



**Hello! Would you like to join one of our online groups?**

**Here is the timetable of all our sessions.**

**Below this you can see a full description of each session, along with details of available places, any costs, and how to join.**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>1:00-3:00 The Creative Crew</b>	<b>1:00-2:00 Mental Health Peer Support Group</b>	<b>12:00-2:00 Cooking with Confidence</b>		
	<b>2:00-3:00 Quiet Time Group</b>	<b>2:00-3:00 Zoom Room (Speaking Up Together)</b>		
	<b>3:00-4:00 Mental Health Peer Support Group</b>		<b>3:30-4:30 Catch up and a Cuppa (September 2021 onwards)</b>	

## Further information

### **The Creative Crew**

Art group and craft group, activities are planned in advance, just turn up with pens, pencils, paper.

Held on Zoom.

Takes place every fortnight on a Monday

#### **Is there a fee?**

No.

#### **Are there places available?**

Yes.

#### **How do I book a place?**

Contact Heather on 07827 695504.

### **Mental Health Peer Support Group**

This group was developed as a follow on from the Mental Health Workshops developed by Clinical Psychologist Dr Hannah Burman. It is a weekly peer-led space for the members to meet. It is considered to be a safe space to share mental health difficulties and anxieties which have been exacerbated due to the Covid 19 pandemic. Coping skills are shared amongst the group and feelings are explored.

Held on Zoom.

Takes place every Tuesday (2 groups, 1 hour each).

#### **Is there a fee?**

No.

#### **Are there places available?**

No. But there may be another round of the course.

#### **How do I book a place?**



In order to join the group individuals must attend the course first. For more details, contact Anna on 07425 314 805.

## Quiet Time Group

Quiet chat amongst friends.

Held on Zoom.

Takes place every Tuesday.

### **Is there a fee?**

No.

### **Are there places available?**

Yes

### **How do I book a place?**

Call Elaine on 07425 314525 or email [elaine.atkinson@yvc.org.uk](mailto:elaine.atkinson@yvc.org.uk)

## Cooking with Confidence

Online cooking course, recipes are provided, and support given to help create new foods every fortnight, clients to buy own ingredients.

Held on Zoom.

Takes place every fortnight on a Wednesday.

### **Is there a fee?**

No.

### **Are there places available?**

Yes.

### **How do I book a place?**

Contact Heather on 07827 695504

## Zoom Room (Speaking Up Together)

Self-advocacy (speaking up) group for people with learning disabilities.

Held on Zoom.

Takes place every Wednesday.

### **Is there a fee?**

No.

### **Are there places available?**

Yes.

### **How do I book a place?**

Person invited to meeting. After they attend 3 meetings the group decide if person can join. All welcome.

## Cuppa and a Catch Up

Catch up between all clients with breakout rooms which include quiz, karaoke, quiet room and chat room.

Held on Zoom.

Takes place every Thursday.

### **Is there a fee?**

No.

### **Are there places available?**

Yes.

### **How do I book a place?**

Call 0191 478 6472 and ask to speak to a Community Connector.