

Welcome

A guide to our services and what to expect

Thank you for contacting us at Guernsey Mind. Guernsey Mind is an independent mental health charity with all funds spent on delivering services locally in the Bailiwick.

As a member of the Mind UK Federation Network we can draw on their resources and expertise to help in delivering our vision.



Our Vision

Our vision is of a society that has a positive attitude towards mental health and is supportive of mental wellbeing for all.

Our Goal

To promote positive mental health for the community by providing innovative services and campaigning to raise awareness and enable access to a range of services for everyone who needs them.

Our Values

OPEN We reach out to anyone who needs us
TOGETHER We're stronger in partnership
RESPONSIVE We listen, we act
INDEPENDENT We speak out fearlessly
UNSTOPPABLE We never give up

Arranging a meeting with Guernsey Mind

Anyone can contact us at Guernsey Mind - you don't need a referral. We would encourage anyone who wants to talk, or is worried about someone they know, to contact us. We will make an appointment for you to come and have an initial meeting with us to discuss how you are feeling and together, we will come up with a Wellbeing Plan.

Initial meetings are usually around 1 hour and are held at the Lions Mind Centre, although other locations can be arranged if needed. Your Wellbeing Plan may include some further 1:1 sessions, referral to one of our therapists, attending some of our group sessions or other recommendations... everyone is different and your Plan will be tailored to your specific needs.

All meetings are totally confidential and any personal data is stored in line with our privacy policy.

1:1 Sessions

We work with appropriately qualified professionals who can offer a series of sessions
To be referred, you must have an initial Wellbeing Planning session



Art Psychotherapy with Ellen Spafford

Ellen is a fully qualified HCPC registered Art Psychotherapist. Ellen offers a combination of talking therapy and creative therapy tailored to suit your needs in a confidential space. As well as helping clients to express their emotions and to explore their thoughts, feelings and memories, art therapy has also been shown to aid in a person's ability to be 'in the moment'



16-25 Coordinator Jazz McCutcheon

Jazz has a degree in Social Work. She has previously supported adults and children with learning disabilities as well as acting as a mentor for young people and facilitated conversations with teenagers about healthy relationships. Jazz is currently developing a support programme specifically aimed at 16-25 year olds.



EMDR/Family Therapy with Gary Ayres

Gary is a Systemic and Family Psychotherapist who is also trained in Eye Movement Desensitization and Reprocessing (EMDR) - an interactive psychotherapy technique used to relieve psychological stress. It is an effective treatment for trauma and post-traumatic stress disorder (PTSD).

During EMDR therapy sessions, the therapist directs your eye movements. Over time, this technique is believed to lessen the impact that your memories or thoughts have on you.



CAT with Jill Paine

Cognitive Analytic Therapy (CAT) is a talking therapy, developed for use within the NHS. CAT makes links between past and present in order to understand problems and help shift people out of long held thinking and behaving patterns.



Counselling and Relationship Therapy with Sharon Ward

Sharon is a qualified counsellor and qualified relationship therapist. Based on the Island of Alderney, Sharon has extensive experience with regards to counselling and therapy. She is able to see individuals and couples. With the understanding that each client is different and unique, Sharon draws upon various techniques and tools within the counselling room.



Reiki with Emma Després

Reiki is deeply relaxing and has a profoundly calming effect. It can make you feel more energised, balanced and grounded,

experiencing greater clarity and strength of mind, raising the spirit and ultimately promoting a calm, peaceful and increased sense of well being on all levels – physical, mental, emotional and spiritual.



Equine Therapy with Claire and BEAT

Horse Assisted Human Development helps individuals to develop a sense of wellbeing. The horses provide instant feedback which enables participants to adapt their behaviour in real time and find solutions to issues they may be facing in their personal or professional lives. Being in the presence of these powerful animals has scientifically proven physical benefits.



The
Decider



The Decider Skills use Cognitive Behaviour Therapy to teach children, young people and adults the skills to recognise their own thoughts, feelings and behaviours, enabling them to monitor and manage their own emotions and mental health.

The Decider was put together by Michelle Ayres and Carol Vivyan, who are Cognitive Behavioural Psychotherapists, with a background in mental health nursing, from Guernsey.

Group Sessions

Our group sessions are open and free to anyone who wants to come along



Art Psychotherapy Mind Drop-in Group with Ellen

A combination of talking and creative therapy tailored to suit your needs in a confidential place

Mondays 10.00am at the Lions Mind Centre



Knit Together with Nicky

Whether you are an accomplished knitter or a complete beginner! All welcome - supplies and tuition will be provided. A space created to knit and natter.

Tuesdays 4.30pm at the at the Les Cotils



Outdoor Bubbles with Jill

Release endorphins, reduce stress, boost brain health... just some of the many benefits from taking a plunge! Followed by a hot drink and a chance to chat.

Fridays 10.00am at various destinations around the islands



Walk & Talk with Jill

Join in a walk and an informal chat to enjoy the outdoors and meet like-minded people. We take time to walk as a group, get some fresh air and take in the local scenery whilst building new friendships.

Mondays 10:30am at a variety of destinations around the island.



Hope Singers with Jill

An all-inclusive community choir which creates a supportive and safe space for people to meet and enjoy their love of music and singing. No experience needed.

Tuesdays 6.30pm at the Guernsey Post Office HQ



Beginners Yoga with Ali Good

For anyone that would like an introduction to Yoga. This 8 week course is perfect for beginners.

Fridays 10.45am All About Yoga Studio at Hougue du Pommier



Mindfulness sessions

with Chris Robilliard

Join our online meditation to reduce stress, improve your immune system, feel calmer and more focused.



Tuesdays 10.00am and Thursdays 5pm



Indoor Bubbles with Jill

A chance to swim, chat and connect.

