipolar Bath Group

<b>Facilitators</b>	<b>Group/course overview</b>
Paddy Nisbett Mindfulness coach	Ten week tutor-led Mindfulness Course
<b>Day/Date/Time</b>	<b>Activity details</b>
Starts 10 <sup>th</sup> Jan 2014 Wednesdays 2.15pm – 3.30pm	Mindfulness course based on meditation and gentle exercise
<b>Location</b>	<b>Who is the group for</b>
Goodrich Room, United Reform Church, Grove Street, Bath BA2 6PJ	Anyone affected by mental health issues
<b>Cost</b>	<b>How to join</b>
Free	Just call a group member on 07534 530340. If your call is not answered please leave a message

## Mosaic – Bath Mind

<b>Facilitators</b>	<b>Group/course overview</b>
Jude King Bath Mind	A weekly social group for friendship and peer support. The focus is on social interaction and activity.
<b>Day/Date/Time</b>	<b>Activity details</b>
Every Wednesday 10am-3pm	Members are encouraged to run the group and take decisions around planned activities, trips out and preparing the midday meal. 1:1 recovery support is also available Monday, Tuesday, Thursday and Friday.
<b>Location</b>	<b>Who is the group for</b>
The Riverside Community Centre, York Place, Bath, BA1 6AE	Individuals living with mental distress and a background in any minority ethnic group. Disabled access available
<b>Cost</b>	<b>How to join</b>
Free (Optional lunch is £2.50)	Contact Jude King: 01225 463525 or 07553 184120 e-mail <a href="mailto:mosaic@bathmind.org.uk">mosaic@bathmind.org.uk</a>



## Mosaic Music Group - Soundwell

<b>Facilitators</b>	<b>Group/course overview</b>
Lisa and Helen	Music Therapy Group
<b>Day/Date/Time</b>	<b>Activity details</b>
Once every 6 weeks on Wed, 11am -12 4 <sup>th</sup> Sept, 23 <sup>rd</sup> Oct & 20 <sup>th</sup> Nov	Music Therapy Group to help relieve stress, anxiety and depression – and to promote creativity, well being, self expression and a sense of belonging through the music we create together.
<b>Location</b>	<b>Who is the group for</b>
The Riverside Community Centre, York Place, Bath, BA1 6AE	Individuals living with mental distress and a background in any minority ethnic group. No musical experience needed. Disabled access available
<b>Cost</b>	<b>How to join</b>
Free	Contact Soundwell on 01225 862938 or 0777 852 7954 or email <a href="mailto:lisa.otter-barry@soundwell.org.uk">lisa.otter-barry@soundwell.org.uk</a> or Contact Jude King: 01225 463525 or 07553 184120 e-mail <a href="mailto:mosaic@bathmind.org.uk">mosaic@bathmind.org.uk</a>

## Midsomer Norton Music Group - Soundwell

<b>Facilitators</b>	<b>Group/course overview</b>
Helen and Bob	Music Therapy Group
<b>Day/Date/Time</b>	<b>Activity details</b>
Fortnightly on Wed Oct 2nd 16th 30th Nov 13 <sup>th</sup> 27th Dec 1th	Music Therapy Group using Song-writing improvisation and recording to help relieve stress, anxiety and depression – and to promote creativity, well being, self expression and a sense of belonging through the music created.
<b>Location</b>	<b>Who is the group for</b>
The Old Town Hall, The Island, Midsomer Norton, BA3 2HQ Disabled access	Individuals living with any sort of mental distress, including those with high mental health support needs, anxiety, stress, depression, unwanted thoughts. No musical experience needed.
<b>Cost</b>	<b>How to join</b>
Free	Contact Soundwell on 01225 862938 or 07519 732612 or email <a href="mailto:lisa.otter-barry@soundwell.org.uk">lisa.otter-barry@soundwell.org.uk</a>

