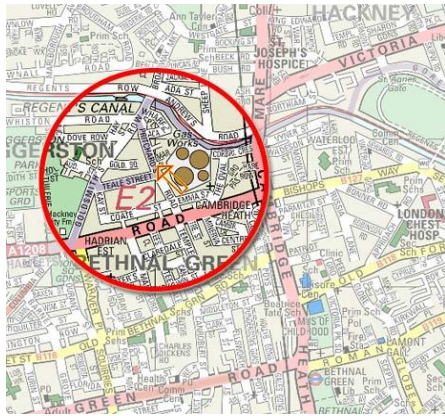


How to find us:

Pritchards Road Day Centre
Marian Place
E2 9AX
Tel: 0207 364 1240



Cambridge Heath Station

Bethnal Green Station

Bus 55, 26, D6, 48, 243

How to join:

- The group is open to women experiencing mental health problems between the ages of 18 – 65 and living in Tower Hamlets.
- If you are a member of PRDC, you can speak to your Link Worker who can refer you to the group.
- If you are not a member you can ask a mental health professional to refer you, however you do need to have a Care Coordinator or be Care Managed in order to access the service
- If you aren't currently attending the centre, you can express an interest during the referral process. You will need to be referred to PRDC by your care manager.

WOMEN'S GROUP

Monday 10.30-12.00

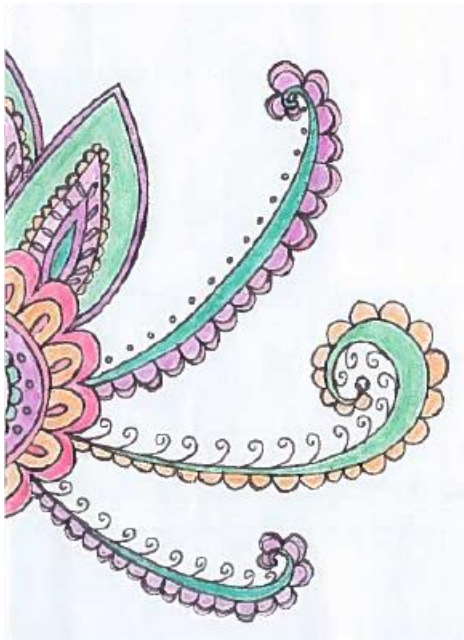


Empowerment
Motivation
Confidence

The purpose of this group is to promote and empower women with mental health issues in such a way that they are better able to identify, and meet their own needs.

Aims of the Group:

- To actively promote and advance the health and wellbeing of women with mental health issues.
- To encourage and support women to engage in activities available in the community.
- To provide a forum for frank and open discussions on issues that are of relevance to group members.
- To encourage peer support.
- To motivate and promote self confidence and self esteem.



Group Agreement:

We want the group to remain a safe and supportive environment for all members. Members came up with the following ground rules for attending the group:

- Everything discussed within the group remains confidential.
- We respect one another and are respectful of different opinions.
- We try not to interrupt other members when they are speaking.
- We try to be punctual and let other members of the group know if we cannot make it.
- You don't have to talk if you don't want to. It's ok just to be present.
- If you want to take a break that's fine; ask a staff member if you want support.

What we do:

Activities are planned and reviewed regularly by group members. Examples of current activities include:

Peer support discussions
Group outings
Exercise
Café visits
Short walks
Craft sessions

For further details and a current timetable of activities please contact the group facilitator:

Siân Pearson
Pritchards Road Day Centre
Marian Place
E2 9AX

Phone: 020 7364 1240
Email: sian.pearson@towerhamlets.gov.uk