Wednesdays 10.00am at Beau Sejour



Women Only (Yoni) Yoga

with Emma from be inspired

Emma's yoga sessions incorporate postures/attentive movement, breath awareness and relaxation/meditation. These women only sessions are useful for menstrual irregularities, fertility issues, IVF, recovering from miscarriage, healing post natal, adjusting to life post-hysterectomy, navigating the perimenopausal and menopausal changes



Expressions Community Art Group with Sian

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

Wednesdays 2.00pm at the Lions Mind Centre, Arsenal Road



Drop-in sessions with Jill

A social and supportive space open to anyone needing support. Various activities planned which you can join in with if you choose.

Tuesdays 10.00am Shiloh Church, Landes du Marche

Thursdays 10.00am Guernsey Mind Centre, Arsenal Road

Saturday 10.00am (user-led) Guernsey Mind Centre, Arsenal Road



Being Mindfulness

with Chris Robilliard

An online 4 session course to explore mindfulness in an accessible way and explore what mindfulness is and how we may be able to bring elements of it into our lives.



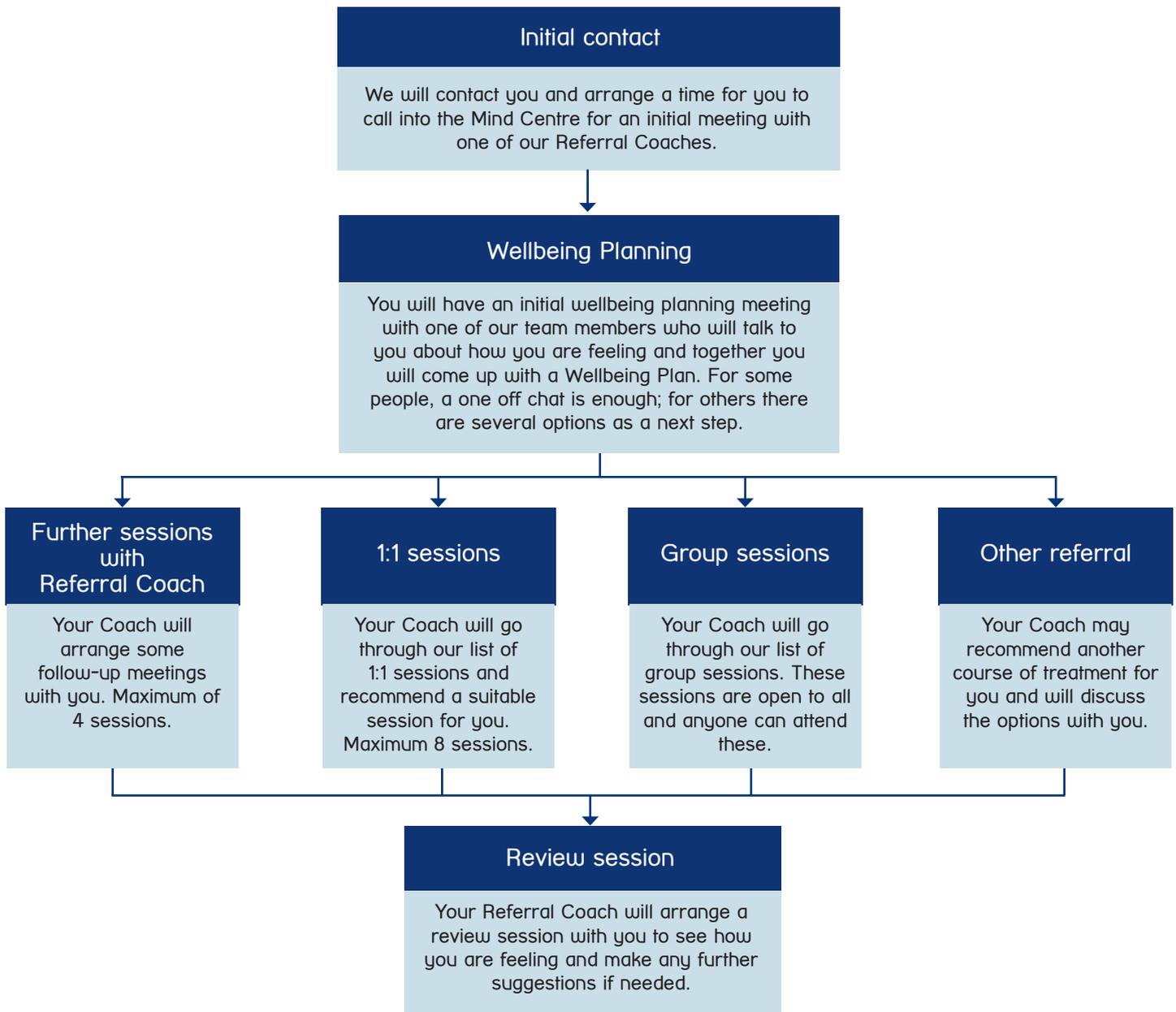
For further details and to book a place on any of our group sessions:

visit www.guernseymind.org.gg, call 722959, email amanda.hibbs@guernseymind.org.gg



01481 722959

Your Wellbeing Journey



Where to find us

If you are in crisis and need help urgently please contact your GP or your mental health professional, or contact the Samaritans on 116123 or jo@samaritans.org

Our address

The Lions Mind Centre (opposite the Fire Station), Town Arsenal, St Peter Port, Guernsey GY1 1UW
Find us via What3Words: [///bumpkins.awaiting.eggs](https://www.what3words.com/#!/en-gb/bumpkins.awaiting.eggs)

Call us on 01481 722959

Website: guernseymind.org.gg

Email: info@guernseymind.org.gg

