

Wellspace

a how-to guide



Fulfilling
Lives in
Islington &
Camden



“The Wellspace helped me reignite my zest for living and helped me to move forward with positivity in my life.”

- Steven (Well Space member)

Wellspace is a collective of clients and workers who meet every week to participate in a session with the aim to help all of us learn something new and stay well. This has been run in physical space and online via Zoom when necessary due to COVID-19.

This resource aims to share the rationale behind the sessions we call WellSpace, how we, a collaboration of clients experiencing multiple disadvantage and support workers, devised the format and sessions and what we learned along the way.

Contents

- 4 Evolution & Why?
- 6 Mission & Values
- 8 Accessibility
- 11 Co-Production
- 14 Participation
- 16 Multi-Agency Working & Promotion
- 18 Managing the Space/Session
- 26 Language
- 28 Trauma Informed
- 34 Agenda
- 40 Example Topics & Ideas
- 41 Definitions

Evolution & Why?

FLIC understands that traditional mental health settings and the typical 'group work' set-up often feel uncomfortable or inaccessible to clients experiencing Multiple Disadvantage (MD). This is compounded by the fact that often those we work with are be deemed 'too chaotic' or 'not ready' to access the service offers from statutory services.

Whilst working with people who have complex and interdependent needs can require creativity and tenacity, it is not impossible to make connections and support this client group. We believe that

peer-to-peer support can increase feelings of community, connection and self-worth and serves to acknowledge the expertise of those who have lived through so much.

We began this journey by developing a psychology group named Self Discovery which took a CBT based approach to group work, hoping to reach people who would not traditionally make it through the doors of a 'group session'. The program ran across 8 sessions, each building on the last. Each session was structured and educational and aimed to improve decision making. The groups were cofacilitated by a MD worker and a psychologist.

We ran Self Discovery, in two rounds, making adjustments based on client feedback and facilitators reflections. We learnt that a program approach required a level of consistency which wasn't realistic, and that the content heavy sessions were too prescriptive as clients seemed to naturally lean towards freely speaking on one point of stimulus. We also initially held the sessions fortnightly, in a bid to make sure we didn't overwhelm people, but this simply led to confusion about dates and a lack of momentum that was counterproductive to attendance.

Sessions seemed to go well when the facilitators felt fully prepared and had diverse, creative materials. We realised how important it was to really put time aside to prepare and debrief after each session and to build in stop-points where we could reflect and make changes.

We renamed the group 'Wellspace' to reflect a more informal approach and to emphasize values of creativity, coproduction and connection. We dropped the more formal, psychology approach and instead went with 'themes' that could be explored in standalone sessions, meaning clients could drop in and out. We found this really increased reach and attendance. We ran the groups weekly and brought together a dedicated group of facilitators who were passionate about the project.

Our vision of Wellspace as outlined in this guide has been shaped by our learning and reflection in collaboration with people who have experienced multiple disadvantage. We have aspired to remain critical of our own assumptions and really listen to the preferences of those we work with.

Mission & Values

The aims of the space are to...

- **Promote** wellbeing, inclusivity, safety, reflection, collaboration.
- **Create** a safe community.
- **Reach** people who have found group work challenging, or whom services may deem as unsuitable for group work.
- **Provide** a healing space and relationships for people who are deemed 'not ready' for therapy, or therapy resistant, and therefore unable to access formal therapies through primary or secondary Mental Health services.
- **We want to be well and enjoy ourselves.**

Our imagery in sessions frequently feature a water well, where you lower the bucket inside, lift it up and explore what we find. It is about promoting a curious and open mind with the hope to find refreshment or healing.

values that run through Wellspace...

real

accepting

inquisitive

creative

safe

hopeful

empathetic

welcoming

supportive

encouraging

open

non-judgemental

Many spaces that explore recovery or support the exploration of wellness are not accessible to our client group. We have been told that the lives of our clients were too “chaotic” or that they were simply not in a place where they were able to meaningfully take part in a wellness group. That, even if individuals were able to engage with this kind of activity, they would not be able to accomplish this in a group setting. We do understand that individuals experiencing MD face certain barriers to accessing wellbeing spaces or group work, but we were certain that by using different tools we could create a format which minimise barriers and improve access.

Our relationships with our clients has allowed us to see the barriers that they face when accessing traditional services, things that contribute to them being deemed ‘not ready for group work’. We saw that service level inflexibility around group spaces was a barrier, such as -

- Expectations of frequency of attendance.