## Monthly Open Music Groups - Soundwell

<b>Facilitators</b>	<b>Group/course overview</b>
Helen Mason & Bob Heath	Soundwell Monthly Open Music Groups
<b>Day/Date/Time</b>	<b>Activity details</b>
Wednesdays Sept 25 <sup>th</sup> ; Oct 9 <sup>th</sup> ; Nov 6 <sup>th</sup> ; Dec 18 <sup>th</sup> ; 1.30-2.30 pm	These groups are open to all in the community - who are interested in using music to de-stress, to share a creative experience with others and to support their well-being.
<b>Location</b>	<b>Who is the group for</b>
Central United Reformed Church, Grove St Bath BA2 4BA Disabled access	Adults over 18 living in B&NES or caring for a B&NES resident. No musical experience needed.
<b>Cost</b>	<b>How to join</b>
Donation of choice	Contact Soundwell on 01225 862938 or 07519 732612 or email <a href="mailto:lisa.otter-barry@soundwell.org.uk">lisa.otter-barry@soundwell.org.uk</a>

## Music Support Groups for Carers - Soundwell

<b>Facilitators</b>	<b>Group/course overview</b>
Lisa and Bob	Soundwell Music Support Groups for Carers
<b>Day/Date/Time</b>	<b>Activity details</b>
Wednesdays Oct 23 <sup>rd</sup> Dec 4 <sup>th</sup> 2014 - Jan 8 <sup>th</sup> , Feb 5 <sup>th</sup> , Mar 5 <sup>th</sup> 1.15 - 3 pm	These groups are open to all carers who are interested in using music to de-stress, to share a creative experience with others and to support their well-being.
<b>Location</b>	<b>Who is the group for</b>
The Old Town Hall, The Island, Midsomer Norton, BA3 2HQ Disabled access	Carers living in B&NES or caring for a B&NES resident. No musical experience needed.
<b>Cost</b>	<b>How to join</b>
Donation towards tea and coffee	Contact Soundwell on 01225 862938 or 0777 852 7954 or email <a href="mailto:lisa.otter-barry@soundwell.org.uk">lisa.otter-barry@soundwell.org.uk</a>

## Recovery Education - Second Step

<b>Facilitators</b> Mark Salter Jane Kershaw Letti Thompson	<b>Group/course overview</b> Seven taster sessions each one lasting three hour, exploring various mental health recovery principles and practical tools. The sessions have been written and are delivered by staff and service users who all have personal experience of mental health issues and recovery.
<b>Day/Date/Time</b> Feb/March (dates tbc) 7 taster sessions	<b>Activity details</b> Each session is a stand alone session covering self management and assessment tools. The sessions include exercises, trying things out and being a bit creative. All participants receive a Resource Pack and the sessions will include some reflecting on your learning.
<b>Location</b> Percy Community Centre, New King St, Bath, BA1 2BN	<b>Who is the group for</b> The sessions are designed for and open to anyone who experiences mental health issues.
<b>Cost</b> Free	<b>How to join</b> If you are interested in participating please contact Mark Salter or Jane Kershaw at: Second Step, South Vaults Green Park Station, Green Park Road, Bath. Tel - 01225 750926/7

## "Reflexology" - Julian House

<b>Facilitators</b> Elizabeth -Vol	<b>Group/course overview</b> A 6 week course of 1;1 reflexology, gentle foot massage to aid elimination of toxins, promote relaxation and a feeling of wellbeing, health & vitality
<b>Day/Date/Time</b> Thursday 2pm starts 2/10/13	<b>Activity details</b> 1;1 reflexology by appointment
<b>Location</b> Training room 55 New King Street	<b>Who is the group for</b> People who are engaging with agencies in BANES for support with homelessness, drugs or alcohol issues, mental health or criminality
<b>Cost</b> No cost	<b>How to join</b> Contact; Claire Lawrence 01225 354780, <a href="mailto:clairel@julianhouse.org.uk">clairel@julianhouse.org.uk</a> or ask your support worker to refer you

## "Resilience" - Julian House

<b>Facilitators</b>	<b>Group/course overview</b>
Becci- casework lead Mike - support worker	A 6 week course giving an opportunity to reflect on setbacks, learn more about yourself, develop skills & confidence to lead to a more fulfilling and happier life
<b>Day/Date/Time</b>	<b>Activity details</b>
Thursday 2pm starts 2/10/13	Various fun activities and discussions within a small supportive group
<b>Location</b>	<b>Who is the group for</b>
Training room 55 New King Street	People who are engaging with agencies in BANES for support with homelessness, drugs or alcohol issues, mental health or criminality
<b>Cost</b>	<b>How to join</b>
No cost	Contact; Claire Lawrence 01225 354780

