

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 call us on 722959 or email amanda.hibbs@guernseymind.org.gg. We can arrange for check-ins during the week and access to all our online services and resources.

Commencing Tuesday 26th January
we are running the groups shown overleaf 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.

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

YOU CAN FIND US ON:



www.guernseymind.org.gg

Please contact us: 01481 722959

Email: amanda.hibbs@guernseymind.org.gg

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

Daily (Monday-Friday) at 10.30am



Catch ups for all Mind Community Groups: A coming together of all the Mind Community Groups including Walk and Talk, Coffee Club, Bubbles Swimming Groups 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. Email jill.chadwick@guernseymind.org.gg



WALK
& TALK



Weekly



Man Club
Mondays 7pm

Man Club is a space where men can come together to just talk or just listen. All men from the age of 18 upwards are welcome. If you would like to join in on the chat please email chris.chamberlain@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.



Online Mindfulness Sessions
Tuesdays 8.30am & Thursdays 5.30pm

Join our online meditation with Chris Robilliard from The Studio. Reduce stress, improve your immune system, feel calmer and more focussed. Email chris@thestudio.gg for more details or to book in.



Hope Singers
Tuesdays 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



Art Group
Wednesdays 2pm-4pm

Community art group for anyone who wants to learn art, meet people with a similar interest, and express themselves creatively.

Email sianjones.art@gmail.com for details.



Online Yoga & Reiki
Yoga - Saturdays 11am &
Wednesdays 6pm
Reiki - Sundays 4.30-4.50pm

Yoga class including yoga postures, breathing exercises and relaxation to calm, centre and stabilise the mind and body. Suitable for all levels of ability as options will be given.

Reiki Enjoy the powerful experience of the collective Reiki energy, helping to raise our vibration, expand our consciousness, heal and enlighten us, positively impacting all around us and the greater world.

Visit www.beinspiredby.co.uk for details of sessions and zoom links



Decider Skills online

The Decider Skills for Self Help Online Course helps increase coping and confidence and improves mental health. The CBT skills are evidence based and effective. You can learn at your own pace, followed by an included individual follow up session with a therapist on completion.

Connect to the course online at www.thedecider.org.uk, or for a reduced cost contact amanda.hibbs@guernseymind.org.gg

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