

What are the sessions about?



The group is aimed at tackling loneliness and social isolation, specifically for people aged 50 and above.

The group will focus on peer support, with a fun, interactive activity to get people talking and making new friends.

There will also be the opportunity to learn some coping skills and self-help tools in each session.

Support workers will be available to provide information and signposting to various support services where appropriate.

Refreshments will be served.

How can you book your place?

If you are interested in any or all of the sessions, please contact the Croydon Health and Wellbeing Space via 0203 154 9542 or chws@mindincroydon.org.uk to register your interest.

A support worker will give you a call before the session to confirm your place.



Croydon Health and Wellbeing Space,
Whitgift Centre Unit 1101-1102, Croydon,
CR0 1UY

0203 154 9542



Connect and Cope Peer Support Group

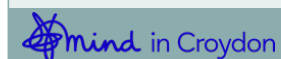


Do you struggle with your emotional wellbeing?
Are you feeling lonely/isolated?
Would you like to meet new people?

Book your place at one of our peer support sessions!

When: Every fortnight beginning Saturday 3rd June at 3pm - 4.30pm

Where: Croydon Health and Wellbeing Space, 1st Floor, Whitgift Centre, CR0 1UY





Who is the group for?

This group is aimed at Croydon residents aged 50 and above who are struggling with their emotional wellbeing and/or loneliness and social isolation.

What are we hoping to achieve?

This group provides an opportunity for people who do not want to engage with clinical mental health services, such as the NHS, to receive support.

It will also be an opportunity to meet new people and to potentially make friends.

Outline of the sessions

Each session will be 1 hour and 30 minutes long and will begin with an interactive activity. We will target a different area of mental health and emotional wellbeing during each session.

3rd June - Session 1: Anxiety

We will be exploring themes of anxiety and mindfulness.

17th June - Session 2: Sleep

We will be discussing issues with sleep and sleep hygiene.

1st July - Session 3: Low mood

We will be discussing low mood, depression, self harm and suicidal thoughts.

15th July - Session 4: Stress

We will focus on how we can manage stress in our day to day lives.

29th July - Session 5: Self-esteem

We will explore issues with self esteem and improving our relationship with ourselves.

12th August - Session 6: Grief and bereavement

We will be discussing how we can cope with grief and bereavement.

We expect there to be between six and eight participants each session facilitated by two support workers.

You do not have to commit to all of the sessions if you feel it will not be useful to you or if a topic is particularly triggering for you.

You **MUST** book your place for each session

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