

Group Work Programme



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What is Group Support

Welcome to the Inspire Consortium Group Work Programme.

The Inspire Consortium successfully bid for the delivery of the Community Mental Health services in Tower Hamlets in July 2016. The Consortium is made up of 8 partner organisations.

The Inspire Mental Health and Wellbeing Service aims to support people who live in Tower Hamlets and who have experienced mental health issues to access support to promote their recovery and to build their confidence.

What is Group Support?

“a group of people who have similar experiences and concerns and who meet in order to provide emotional support, comfort and encouragement for one another”

We offer a wide range of groups across Tower Hamlets to help you to manage your mental health and wellbeing as well as support your recovery.

Our groups are designed to:

- Develop Confidence
- Raise awareness
- Support recovery
- Build resilience
- Develop coping strategies

The groups are available to those who are accessing the Inspire Mental Health, Recovery and Wellbeing Service.

User Led Groups

As well as groups that are facilitated by staff and sessional workers, we also have a range of groups that are supported and delivered by people with lived experience of mental health. Details of these are at the back of this booklet, with contact numbers for you to contact them directly.





How to Access Groups

If you are interested in joining a group then you will need to make a referral to the Inspire First Point of Access Service on the contact number or email below.

To make a referral please contact us via:

Telephone: 0330 0538122

Email : enquiry@inspire-wellbeing.org.uk

Website: www.inspire-wellbeing.org.uk

Unfortunately it is not possible for you to just turn up at a group without being referred by our team.

Number 1

*I was the 1 child in 10.
No one took me seriously then;
now I'm the 1 adult in 4,
and thought, I've been here before.*

*I'm more than a statistic,
a personality that is addictive;
a problem to be solved,
a mental illness to behold.
You tell me I'm mad,
I reply that I'm glad;
my breakdown set my mind free,
and led me to liberty.
By challenging entrenched views,
which for long had me bemused.
Now I can think straight,
no crooked thoughts to negotiate.*

*Sam Braveboy
Creative Writing Group*



Cultural Groups

Group	Details: Date, Time and Venue
<p>Vietnamese MHSG</p> <p>Support group for people from Vietnam.</p> <p>Activities including: Cultural appropriate activities to promote recovery and wellbeing, including Tree of Life; Mindfulness; Walk and Talk; Learn to use computer etc.</p>	<p>Date: Every Tuesday</p> <p>Time: from 11am to 1pm</p> <p>Venue: Vietnamese Mental Health Services 25 Fair Street, London SE1 2XF Tel. 020 7234 0601</p> <p>Email: info@vmhs.org.uk</p>

Group	Details: Date, Time and Venue
<p>Somali Mental Health Support Group</p> <p>In recognition of the cultural needs and identity of the Somali Community this group offers a programme of support which enables members to talk about their mental health and develop strategies to build confidence, raise awareness and support their recovery.</p>	<p>Day - Tuesday</p> <p>Time 11.00—13.00</p> <p>Venue: Mind in Tower Hamlets and Newham 13 Whitethorn Street London E3 4DA 020 7510 1081 Info@mithn.org.uk</p>

Group	Details: Date, Time and Venue
<p>Bengali Mental Health Support Group</p> <p>In recognition of the cultural needs and identity of the Bengali Community this group offers a programme of support which enables members to talk about their mental health and develop strategies to build confidence, raise awareness and support their recovery.</p>	<p>Day - Monday</p> <p>Time 14.00—15.00</p> <p>Venue: Mind in Tower Hamlets and Newham 13 Whitethorn Street London E3 4DA 020 7510 1081 Info@mithn.org.uk</p>





Cultural Groups

Group	Details: Date, Time and Venue
<p>THACMO</p> <p>TBC</p>	<p>Day Sunday</p> <p>Time Monthly—11.00—15.00</p> <p>Venue: Mind in Tower Hamlets and Newham</p> <p>13 Whitethorn Street</p> <p>London E3 4DA</p> <p>020 7510 1081</p> <p>Info@mithn.org.uk</p>





