

## Groups - Programme of activities

What does being involved in groups & activities mean to you?	Describe what a programme of activities should look like in Mental Health services?	How do we become the go to hub for groups & activities?
Positive if done correct following procedures	Should have fitness element & physical activities	Need space to meet & discuss everything; have feedback sessions/hub once a month
Regular, consistent activities	Peer lead	There should be various locations/hubs
Shouldn't have to actively participate, allow time for people to get used to the environment	To be culturally specific	Use social media, email, text or letter to communicate
To meet people, make friends, interact with others – share experiences with others who can relate	Different interests	Advertise in libraries, CMHT's, GP's, baby clinics and other services
Develop interests	Empower service users to lead groups	Speak to people and recommend the groups
Sharing information	Links for facilitators if there are problems, conflict resolution	More description on the timetable of location details
Do surveys to find out what groups people want	Training on how to run a group in rotation	
Nourishing social interaction	Having to call navigators may be a hurdle	
Getting to know services	Should have address/venue details on timetable	
Having something to do, not being alone, having fun	Need to be able to talk to someone suitable if an attendee isn't feeling well	
Sense of togetherness	Should be inclusive	
Positive view of CHIME	Need more yoga, Pilates for free	
Means getting out, keeping active, makes you feel calm	More variety of activities	
Helps you get away from anxiety, changes the rhythm of the mind	Have a YouTube channel – virtual groups – web gatherings	
Opportunity to get of bad habits		
Learn coping mechanisms, accept your problems		
Gives hope when feeling low, helps get rid of anger		