

# Torbay Peer Support Project

## Groups and Courses Timetable

September 2019 – March 2020

### Groups



Our Friendship Group meets every **Monday 2-4pm**  
at various locations around the Bay.  
Call us for a current location list.

**All groups below will be held at  
St. Pauls Church, Torbay Road, Paignton, TQ3 2DH**



### Craft Group

**Tuesdays 10.30am-12.30pm**

A morning of Arts & Crafts,  
Pop in to see our list of weekly projects.



### Combined - Creating Positive Memories with Scrapbooking Albums + Needlers Group

**Thursdays 10.30am – 12.30pm -  
1<sup>st</sup>, 2<sup>nd</sup> and 4<sup>th</sup> Thursday of the month.**

A great way to learn how scrapbooking and joining a group for a creative purpose can be something that is helpful for our wellbeing as well as purposeful and fun. Learn how to create an album of your treasured memories using photographs and craft supplies to enhance the pages.

Or...

An opportunity for people to come together to practice popular forms of needlework.

Room 1:22 at Innovation Centre, Lymington Road, Torquay TQ1 4BD  
(01803 321248)

## Torbay Peer Support Project

### Open Cafe



**Tuesdays 1-3pm**

For those concerned about their own or someone else's mental health and well-being. This is a safe and friendly space to discover our courses, groups and where to find specific local.

### Forestry Group



**Tuesdays – 10.30am – 12.30pm**

For anyone interested in learning basic skills of woodland maintenance. Come along and socialise with other people who love to be in the outdoors.

### Growing Together Gardening Group



**Thursdays – 10.30am – 12.30pm**

Come into the garden, grow veg + flowers.  
We welcome everyone.

**The above groups are free of charge, no need to book, just turn up. Equipment & refreshments provided. No experience necessary!**

**For more information call Torbay Peer Support Project**

**: 01803 321248**

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## Torbay Peer Support Project

### Our Courses – just call to book your free place

<b>September</b>	
<p><b>Carers and Supporters Wellness Planning Group</b></p> <p>This four week course is for anyone who provides care or support to another person(s). It's easy to neglect your own health when caring for somebody else; during this course you will be encouraged to think about your own wellbeing and how best you can manage it.</p>	<p><b>Wednesdays 10.30am-12.30pm:</b> 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup> &amp; 25<sup>th</sup> September Rachael Cooper and Sharon Nott</p> <p>@ The Drum, Innovation Centre, Lymington Road, Torquay TQ1 4BD.</p>
<b>November</b>	
<p><b>OCD – (Obsessive Compulsive Disorder)</b></p> <p>This six week course is for anyone who is suffering from OCD or for anyone who wishes to learn more about the various types of OCD and the symptoms that can be life changing. The course will provide you with strategies to help manage your OCD and take small steps to improve your quality of life.</p>	<p><b>Wednesdays 10.30am – 12.30pm:</b> 13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup> November &amp; 4<sup>th</sup> December Sharon Nott and Rachael Cooper</p> <p>@ The Drum, Innovation Centre, Lymington Road, Torquay TQ1 4BD</p>
<p><b>HOPE</b></p> <p>This six week course is designed to help people struggling with long-term health conditions; build confidence and learn how to manage their condition(s) better, including mental health issues such as anxiety, stress and depression.</p>	<p><b>Wednesdays 2pm - 4.30pm:</b> 13<sup>th</sup>, 20<sup>th</sup> 27<sup>th</sup> November, 4<sup>th</sup>, 11<sup>th</sup> &amp; 18<sup>th</sup> December Sharon Nott and Rachael Cooper</p> <p>@ The Drum, Innovation Centre, Lymington Road, Torquay TQ1 4BD</p>

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## Torbay Peer Support Project

<b>February</b>	
<p><b>Anxiety WRAP</b></p> <p>This four week course is for anyone who might wish to have more control in their recovery and wellbeing by beginning to develop their own personal Wellness Recovery Action Plan.</p>	<p><b>Wednesdays 10.30am – 12.30pm:</b> 19<sup>th</sup>, 26<sup>th</sup> February, 4<sup>th</sup> &amp; 11<sup>th</sup> March Sharon Nott and Rachael Cooper</p> <p>@ The Drum, Innovation Centre, Lymington Road, Torquay TQ1 4BD</p>
<p><b>Braving Bereavement</b></p> <p>This six week course is for anyone who has experienced bereavement. This course will encourage you to <b>not</b> 'get over' the person that you have lost but to move forward carrying them with you. You will have an opportunity to talk to others who are experiencing similar feelings and to look at ways to set small goals to move forward.</p>	<p><b>Wednesdays 2pm – 4pm:</b> 19<sup>th</sup>, 26<sup>th</sup> February, 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup> &amp; 25<sup>th</sup> March Sharon Nott and Rachael Cooper</p> <p>@ The Drum, Innovation Centre, Lymington Road, Torquay TQ1 4BD</p>

### ***What our students said about us in June 2019:***

I found the course extremely helpful and supportive

***Very helpful and support from all of the group***

***I have enjoyed coming to the sessions very much. It has been really helpful to share my experiences with others.***

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# Torbay Peer Support Project

## Volunteering

Would you like to join our growing group of volunteers and support people who are isolated or lonely? Our volunteers are offered free training and support throughout their involvement.

Roles include:

Admin support

Groups and Peer training

Home visits

Telephone calls to isolated people.

Supervision meetings.

And much more, we are flexible to your needs and grateful for your time.

Please contact us on 01803 321248

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