Creativity and Recovery


Group	Details: Date, Time and Venue
<p>Art & Craft</p> <p>Beside</p> <p>An opportunity to learn and develop art and craft techniques. All levels are welcome, beginners to advanced. This is not a therapeutic group.</p>	<p>Day - Monday</p> <p>Time 13.30—15.30</p> <p>Venue Cranbrook Community Centre Mace Street, London E2 6JY 020 7033 6888</p> <p>info@beside.org.uk</p>


Group	Details: Date, Time and Venue
<p>Music Group</p> <p>Using music to support recovery</p> <p>Being creative, listen, play or sing your favourite songs together with others. You do not have to have any experience of making music beforehand. The aim is to support with recovery build resilience and reduce isolation.</p>	<p>Day - Monday</p> <p>Time 13.00-15.00</p> <p>Venue: Mind in Tower Hamlets and Newham 13 Whitethorn Street London E3 4DA 020 7510 1081</p> <p>Info@mithn.org.uk</p>

Group	Details: Date, Time and Venue
<p>Bengali Women's Arts and Craft Group</p> <p>St Hilda's East Community Centre</p> <p>Group aim is for the women of Inspire to collaborate with the Boundary women on various creative workshops to build confidence through group activities, to helping break down barriers and develop shared understanding, developing trust and social skills, including teamwork and communication. The aim is also to explore their creativity and gain self-confidence and self-esteem.</p>	<p>Day—Tuesday</p> <p>Time 11:00—13:00</p> <p>Venue: St Hilda's East Community Centre 18 Club Row London E2 7EY 020 7739 8066</p> <p>info@sthildas.org.uk</p>



Creativity and Recovery


Group	Details: Date, Time and Venue
<p>Creative Writing for wellbeing</p> <p>The writing for wellbeing groups each offer a friendly, warm, safe and supportive place where you can express yourself, broaden your social opportunities and hear and read the work of other writers. Participants may have had no previous experience at all of writing or may be regular journal-keepers or experienced and/or published writers. All are respected equally. Each person makes their own unique and valuable contribution to what goes on.</p> 	<p>Day - Monday Thursday</p> <p>Time 15.00—17.30 16.30—19.30 pm</p> <p>Venue: Mind in Tower Hamlets and Newham</p> <p>13 Whitethorn Street</p> <p>London E3 4DA</p> <p>020 7510 1081</p> <p>Info@mithn.org.uk</p>

Group	Details: Date, Time and Venue
<p>Reset</p> <p>Drug and alcohol Support and Advice Sessions</p>  <p>Staff from the Reset Outreach and Referral Team are available at Open House Training Room to offer one to one advice, support and information to help people reduce their alcohol and/or drug dependency.</p> <p>These sessions are open to Tower Hamlets residents and for those Looking for advice about their personal drug and alcohol use and support into treatment.</p> <p>No appointment necessary.</p>	<p>Day: Friday</p> <p>Time: 2.00– 5.00 pm</p> <p>Venue: Mind in Tower Hamlets and Newham</p> <p>Open House</p> <p>13 Whitethorn Street</p> <p>London E3 4DA</p> <p>020 7510 1081</p> <p>You can call the Reset Outreach and Referral Service team free on 0800 802 1850 or email reset@providencerow.org.uk</p>






Health and Wellbeing Activity


Group	Details: Date, Time and Venue
<p>Bengali Women's Exercise Group</p> <p>Group aim is for the women of Inspire to collaborate with the Boundary women around health, fitness and wellness and to discover common goals, for better integration of Inspire women back into the community.</p>	<p>Day - Tuesday</p> <p>Time 11.00-12.00</p> <p>Venue: St Hilda's East Community Centre 18 Club Row London E2 7EY 020 7739 8066 Info@sthildas.org.uk</p>
<p>Cycling Group</p>  <p>Group aim is to support those with no cycling skills on a Bikeability course, also to support those with cycling skills onto level 2 Bikeability.</p> <p>The group also aims to foster a social engagement aspect through regular group cycling, it also adds the element of recovery</p>	<p>Day - Thursday</p> <p>Time 11.00-12.00</p> <p>Venue: Mind in Tower Hamlets and Newham 13 Whitethorn Street London E3 4DA 020 7510 1081 Info@mithn.org.uk</p>
<p>Steps to Wellbeing</p> <p>Beside</p> <p>This is a group that looks at the importance of caring for yourself. It will provide you with practical skills in an environment where everyone will be supportive of each other.</p>	<p>Day - Tuesday</p> <p>Time—17.30—19.00</p> <p>Venue: Mind in Tower Hamlets and Newham 13 Whitethorn Street London E3 4DA 020 7510 1081 Info@mithn.org.uk</p>



