



GLASGOW ANXIETY & DEPRESSION
COUNSELLING SERVICE

SUPPORT GROUPS AND SOCIAL CLUBS

Support Groups – General Information

Our established Support Groups started in Spring 2010 (the Eating Disorder Support Groups) and have been very successful and valuable to 100s of people from all over Scotland. We've seen many people 'recover' and make many changes in their lives. This is very inspiring and rewarding to witness.

We are now introducing some other Support Groups -Family and Friends Eating Disorder Support Group, Glasgow Women's Support Group and a Mindfulness Club. Please see the relevant sections in this Information Sheet below.

Unlike many other support groups, our groups are regulated, have boundary/confidentiality policies and are managed by professionals and people who have personal experience of the issues that Members experience - including eating disorders, anxiety, depression, negative body image low self-esteem and more - and have now recovered.

Many support groups don't have these standards and are poorly managed and regulated. Some of us have been to such groups and we know what works and what doesn't work. This is why our support groups are so successful and have an excellent reputation.

Talking with other people who have similar issues, and with people who have now recovered, can be very valuable.

Everyone in support groups – members, volunteers and staff - really understand, listen, and provide lots of encouragement, support and never judge. Support groups are very pro-recovery and have guidelines in place to ensure groups are not triggering and are as safe as they can possibly be.

What are Eating Disorder Support Groups?

Our established Eating Disorder Support Groups started in Spring 2010 and have been very successful and valuable to 100s of people from all over Scotland. We've seen many people 'recover' and make many changes in

Eating Disorder Support Groups may be something that can help you on the road to getting better and getting some support and understanding with your eating and food difficulties. You are very welcome to come along. Support groups:

- Take place one evening a month a month (this may increase in the future). Contact us for day/times.
- Take place in central Glasgow. Cost: £5 per group.
- Members have different types of eating problems: bulimia, binge-eating, comfort eating, anorexia, obesity, compulsive eating and other problems that may not fit these categories.
- Anyone over 16 years old are welcome.
- Run by qualified therapists, those with previous personal experience of eating disorders (now recovered), volunteers who have recovered and other volunteers who come from a range of psychotherapy, psychology, counselling and mental health backgrounds.
- Everyone understands, listens and provides lots of encouragement and support. Groups are very pro-recovery and give you the opportunity to express yourself freely, in confidence, with people who understand and 'get it'.
- A place where you can come along and say what you think, what you are feeling and express yourself with no judgement - only support.
- No pressure to talk if you don't want to. You're welcome to listen in. It's important to use support groups in ways that you feel most comfortable with.

- You don't need to have a 'diagnosed' eating disorder, be 'underweight' or 'overweight', be seeing a psychiatrist or anything like that - if food and eating is a problem in your life, then you are welcome to come along!
- Chat with others who have similar problems. We talk about serious things, but also aim to have a little laugh too and make people feel as welcome and relaxed as possible.
- People from all areas welcome (not just Glasgow). We have Members from Edinburgh, Falkirk, Ayrshire, Lanarkshire, Stirling, East Dunbartonshire, Renfrewshire and other places.
- Any age welcome! We have a wide range of age groups who attend - from 16 to 70! Eating disorders can affect anyone of any age!
- All Support Groups (Eating Disorder and others) are scheduled via our private Meetup space which we pay a bi-annual subscription for (the £5 you pay helps cover the costs of this). You must join the Meetup space to attend Support Groups - sorry, we cannot email everyone individually when we host a group.
- Meetup: set to private, closed, and joining is approved by a Moderator. There's lots of other things on it e.g. self-help files; worksheets; inspirational quotes; helplines; news, updates, upcoming events and lots more. Of course, Support Groups are scheduled there too - so you will know when these take place. Please RSVP to attend.

We look forward to seeing you at a Support Group soon!

What are Family and Friends Eating Disorder Support Groups?

Family and Friend Support Groups are for anyone 'supporting' a friend, family member, or partner with an eating disorder or disordered eating.

Supporting someone with food and eating-associated problems can be difficult and stressful in many ways. It can be painful to watch someone we care about experience eating and food problems.

You may want to do everything you can to help your loved one 'get better' or seek help and support. However, it's important that supporters remain strong and cared for too. It's difficult to support people if we are stressed, anxious, worrying, not looking after ourselves or not taking time away from the 'eating disorder'. It makes sense, doesn't it?

Family and Friend Support Groups provide a time and space to care for yourself and share some of your thoughts and feelings with others who may have similar experiences. We also offer one-to-one therapy, counselling and psychotherapy to Family and Friends too. See Services and Support section on the website for details. Family and Friend Support Groups:

- Take place one afternoon per month (day/time to be confirmed), in central Glasgow (day to be confirmed). Cost: £5 per group.

- Members support family, friends, partners etc. experiencing different eating problems: bulimia, binge-eating, comfort eating, anorexia, obesity, compulsive eating, and other problems that may not fit these categories.

- Run by qualified psychotherapists, volunteers and those who have recovered from an eating disorder and/or volunteers from various psychotherapy, psychology, counselling and mental health backgrounds.

- Everyone understands, listens and provides lots of encouragement and support. Groups offer the opportunity to express yourself freely, in confidence, with people who understand and 'get it'.

- A place where you can come along and say what you think and feel and express yourself with no judgement - only support.

- No pressure to talk if you don't want to. You're welcome to listen in. It's important to use support groups in ways you feel most comfortable with.

- Chat with others who have similar experiences. We talk about serious things, but we also aim to have a little laugh too and make people feel as welcome and relaxed as possible.

- People from all areas welcome (not just Glasgow).

