|  |  |
| --- | --- |
| **Tuesday 12-3pm**  **The Tuesday Project**  Supported by Mark and Halima | A social and support group for Deaf people offering a safe, supportive space to discuss issues and build positive relationships, facilitated by Deaf Staff  If you would like to come along text ***07922 249452*** or email[***survivor.led@lslcs.org.uk***](mailto:survivor.led@lslcs.org.uk) |
| **Wednesday 12-3pm Creativity Group,**  Supported by Parri | We aim to explore creativity as a way of coping with crisis, through using arts and crafts. This is a relaxing and social group, with the opportunity to chat as you create. Donations of creative materials, or a small amount of money are welcome, but not required. |
| **Thursday 12-3**  **My Time Social Group**  which is peer led and supported by Parri | Crisis can be an incredibly lonely and isolating time, at this group you can learn or improve the skills needed for socialising and. We cook a meal together and everyone contributes to the running of the group, you can contribute as much or as little as you feel able to. As we are cooking together, we ask people not to bring their own food to the group; we can cater for any dietary requirements. We ask for a £1 donation towards food, but no one will be turned away if they’re not able to donate. |
| **Friday 11-2pm**  **LGBT Group,** supported Sole and Josh | LGBT Group; Lesbian, Gay, Bisexual and Transgender. This group is for anyone from the LGBT community who is dealing with mental health difficulties and struggling to find support or feel listened to and understood. This group you can be with other people who have lived experiences of LGBT issues; you can share your thoughts and feelings and discuss coping strategies. |
| **Friday 2-4pm**  **Trans Support Group,** supported by Sole | This is a support group for people who are transgender and facing the difficulties and issues associated with this experience. We offer a therapeutic, relaxed, non-judgmental space where you can discuss the difficulties that you are facing and explore coping strategies. This group is a peer led group so everyone who attends has lived experience of transgender issues, however the group may be overseen by a staff member who doesn’t. |
| **Saturday 12am-3pm Coping With Crisis Group**  supported by Karen | Crisis can be an extremely difficult time, it can be life changing and feel overwhelming. It can also be complex and exhausting; emotionally, physically and mentally. This group offers a space for people to be together and share their individual experiences of crisis, feel listened to and have the opportunities to learn coping skills. This support group is facilitated by people with both lived and professional experience of self-harm and we can offer group support to people who are using self-harm as a coping mechanism. |
| **Saturday 4-7pm Hearing Voices Group for BME communities**  ***(at Touchstone)*** supported by Patrick | Everyone has different beliefs about what their voices are and where they come from. Some people believe they are a symptom of their mental health problem, some believe they are voices of spirits or gods; others believe they have come from trauma. Whatever you beliefs accepting them is the first step to dealing with them. We make no claims as to what these voices are or are not, we offer a space that is accepting and respectful of all beliefs. At this group lived experience is valued and people can share their own experiences and develop coping strategies in a safe and confidential environment. |

**You will be made very welcome at all of our groups!**

All our groups are self-referral but please let a member of staff know if you would like to come along to any of our groups and we will arrange to meet with you prior to coming to the group. For those who don’t already use our services, please email Patrick (patrick.gatewood@lslcs.org.uk) before attending.

Leeds Survivor Led Crisis Service, Dial House, 12 Chapel Street, Halton, Leeds, LS15 7RW

*Tel:* ***0113 260 9328*** *Email:* [***patrick.gatewood@lslcs.org.uk***](mailto:patrick.gatewood@lslcs.org.uk) *Website:* ***www.lslcs.org.uk***