Health and Wellbeing Activity

Group	Details: Date, Time and Venue
<p>Men's Shed Project</p>  <p>Men's Shed brings together men to share their skills, have a laugh and a cup of tea while working on practical activities of their choice. A place for members to be themselves, a place to work at your own pace, a place to exchange ideas and learn, a place for members to support each other and build friendships.</p>	<p>Day - Monday</p> <p>Time 10.00-12.00</p> <p>Venue: Mind in Tower Hamlets and Newham</p> <p>13 Whitethorn Street</p> <p>London E3 4DA</p> <p>020 7510 1081</p> <p>Info@mithn.org.uk</p>

Group	Details: Date, Time and Venue
<p>Chinese massage and Acupuncture</p> <p>Complimentary therapy can help to restore the body's natural equilibrium and balance and when the body is relaxed and in balance it can cope with everyday stresses and strains of life more effectively. It is a holistic approach which seeks to treat the person as a whole looking at all aspects of their life, e.g. Lifestyle, diet, occupation, and emotions.</p>	<p>Day - Thursday</p> <p>Time 10.00-1.500</p> <p>Venue: Mind in Tower Hamlets and Newham</p> <p>13 Whitethorn Street</p> <p>London E3 4DA</p> <p>020 7510 1081</p> <p>Info@mithn.org.uk</p>

Group	Details: Date, Time and Venue
<p>Smoking Cessation</p>  <p>If you are keen to reduce or stop smoking come to this support group. Where you will be seen by a Smoking Cessation worker and explore tools and support you need to Quit.</p>	<p>Day - Wednesday</p> <p>Time— 14.00—15.30</p> <p>Venue: Mind in Tower Hamlets and Newham</p> <p>13 Whitethorn Street</p> <p>London E3 4DA</p> <p>020 7510 1081</p> <p>Info@mithn.org.uk</p>



Therapeutic Groups

Group	Details: Date, Time and Venue
<p>Post-natal Group activity</p> <p>For women with young children who may be suffering from post-natal depression or Isolation to meet with other women going through the same thing and discuss ways to combat, what could potentially be a short term illness.</p>	<p>Day - Thursday</p> <p>Time 13.00-15.00</p> <p>Venue: Mile End children's centre</p>

Group	Details: Date, Time and Venue
<p>Hearing Voices</p> <p>This group is for people living in Tower Hamlets who hear voices and experience sensory experiences. The Hearing Voices group offers an opportunity for people to accept and 'live with voices' in a way that enables them to regain some control over their lives.</p>	<p>Day - Thursday</p> <p>Time : 15.00—17.00</p> <p>Venue:: 51 Three Colts Lane London E2 6J1 O20 7033 6888 info@beside.org.uk</p>

Group	Details: Date, Time and Venue
<p>Drama Therapy</p> <p>Drama therapy is a form of therapy that offers individuals and groups the opportunity to explore emotional concerns. It provides an outlet using storytelling, artwork, puppetry and a variation of creative methods to work through some challenging and painful life experiences</p>	<p>Day Tuesday</p> <p>Time 11.30—12.45</p> <p>Venue: Mind in Tower Hamlets and Newham 13 Whitethorn Street London E3 4DA 020 7510 1081 Info@mithn.org.uk</p>



