



# **Mind Herefordshire**

## **Description of Peer Support**

### **groups:**

#### **Men's group:**

**Monday mornings for 2 hours. A small and very casual group for anyone who identifies as male to come along to. It is an 8 week group that runs in cycles. There is already an established group of men that attend this group regularly but we are hoping to expand the service to reach more clients. This group was ran by a female peer support worker and a male group facilitator. The new peer support worker will be running this group alongside the group facilitator.**

#### **Anxiety group:**

**Tuesday afternoons for 2 hours. A small group that is currently supported by two well established volunteers. The group is a chance for people with living experiences of anxiety to attend and chat with others who understand. We do currently follow a 6 week cycle where we use a PowerPoint for 'talking points' such as tips and tricks and understanding anxiety. There is a chance to develop the already existing resources further.**

#### **Friendly Friday group:**

**Friday evenings 5-7pm. A lively group where members bring along crafts to complete in the space. An already established client group attend regularly and this group is currently supported by a volunteer.**

