



This is a very difficult time for all of us and our friends and families. Everyday life has been disrupted and lots of things are outside of our control, which has a huge impact on our mental health and wellbeing.

The Guernsey Mind team has adapted our services so that we can help us all reconnect and support each other's wellbeing. We continue to be available by phone and would encourage anyone who wants to talk, or is worried about someone they know, to get in touch. We can arrange for check-ins during the week and access to all our online services and resources.

Commencing **Monday 23rd March**
we are running the following groups via

zoom

(see our Facebook page or call 722959 for details of how to connect).



**Helpful
websites:**

- www.mind.org.uk
- www.mhfaengland.org
- www.blurtitout.org
- www.mentalhealth.org.uk

SOCIAL ★
media

There are many incredible things happening across the Bailiwick and globally, and we will share these across our social media platforms. Keep a look out for new things daily and send us good news, caring actions and fun activities that you want us to share.

YOU CAN FIND US ON:     www.guernseymind.org.gg

Please contact us: Tel: 01481 722959
Email: Emily.liffen@guernseymind.org.gg



Daily (Monday-Friday) at 11am

Hello

Catch ups for all Mind Community Groups: A coming together of all the Mind Community Groups including Walk and Talk, Coffee Club and Hope Singers. This is a chance to meet up, make a cuppa and have elevenses with friends. Talk, or just listen, it doesn't matter. It's just a safe space for us all to come together and feel part of a community as well as having a place to share any thoughts or worries you might have.



WALK & TALK



Weekly

Monday at 7pm



Man Club is a space where men can come together to just talk or just listen. All men from the age of 16 upwards are welcome. If you would like to join in on the chat please email phil.surry@guernseymind.org.gg and he will send you a Zoom invite.

Man Club also has a Facebook page (Man Club Guernsey and Alderney) should you want more details or if you would like to send a private message.

Tuesday at 7pm



The Hope Singers is our all-inclusive community choir which is a supportive safe space for people to meet and enjoy their love of music and singing. No audition needed! If you would like to join in online please email jill.chadwick@guernseymind.org.gg

Thursday at 7pm



Book Club (anyone welcome): A chance to meet up with like-minded book worms to discuss and recommend any great reads you might have had recently. This is an open group so if you would like to join in please just email your interest to jill.chadwick@guernseymind.org.gg and she will send you a Zoom invite.

Friday at 3.30pm



Women Matter: A group solely for Women (16+). A safe space to come together to discuss anything and everything. Anyone is welcome and if you would like to join on the online chat please email jill.chadwick@guernseymind.org.gg and she will send you a Zoom invite.

Women Matter also has a Facebook page (Women Matter Guernsey and Alderney) should you want more details or if you would like to send a private message.

We are proud to be part of such a caring, supportive and resilient community. Thank you everyone, we can get through this together!

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Email: Emily.liffen@guernseymind.org.gg

Please note: All of the above dates and times are subject to change.

 mind | Guernsey
for better mental health