Therapeutic Groups

Group	Details: Date, Time and Venue
<p>Mindfulness & WRAP Group</p> <p>This Mindfulness group helps you learn effective relaxation techniques. Using the breath and calming exercises to stay in the present moment, mindfulness can reduce symptoms of anxiety and depression. Let go of negative thoughts and reduce stress with this powerful tool</p> <p>Look at ways to enhance your wellbeing with Wellness Recovery Action Plans. Develop awareness of lifestyle changes that can help</p>	<p>Day - Tuesday</p> <p>Time 2.30 - 4 pm</p> <p>Venue: Mind in Tower Hamlets and Newham</p> <p>13 Whitethorn Street</p> <p>London E3 4DA</p> <p>020 7510 1081</p> <p>Info@mithn.org.uk</p>

Group	Details: Date, Time and Venue
<p>Coping with life – CBT Courses</p> <p>These Group CBT Courses focus on different issues from Depression, Stress, Anxiety, Anger, Self Esteem and Assertiveness.</p> <p>They aim to help participants engage with the thoughts that maintain their patterns of emotions and behaviour. It is a goal focused course aimed at increasing self-awareness and learning strategies that reduce symptoms</p>	<p>Day - Thursday</p> <p>Time 13.30-15.30</p> <p>Venue: Mind in Tower Hamlets and Newham</p> <p>13 Whitethorn Street</p> <p>London E3 4DA</p> <p>020 7510 1081</p> <p>Info@mithn.org.uk</p>

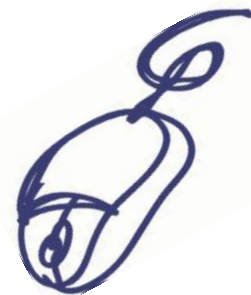
Group	Details: Date, Time and Venue
<p>Men's Mental Health & Wellbeing Group</p> <p>Men's Talk</p> <p>Mental health awareness group for men to acknowledge challenges and pressure that they face in their (emotional / social) lives.</p> <p>This group aims at prevention and recovery by providing a space where thoughts and feelings relating to distress can be shared – and through discussion / training / facilitation – consider self-processes that would help combat and regulate the experienced distress.</p>	<p>Day - Friday</p> <p>Time 12.00-14.00</p> <p>Venue: Mind in Tower Hamlets and Newham</p> <p>13 Whitethorn Street</p> <p>London E3 4DA</p> <p>020 7510 1081</p> <p>Info@mithn.org.uk</p>



Learning Groups


Group	Details: Date, Time and Venue
<p>ESOL</p> <p>The aim of this group is to teach English language to speakers of other languages who are not fluent in English.</p> <p>The class is a mixed group, with personal tutor support and individual learning goals</p> <p>The course is Level 2 and involves an assessment—is run over 20 weeks with an exam at the end.</p> <p>Attendance required for two half days per week.</p>	<p>Day: Monday and Wednesday</p> <p>Time 14.00—16.00</p> <p>Venue: Mind in Tower Hamlets and Newham</p> <p>13 Whitethorn Street</p> <p>London E3 4DA</p> <p>020 7510 1081</p> <p>Info@mithn.org.uk</p>


Group	Details: Date, Time and Venue
<p>Basic Skills</p> <p>This course is run in partnership with Tower Hamlets college and can only be accessed through a CMHT referral.</p> <p>The course supports those with health difficulties to improve their written English and Mathematics, and has a pathway into mainstream education</p>	<p>Day— Friday</p> <p>Time 10.00—13.00</p> <p>Venue: Mind in Tower Hamlets and Newham</p> <p>13 Whitethorn Street</p> <p>London E3 4DA</p> <p>020 7510 1081</p> <p>Info@mithn.org.uk</p>





Learning Groups

Group	Details: Date, Time and Venue
<p>IT Training:</p>  <p>Use of PowerPoint</p> <p>This course is designed to improve your skills of using PowerPoint. You will develop a sound understanding of the use of the presentation package and be able to use all the tools to create new Power Point documents.</p>	<p>Day - Wednesday</p> <p>Time 10.00-12.00</p> <p>Venue: Mind in Tower Hamlets and Newham</p> <p>13 Whitethorn Street</p> <p>London E3 4DA</p> <p>020 7510 1081</p> <p>Info@mithn.org.uk</p>