## Sing & Smile - Creativity Works & Minerva Centre

<b>Facilitators</b>	<b>Group/course overview</b>
Indigo Craig	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.
<b>Day/Date/Time</b>	<b>Activity details</b>
19th & 22nd Oct. More dates tbc	Group members share ideas to develop and learn new skills in singing. The group is facilitated by an singing tutor.
<b>Location</b>	<b>Who is the group for</b>
Minerva Centre, Bath	Suitable for people who are experiencing or are in recovery from anxiety, depression and mental health illness and interested in singing and making friends in a relaxed environment and non-judgemental group.
<b>Cost</b>	<b>How to join</b>
£3 donation	Contact Philippa 01761 438852 <a href="mailto:philippa@creativityworks.org.uk">philippa@creativityworks.org.uk</a>

## Song writing & singing workshop - Julian House

<b>Facilitators</b> City of Bath College	<b>Group/course overview</b> A fun, relaxing and informal group giving you the opportunity to explore your musical talent
<b>Day/Date/Time</b> Friday 2.15pm starts 8/11/13	<b>Activity details</b> Explore different themes in songs, try out some songs yourselves, have a go at writing songs, come along and sing or help just with the writing
<b>Location</b> Space 2      55 New King Street	<b>Who is the group for</b> People who are engaging with agencies in BANES for support with homelessness, drugs or alcohol issues, mental health or criminality
<b>Cost</b> No cost	<b>How to join</b> Contact; Claire Lawrence 01225 354780, <a href="mailto:clairel@julianhouse.org.uk">clairel@julianhouse.org.uk</a> or ask your support worker to refer you.

## Social group in Bath - Sirona Care & Health – Community Options

<b>Facilitators</b> Sue Hall Grant Davis Support workers	<b>Group/course overview</b> The Social group is very informal. It aims to bring people together who feel socially isolated.  The group provides good social networking. We aim to provide a safe environment where people can come along to have a chat / read the papers/ or join in with activities
<b>Day/Date/Time</b> Tuesday and Thursday 10.30 am – 2.30pm	<b>Activity details</b> 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
<b>Location</b> Hayhill Baptist Church Fountain Buildings, Bath	<b>Who is the group for</b> The Group is aimed at Adults who have experienced or experiencing mental ill health ,alongside social isolation.
<b>Cost</b> Small cost for Light lunch / beverages.	<b>How to join</b> Contact office for details and referral form, or ask your care coordinator or G.P. to refer to Community Options Team. 01225 396033

## The Board Games Group – Bath Mind

<b>Facilitators</b> Judy Ross Bath Mind	<b>Group/course overview</b> An activity based peer support group focused on playing a range of board games.
<b>Day/Date/Time</b> Every Friday 12pm-3.30pm	<b>Activity details</b> 
<b>Location</b> Bath Mind, 13 Abbey Church Yard, Bath, BA1 1LY	<b>Who is the group for</b> Anyone who lives with mental distress and has an interest in board games.
<b>Cost</b> Free	<b>How to join</b> Contact: Judy Ross 07539 302852

## The Gardener's Lodge Art Group - The Holburne Museum

<b>Facilitators</b> Louise Campion, Gillian McFarland Boyle, Mary Caron- Courtney, Susannah Critchley and visiting artists	<b>Group/course overview</b> The Gardener's Lodge is a friendly and supportive space in which people can develop their arts skills, be creative and meet other people in a safe environment. We get involved art projects and exhibitions in Bath and the local area. We believe that the enjoyment of art can change peoples lives!
<b>Day/Date/Time</b> Every Wednesday, 4.30-5.30	<b>Activity details</b> A wide range of arts based activities often inspired by visiting exhibitions in the museum - sculpture, drawing, ceramics and much more! Tea and coffee is provided.
<b>Location</b> The Gardener's Lodge, Sydney Gardens (behind the Holburne Museum)	<b>Who is the group for</b> Anyone who has been affected by homelessness, mental health issues or substance misuse. (age 18+)
<b>Cost</b> Free	<b>How to join</b> Ask to be referred through the Genesis Trust, Julian House, DHI or St Mungo's.