- Support Groups are scheduled via our private Meetup space. We have to pay for Meetup bi-annually (Meetup costs us around £150 per year), so please only join if you actually intend to come along. You must join

the Meetup space to attend Support Groups as we cannot email everyone individually when we host a group.

- Meetup: set to private, closed, and joining approved by a Moderator. There's lots of other things on it e.g. self-help files and worksheets; inspirational quotes; helplines; news, updates, upcoming events and lots more. Of course, Support Groups are scheduled there too so that you know when these take place. Please RSVP to attend.
- Please join Meetup via the button below. You will be given more information about Support Groups when you register or you can contact us via this website for an Information Sheet about Support Groups.

What is the Glasgow Woman's Support Group?

We have other Support Groups (see below) including the Glasgow Women's Support Group (GWSG).

GWSG is a new support group for women, by women, starting in Winter 2018 and based on other support groups we have been running since Spring 2010. It's a:

- General support group for women to come along and get support, encouragement and a listening ear from other group members, volunteers and a qualified psychotherapist(s).
- Women over 16 years old are welcome.
- Members have different types of concerns e.g. low mood, depression, anxiety, relationship issues, stress, work problems, body image issues, low confidence, low self-esteem and other concerns that don't fit these categories.
- It's NOT a support group for physical health issues (although we understand you may experience such in addition to other problems).
- May help you on the road to change and help you to get some support and understanding with difficulties and concerns.
- When?: one evening per month, 5.45pm-7.15pm, central Glasgow (day to be confirmed). Cost: £5 per group.

- Facilitated by qualified therapists (experienced in working with a range of problems) and volunteers who have either recovered from their own difficulties or who are from psychotherapy, counselling, psychology or mental health backgrounds.
- Members and volunteers understand, listen, and provide lots of encouragement and support. We never judge. Groups give you the opportunity to express yourself freely, in confidence, with people who understand and 'get it'.
- No pressure to talk if you don't want to - you're welcome to listen in. It's important to use support groups in ways you feel most comfortable with.
- Confidential, safe and private.
- You don't need to have a 'diagnosed' problem or be seeing a psychiatrist etc. If you are looking for support and a listening ear, then you are welcome to come along!
- People from all areas welcome - not just Glasgow.
- Groups are friendly, supportive and informal. There's no pressure and we welcome new people at all times. We enjoy meeting new members!

Interested? Please feel free to get in touch via our website.

What are Mindfulness Clubs?

We have a new Mindfulness Club group starting in Winter 2018 for anyone over 16 years.

What is Mindfulness? *'Mindfulness is a way of paying attention to, and seeing clearly whatever is happening in our lives. It will not eliminate life's pressures, but it can help us respond to them in a calmer manner that benefits our heart, head, and body. It helps us recognise and step away from habitual, often unconscious emotional and physiological reactions to everyday events. It provides us with a scientifically researched approach to cultivating clarity, insight, and understanding. Practicing mindfulness allows us to be fully present in our life and work, and improve our quality of life'*. (www.mindfulnet.org). The Mindfulness Club is a:

- 1-hour, fortnightly (or weekly) group that aims to introduce you to the skill of mindfulness. Each session has a different theme and you can attend

as many times as you want. So, if you miss a particular theme, you can catch it next time.

- Through various short exercises, we learn the discipline of directing the spotlight of our attention. When we take control of our mind in this way, we say we are being mindful.
- We learn how to move our attention to a particular object or task and then notice what our mind is doing when we practice this skill. Over time, we learn how to direct our attention to a focus of our choosing.
- Dates and times to be confirmed. Cost: £10 per one-hour session, paid at the start of the session. Based in central Glasgow.
- Has up to 10 other members who want to develop awareness and mindfulness skills, just like you. 2 facilitators/therapists will also attend.
- Groups are organised around one of 6 different themes. Each theme is offered on a fortnightly, rolling basis. Themes can overlap, meaning you will develop an integrated mindfulness practice over time. After 6 sessions, we return to the first theme (hence the term 'rolling program').
- 6 main themes are: Surroundings; Movement; Assumptions; Sounds; Judgements; and Food.
- Groups include: mindfulness of the breath, feedback, various mindfulness exercises (depending on theme) and setting in-between group mindfulness practice/exercises. Themes are focussed on developing and enhancing awareness.
- Activities are gentle and experiential and there is no pressure. You will be given opportunities to apply what you have learned into daily life.
- Supportive, encouraging and welcoming. We aim to make groups relaxed so that you have time and space to develop your mindfulness practice over time.
- Groups are confidential and members are asked to respect our confidentiality guidelines.

- You don't need a referral - anyone can attend. You don't need to tell anyone you're attending if you don't want to.
- Practice is done in an upright position, in chairs.
- Interested? Please feel free to get in touch via our website.

What are Social Clubs?

We believe that participating in various types of social and occupational activities is important to making changes and recovering from any mental health problem or getting through difficult times.

Social activities are a vital part of recovery and getting through difficult times. Social activities can help in so many ways: make new friends; challenge social anxiety; try new things; learn new skills; challenge control/routine; relax and engage in 'me' time. Having an enjoyable time away from problems for a little while can really aid recovery and assist us all in getting through difficult times, whatever they may be.

We provide various social activities, including:

- Coffee and Chat Clubs
- Book Groups
- Arts and Creative Classes
- Discussion Groups
- Events and Gatherings and more.

We welcome ideas and suggestions, so please feel free to let us know what you would like us to offer.

As with support groups, social activities, such as Coffee and Chat Clubs and Book Groups, are scheduled on our Meetup space so that they are readily available for you to see, as, and when, they are scheduled. Interested? Please get in touch via our website or email admin@citizen17therapy.co.uk