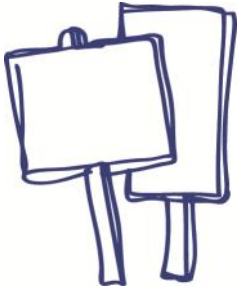
Group	Details: Date, Time and Venue
<p>IT Training:</p> <p>Internet & Email</p>  <p>The aim of this course is to help users to develop skills in using the Internet, to search for information with confidence and to send and receive emails</p>	<p>Day - Wednesday</p> <p>Time 13.00—15.00</p> <p>Venue: Mind in Tower Hamlets and Newham</p> <p>13 Whitethorn Street</p> <p>London E3 4DA</p> <p>020 7510 1081</p> <p>Info@mithn.org.uk</p>

Group	Details: Date, Time and Venue
<p>Meet Up Group</p> <p>Introduction to Inspire Services</p> <p>An opportunity to meet with the staff and other service users to look at opportunities within the borough for support and routes into services.</p> <p>Light lunch available.</p>	<p>Day - Wednesday</p> <p>Time 12.00—14.00</p> <p>Venue: Mind in Tower Hamlets and Newham</p> <p>13 Whitethorn Street</p> <p>London E3 4DA</p> <p>020 7510 1081</p> <p>Info@mithn.org.uk</p>

Timetable

Cultural Groups	Creative and recovery	Health and Well-being Activities	Therapeutic Groups	Learning and Educational
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	Morning				Afternoon			Evening
Monday	Men's Shed Project 10.00—12.00 Mind in Tower Hamlets and Newham	Music Group 13.00-15.00 pm Mind in Tower Hamlets and Newham	Arts and Craft 13.30—15.30 Cranbrook Community Centre	Creative Writing 15.00 —17.30 pm Mind in Tower Hamlets and Newham	ESOL 13.00 —15.00 Mind in Tower Hamlets and Newham	Bengali Mental Health Support Group 14.00—15.00 Mind in Tower Hamlets and Newham		
Tuesday	Somali Mental Health Support Group 11.00—13.00 Mind in Tower Hamlets and Newham	Vietnamese Mental Health Support Group 11.00—13.00 Vietnamese Mental Health Service	Bengali Women's Exercise Group 11.00—12.00 St Hilda's	Mindfulness and WRAP Group 14.30—16.00 Mind in Tower Hamlets and Newham	Drama Therapy Group 11.30—12.45 Mind in Tower Hamlets and Newham	Bengali women's Craft group 11.00—13.00 St Hilda's	Steps to wellbeing 16.30—18.00 Mind in Tower Hamlets and Newham	
Wednesday	IT Training : Spreadsheet & Microsoft 10.00—12.00 Mind in Tower Hamlets and Newham	IT training: Internet & Email 13.00—15.00 Mind in Tower Hamlets and Newham	Smoking cessation 14.00—15.30 Mind in Tower Hamlets and Newham	ESOL 14.00 —16.00 Mind in Tower Hamlets and Newham	Meet Up Group 12.00—14.00 Mind in Tower Hamlets and Newham			
Thursday	Chinese Massage and Acupuncture 10.00—15.00 Mind in Tower Hamlets and Newham	Cycling 12.00—14.00 Mind in Tower Hamlets and Newham	Post Natal Depression Group 13.00—15.00 Venue Mile End children's centre		Coping with Life—CBT 13.30—15.30 Venue Mind in Tower Hamlets and Newham	Hearing Voices 15.00—17.00 Venue: 51 Three colt Lane	Creative Writing 16.30 —19.30 Mind in Tower Hamlets and Newham	
Friday	Basic Skills 10.00—13.00 Mind in Tower Hamlets and Newham	Men's Group—Mental Health and Wellbeing 12.00—14.00 Mind in Tower Hamlets and Newham	Reset 14.00—17.00 Mind in Tower Hamlets and Newham					
Sunday	THACMO Sunday monthly.. TBC Mind in Tower Hamlets and Newham							



Group Venues

The Group work is carried out over 5 days per week including evenings. We have groups operating in different venues across the Borough. The following information relates to address and contact details for group venues.