## Walking Group, Bath

<b>Facilitators</b>
David Woods volunteer

<b>Group/course overview</b>
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

<b>Day/Date/Time</b>
Mondays 10.30am

<b>Activity details</b>
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

<b>Location</b>
Outside The Forum, near job centre, Bath, BA1 1UG

<b>Who is the group for</b>
Anyone wanting to improve their mental wellbeing, social network and physical health through walking with peers.

<b>Cost</b>
Free

<b>How to join</b>
Come along on the first Monday of any month For more information Call David on 01225 312 009 Ring Sunday 6.30pm - 7.30pm to let me know if coming.

## Writing Space

<b>Facilitators</b>
Group members and artist David Davies and other writers

<b>Group/course overview</b>
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.

<b>Day/Date/Time</b>
Tuesday afternoons 1–4pm,

<b>Activity details</b>
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)

<b>Location</b>
Central Bath

<b>Who is the group for</b>
Suitable for people who are experiencing or are in recovery from anxiety, depression and mental health illness.

<b>Cost</b>
£2 donation

<b>How to join</b>
To book a place phone Philippa at Creativity Works 01761 438852

## 5-a-side indoor football - Sirona Care & Health – Community Options

<b>Facilitators</b> George Clack Support worker Coach -Steve Porter	<b>Group/course overview</b> 5-a-side indoor football
<b>Day/Date/Time</b> Mondays 10.30-11.30am	<b>Activity details</b> Come along and have some fun kicking a football around with likeminded people who enjoy football.
<b>Location</b> Bath Sports Centre	<b>Who is the group for</b> Anyone who feels this activity will help towards their mental wellbeing and improve their physical health.
<b>Cost</b> £1 per session	<b>How to join</b> Contact the office for referral information 01225 396033

## Facilitators Peer Support – St Mungo’s

<b>Facilitators</b> Ralph Lillywhite	<b>Group/course overview</b> Six support (reflective) sessions. One a month for six months, based on an Action Learning model
<b>Day/Date/Time</b> To find out more - Fri 15 <sup>th</sup> Nov, 11am – 12pm  The six sessions to be decided by group	<b>Activity details</b> Action Learning is “Essentially facilitated peer-learning and problem solving using a discipline of uninterrupted presentation, open questioning and summary – effectively a form of group coaching”. (The Independent Theatre Council)
<b>Location</b> South Vaults, Green Park Station, Bath, BA1  Location of six sessions to be decided by group	<b>Who is the group for</b> Group facilitators who are not paid or paid per session.  If you cannot make 15 <sup>th</sup> Nov, but are interested in a place please contact me.
<b>Cost</b> Free	<b>How to join</b> To book a place phone or e-mail Ralph – 0782 511 5775 <a href="mailto:rlillywhite@mungos.org">rlillywhite@mungos.org</a>



## Support for peer lead groups

### B&NES Grants

**B&NES Supporting Communities Fund** - Provided by the B&NES Adult Care, Supporting People and Communities Team to enable local communities to tackle some of the causes of mental ill health, social isolation and distress, and to promote and improve people's mental wellbeing. Grants of between £200 and £2,000 are available for groups. Administered by Quartet [www.quartetcf.org.uk](http://www.quartetcf.org.uk)

**Funding Grant** (St Mungo's & New Hope) – For mental health support groups. For people who wish to start or develop their group. Support available to develop your idea and fill out grant form. For more info and a grant form contact Ralph Lillywhite at [rlillywhite@mungos.org](mailto:rlillywhite@mungos.org) or call 0782 511 5775

**To search for funding in B&NES** - free facility

<http://bathnes.gov.uk/services/neighbourhoods-and-community-safety/community-grants-and-funding>

### Training

**Facilitators course** – St Mungo's

A six session course to provide volunteers & clients with the skills, knowledge and confidence to facilitate a group or meetings. Course includes:

Communicating with Confidence,  
Assertiveness

It's Ok to be Me – MBTI  
Open & closed questions

**Safeguarding, Boundaries, First Aid** contact re dates

**Facilitators Peer Support** – see page 22

For information contact Ralph Lillywhite - [rlillywhite@mungos.org](mailto:rlillywhite@mungos.org) tel 0782 511 5775