Mind in Tower Hamlets and Newham

13 Whitethorn Street

London

E3 4DA

020 7510 11081

info@mithn.org.uk

Beside—Art Group

Cranbrook Community Centre

Mace Street London

E2 6JY

0207 033 6888

info@beside.org.uk

St. Hilda's East Community Centre

18 Club Row

London

E2 7EY

info@sthildas.org.uk

Vietnamese Mental Health Services

25 Fair Street London

SE1 2XF

0207 234 0601

info@vmhs.org.uk

Beside-Hearing Voices Group

51 Three Colts Lane

London

E2 6JY

0207 033 6888

info@beside.org.uk



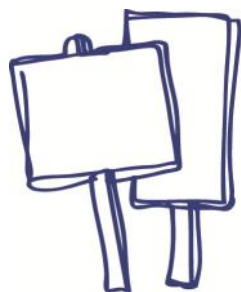


Measuring Impact

As a Consortium we are required to measure the impact of our service on your mental health and wellbeing. We will be using the form below on a 12 weekly basis. This will enable you to let us know how well you are doing.

The Warwick Edinburgh Mental Wellbeing Score

STATEMENTS	None of the time	Rarely	Some of the time	Often	All of the time
I've been feeling optimistic about the future	1	2	3	4	5
I've been feeling useful	1	2	3	4	5
I've been feeling relaxed	1	2	3	4	5
I've been feeling interested in other people	1	2	3	4	5
I've had energy to spare	1	2	3	4	5
I've been dealing with problems well	1	2	3	4	5
I've been thinking clearly	1	2	3	4	5
I've been feeling good about myself	1	2	3	4	5
I've been feeling close to other people	1	2	3	4	5
I've been feeling confident	1	2	3	4	5
I've been able to make up my own mind about things	1	2	3	4	5
I've been feeling loved	1	2	3	4	5
I've been interested in new things	1	2	3	4	5
I've been feeling cheerful	1	2	3	4	5



User Led Groups

Monday	<p>ASPIRE2 Support group for people diagnosed with anxiety & agoraphobia</p> <p>13:00—15:00 Tel: 07977 909195 Info.aspire2@gmail.com</p>	<p>THAI BOXING FIGHTERS ACADEMY Muay Thai boxing. Keep fit and self-defence. Training session</p> <p>19:00—20:30 Gohar Tel: 0776 979 7916 ThaiBoxingFightersAcademy@yahoo.co.uk</p>	<p>PHOENIX Peer support group for all forms of self-harming</p> <p>15:15—17:15 Julia Marland Tel: 0207 364 5531 harmlesshaven@outlook.com</p>	<p>SOHBA THAIBA Arab women support group 11:00</p> <p>Mondays and Fridays Tel: 07853132859 Nadjo.kissarli@hotmail.com</p>			
	Tuesday	<p>MELODY MAKERS MUSIC GROUP Group support through musical activities—singing, songwriting and playing instruments, performing and learning</p> <p>15:00—17:30 Gengiz Kahraman Tel: 0207 364 5531</p>	<p>NEW START PAMPER GROUP Women's pamper group for a positive self-image</p> <p>12:15—14:45 Sarah Murray Tel: 0207 364 5531 info@bowhaven.org.uk</p>	<p>KUSHI Asian women's support group: outings & arts & crafts</p> <p>9:30—12:00 Mosammet Khanam Tel: 0207 364 5531 / 07958023807 info@bowhaven.org.uk</p>	<p>CAFÉ NIA African & Caribbean support group</p> <p>15:00—18:30 Duki Tel: 07983 838010 niadrives@gmail.com</p>	<p>PERFORMANCE ARTS AND CINEMA GROUP Cinema Visits watching a range of Movies . Visit day varies depending on the movie availability</p> <p>15:00—19:00 Janet Roberts Tel: 07983682855</p>	
		Wednesday	<p>VOICES WITHIN Support group for people who hear voices, who may have other unusual perceptions as well as additional mental health needs</p> <p>10:30—12:30 Tel: 020 8364 5531 info@bowhaven.org.uk</p>	<p>COOL TO BELIEVE Peer support group for sharing experiences of living with paranoia and distressing beliefs</p> <p>13:00—15:00 Pete Coward Tel: 07718 589 432 cooltobelieve@gmail.com</p>	<p>THE SONGBIRD Group singing where participants choose and write their own song, and group discussion</p> <p>Fortnightly, 14:00—16:00 Tel: Agnes, 020 7247 6943 agnes.arowosegbe@toynbeehall.org.uk</p>	<p>EXPRESSIONS WITH ART Art based group, and also visits to Museums and Galleries</p> <p>18:30 Phillip Singh Tel: , 07956 391913 expressionswithart@yahoo.co.uk</p>	<p>TIME TO TALK PEER SUPPORT A safe space to discuss individual mental health issues and experiences within a comfortable and familiar environment</p> <p>15:30—17:30 Tel: 02073645531 kerryann@bowh</p>