**Mental Health First Aid (MHFA)**

The two-day course teaches people how to recognise the symptoms of mental health problems, how to provide initial help and comfort and how to guide a person towards appropriate professional help. £15 for a course manual and certificate

For information, contact Bath Mind: 01225 316199 or [admin@bathmind.org.uk](mailto:admin@bathmind.org.uk)

Next course - Monday 4th & Tuesday 5th November 2013: Bath

### Support

We are keen for people with lived experience of mental health issues and their supporters to develop their own peer support networks and groups. If you would like support to do this please contact the relevant organisation from the directory.

### To add your group

To add your group to this directory

Call Ralph Lillywhite on 0782 511 5775 or e-mail [rlillywhite@mungos.org](mailto:rlillywhite@mungos.org)

# The organisations in this booklet

## Bath City Farm

Our mission is to build a caring, healthy and cohesive community through the involvement of local people - especially those who are disadvantaged in the development and maintenance of a productive green space, where they are able to learn about sustainable farming and food growing, acquire new skills and develop new friendships.

Come and see the animals, eat at the Trough cafe kiosk, enjoy the view, hire the Crater our outdoor performance space [www.bathcityfarm.org.uk](http://www.bathcityfarm.org.uk)  
[info@bathcityfarm.org.uk](mailto:info@bathcityfarm.org.uk) 01225 481269

## Bath Mind

We're Bath Mind, the mental health charity.

We're here to make sure anyone with a mental health problem has somewhere to turn for advice and support. We offer supported housing, advocacy, befriending, a social group and one to one support to people from black and ethnic communities and mental health first aid training [www.bathmind.org.uk](http://www.bathmind.org.uk)

## Creativity Works

"Creativity Works believes that creativity can make a significant difference to people's lives: inspiring, empowering and supporting them to have fun, learn new transferable skills and improve their health and wellbeing. Working with professional artists, volunteers and wellbeing professionals, bespoke projects and courses are created that encourage positive personal and social change. We enable the set up of creative peer led groups and encourage individuals to explore, develop and grow. Our work supports events, draws communities together and enables more people to access the arts and connect with community and culture" For more information phone 01761 438852 or [philippa@creativityworks.org.uk](mailto:philippa@creativityworks.org.uk) [www.creativityworks.org.uk](http://www.creativityworks.org.uk)

## DHI

Developing Health and Independence (DHI) is a charity that provides a comprehensive range of services in the Bath area for people who are socially excluded for reasons such as **homelessness, alcohol or drug issues, learning disabilities or emotional difficulties**.

We help people to turn their lives around by tackling both the causes and consequences of social exclusion through practical and emotional support services such as information and advice, supported housing, counselling, activities, and employment/training opportunities.

To get in touch call 01225 329411 or visit our website [www.dhi-online.org.uk](http://www.dhi-online.org.uk)

**"Meeting the needs of the individual, making a difference in the community".**

## Genesis Trust

Genesis Trust offers hope for a better future to vulnerable and homeless adults in Bath, providing practical, emotional and spiritual help. A Christian charity, whose core belief is that everyone is equally valuable before God, and deserving of an independent, secure and satisfying lifestyle. We run 9 projects across Bath, offering a progressive approach to helping people meet their needs.

Our 4 key projects, open 5 days a week, are:

- Lifeline Centre; a drop-in centre offering support
- Life Skills; free courses and activities primarily for vulnerable adults
- Wood Works; providing training

Furniture Project; selling donated furniture to those on low incomes

## Julian House

Julian House offers services to homeless people in Bath, the refurbished day centre with 19 overnight spaces offering activities and support during the day, supported housing manage 5 houses offering support to clients until they move on into independent living, Henrietta street for clients with learning difficulties and Women's Services support women who have experienced domestic abuse.

We also offer a range of meaningful activities, having a positive impact on self-confidence, independent living skills and health & wellbeing for clients who engage with support agencies for support with housing, drugs & alcohol, mental health issues or criminality.