User Led Groups

Thursday	HANDICRAFT Various handicraft activities 10:30—14:00 Lynette Spiteri Tel: 0207 364 5531 info@bowhaven.org.uk	VIETNAMESE MENTAL HEALTH SERVICE USERS LED-GROUP Health eating, cooking & outings. Thursday or Friday Tan Ho Tel: 0207 234 0601; tan@vmhs.org.uk	EVENING MUSIC GROUP (AKENATUM-B) Music group for service users who have limited to no experience playing an instrument Monday—Thursday, 18:00—20:00 Wednesday 14:00 Richard Munroe Tel: 07803335365 AkenatumB@gmail.com	BOYAAN & GO Asian Womens's Support Group Door to Door Minibus Service available. During Summer Holidays we run on Saturday. 5:00-7:00pm Sultana@sthildas.org.uk Tel: 02077398066		
	FEEL GOOD FRIDAY Lively social drop-in group. Cultural cooking every other week 09:30—17:00 Maxine Stanley Tel: 0207 364 5531 info@bowhaven.org.uk	OCEAN SOMALI WOMEN GROUP Support for Somali women who are isolated and at risk Khadra Sarman Tel: 0207 798 5833 khadra@oceansomali.org.uk	H.U.S.H.—HIDDEN UNIVERSE OF SELF-HARM Support group for people who self-harm 16:00—19:00 Susan Dean Tel: 07709 612 847 hushproject@hotmail.com	MINDFULNESS PHOTOGRAPHY Use photography for social interaction 11:00—14:00 Gem Pritchard Tel: 07497 557 289 Gem@Mindfulnessphotography.org	THAI BOXING FIGHTERS ACADEMY Muay Thai boxing. Keep fit and self defence. Training session 19:00—20:30 Gohar Tel: 0776 979 7916 ThaiBoxingFightersAcademy@yahoo.co.uk	
	SOHBA THAIBA Arab women support group Tel: 0785 3132859 Nadjo.kissarli@hotmail.co.uk	BURCHAM ST GARDENS Weekly gardening group 10:00—12:30 Tel: Jayne Clavering, 0207 093 3549 consortium50@gmail.com	UPBEAT Pilates Class at Oxford House Bethnal Green, improve your Mental and Physical Wellbeing 2:00-3:00pm Tahir Ali Tel: 07570 970707 taz.147@hotmail.co.uk	<p>All User-Led Groups come to form The Support User Network (SUN)</p> <p>The SUN Network meets once every quarter for training.</p> <p>The aims and objectives of the SUN trainings are:</p> <ul style="list-style-type: none"> > Promoting group activities and the network > Sharing experiences, information and resources > Training different members to develop basic skills > Offering culturally specific support > Collaborate and work together <p>Tel: 020 8313 9725</p>		
SUNDAY LUNCH CLUB Social cooking & eating 11:00—15:00 Angela Bari Tel: 0207 364 5531 info@bowhaven.org.uk	URBAN RAMBLING Bi-monthly exercise through walking, photography & socialising. Thursday or Sunday Ana Figueiredo, Tel: 07958761283 urban_rambling@hotmail.co.uk					



Feedback

Name _____

Date _____

How easy was it for you to access the groups?

Did the group support your mental wellbeing and recovery?

Which group did you find the most enjoyable?

Are there any other groups you would like us to develop?

Any other comments:

Please send this information to info@mithn.org.uk or give to your group facilitator

Mind in Tower Hamlets and Newham

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