## Keep Safe Keep Sane

Keep Safe Keep Sane are a peer support group for carers or supporters of people with mental health difficulties. We know that a lot of carers are left isolated and unsupported, dealing with some challenging situations. We offer:

- Support from people who understand
- Information on local mental health services
- training
- A chance to get involved and improve the services within mental health

We meet the second Tuesday of the month, 7-9pm at the new Carers Centre, The Woodlands, Lower Bristol Road, Bath BA2 9ES. Come along have a coffee and chat, and find out more.

[www.keepsafekeepsane.org](http://www.keepsafekeepsane.org)

twitter - @keepsafekeepsan

tel - 07528 668040

## Mulberry House (St Mungo's)

Mulberry House (St Mungo's) is a supported living service for people with complex mental health needs. We are based in a beautiful Georgian property on the edge of Weston Village, Bath, with gardens, a small orchard and allotment. The house has 8 bedrooms (some with their own kitchen facilities), and 5 self-contained flats. Staff are on duty 24 hours a day.

Clients work closely with individual Support Workers based on Recovery Model principles. There are also regular group activities, and clients are encouraged to take part in our Social Enterprise scheme - growing and preparing fresh produce from our allotment.

## New Hope

New Hope is for anyone affected by mental health issues. We give a voice to people with lived experience of mental health issues and carers, reducing stigma in mental health and improving services. We raise the issues that are important to service users and carers.

New Hope is a friendly, enthusiastic group of people swapping ideas, supporting each other and most of all making a difference. We work in partnership with and are supported by St Mungo's and have worked closely with other organisations on achieving a festival, a what works conference and peer research. Tel – 01225 750 920, [newhopebanes@gmail.com](mailto:newhopebanes@gmail.com)

## Second Step's Floating Support

Second Step's Floating Support service works with people with mental health problems in Bath and North Somerset. We help people who are moving or having problems managing their current accommodation. We support people by focusing on their strengths and helping them grow in confidence and independence. We support people for up to two years and all support is based on the individual, their needs, hopes and aspirations. Our latest statistics show that 94% of people who use our housing support services feel more independent and need less support from us over time. **Call 01225 750926/7 for more information.**

## Sirona Care & Health – Community Options

Sirona Care & Health – Community Options. Are a community interest company responsible for the provision of community health and social care services. A Community interest Company means all efforts and resources are used for the benefit of our service users. Community Options aim to offer a confidential and informal service, supporting people who wish to overcome personal and social barriers that they feel are holding them back from pursuing a meaningful and purposeful day. The service is for people who have mental health needs who wish to explore social and therapeutic opportunities within the community.

## Soundwell Music Therapy Trust

Soundwell Music Therapy Trust is the only *specialist* adult mental health music therapy charity in the UK. We run music therapy and music support groups for mental health service users and unpaid carers in Wiltshire and B&NES. Our experienced therapists work with participants using music and sound to promote well-being, change and recovery.

**Participants feedback:** *“...order from chaos...”*

*“the music therapy helps me relax...it soothes the soul and the complications of life”*

*“I felt less stressed which helped me cope with my personal problems”*

*“The drumming really released something... ..felt as if something was shifting”*

[www.soundwell.org](http://www.soundwell.org)

Registered Charity 1093992

## St Mungo's Building Bridges to Well Being

St Mungo's Building Bridges to Well Being Works with people affected by low to moderate mental health needs in B&NES. Enabling people to have more independent & fulfilling lives, develop peer support networks & meaningful use of time.

- **Training** – Includes recovery star, safeguarding, boundaries, facilitation & mentoring
- **Grants** – Enabling peer led groups to start and develop
- **Co-delivery of events with volunteers** – WMH festival & What Works Conference
- **Support for New Hope** – To reduce stigma and actively improving local services
- **Support** – One-to-one & group support to people setting up groups, activities

[www.mungos.org/services/where\\_we\\_work/building\\_bridges\\_wellbeing](http://www.mungos.org/services/where_we_work/building_bridges_wellbeing)





The Hope Guide provides information on groups in Bath and NE Somerset that are run by volunteers, not for profit and statutory organisations. These groups are aimed at people who are socially isolated, are affected by mental health issues, substance misuse or homelessness.



New Hope and St Mungo's produce this guide in collaboration with a steering group made up of people with lived experience and staff from various projects.