Accessibility

- That working on wellness with others had the potential to trigger trauma responses in our clients.
- That many of our clients had no phone or way to be contacted and no access to online support.
- That many experienced fearfulness, paranoia low self-esteem and social phobia.
- That assessments for groups can be long and often include retraumatising questions.
- That many clients also felt overwhelmed with too many appointments and had no support to access spaces like this initially.

By exploring these barriers we began to dismantle them. We designed sessions that would be inclusive and relatable to people who were at different stages of their wellness journey and took into consideration different abilities. We focused on clear, concise and accessible language within the Wellspace and moved away from the term ‘group’ but rather a ‘space’.

Our top tips for creating an inclusive and accessible space are...

Language -

Use language that is accessible and unthreatening. More on this later!

Facilitators -

Work with two facilitators at all times in order to be able to manage difficulties that arise in the space safely.

Variety -

We found that a mix of conversation, creative tasks, mindfulness and visual media works well. Include a combination of learning and explorative tasks.

Time & Place -

Choose where you hold the group and what time. We found that the middle of the day is a good time and usually accessible by all. Spaces that are already known to the client and that feel safe are important. Understand that time boundaries are important but try to be flexible and ask clients to explore and define them themselves.

Boundaries -

Support clients to create their own group boundaries and revisit them with an inquisitive and open mind each session

Resources -

The use of fidget toys, coloured pens, snacks and food creates an atmosphere of friendliness, safety and support. Clients may find it difficult to focus or concentrate on topics so we find that these tools act as an aid to learning and not a distraction. An individual with ADHD fed back that she found this particularly important.

Travel -

Consider how clients will get there. Will they need support to access the space initially?

Low-commitment -

Use stand-alone sessions and not sessions that build on one another so if a client misses any number of sessions, they can jump back in without feeling left behind.

Approach -

Always be kind, show empathic understanding, treat people fairly and focus on relationship building. Offer lots of praise and positive affirmations to clients. Always hold unconditional positive regard.

Outline -

Share an outline of the order of activities at the beginning of each session so you can manage client expectations.

**And most importantly...
have fun!**

Co-Production

We were keen to ensure that the ownership of the space felt shared. As a facilitator, this can hold an element of discomfort, as having control over the material and where conversations will go can ease the uncertainty or anxiety you may feel. We felt it was important to acknowledge this but to balance the idea with the fact that for the space to be accessible, useful and safe, empowering co-production was vital.

By describing Co-Production, we don't simply mean gaining feedback or consulting with those with lived experience. Creating a space that's truly shared is important as it will help the group to feel empowered to decide the rules of the space and the direction the sessions take, and for the skills and strengths of all participants to be celebrated, developed and utilised.

As we started from scratch, in a location where no similar group was being run, it was the case that the initial facilitators were paid workers, working within an existing organisation. This was for practical reasons; these were the people who had the time, resources and incentive to get something started. Thinking about the ladder of participation, we therefore probably started with a position of Consultation or Partnership with a desire to move towards Citizen Control (See Fig. 1).

Fig. 1 - The Ladder of Participation



Steps We Took...

- **We attended** the location and spoke to prospective clients, asking for suggestions of a name and what would be important in the space.
- **In the first session** we jointly agreed a “Space Agreement” to keep everybody safe and set boundaries, we decided upon a format and activities based on the group’s preferences, attention span, priorities and accessibility.
- **We agreed** that every fourth session would be a review.
- **We encouraged** members to choose what subjects they would like to discuss in future sessions.
- **We were surprised at times**, when tough topics like “self-discipline” and “loneliness” were selected as we had feared this could have been off-putting.
- **The suggestion that we start** each session with a catch up of progress from last time, for those who had set themselves objectives (like a digital respite day) and for participants to have space at the end to share a piece of poetry or a song that was meaningful to them.

In considering how we would hope to eventually move up the ladder of participation, we would desire for attendees to lay claim to the space. By agreeing the boundaries of the space, the topics, what refreshments are available, what there should be more, or less of, we are encouraging and building confidence in members to eventually feel that leading an activity or session comes naturally. Ultimately, we want to create an environment in which participants are facilitators and facilitators are participants. Facilitators may be the ones holding the space each week, but the benefits come from the relationships that form and the ideas that are shared.

Participation

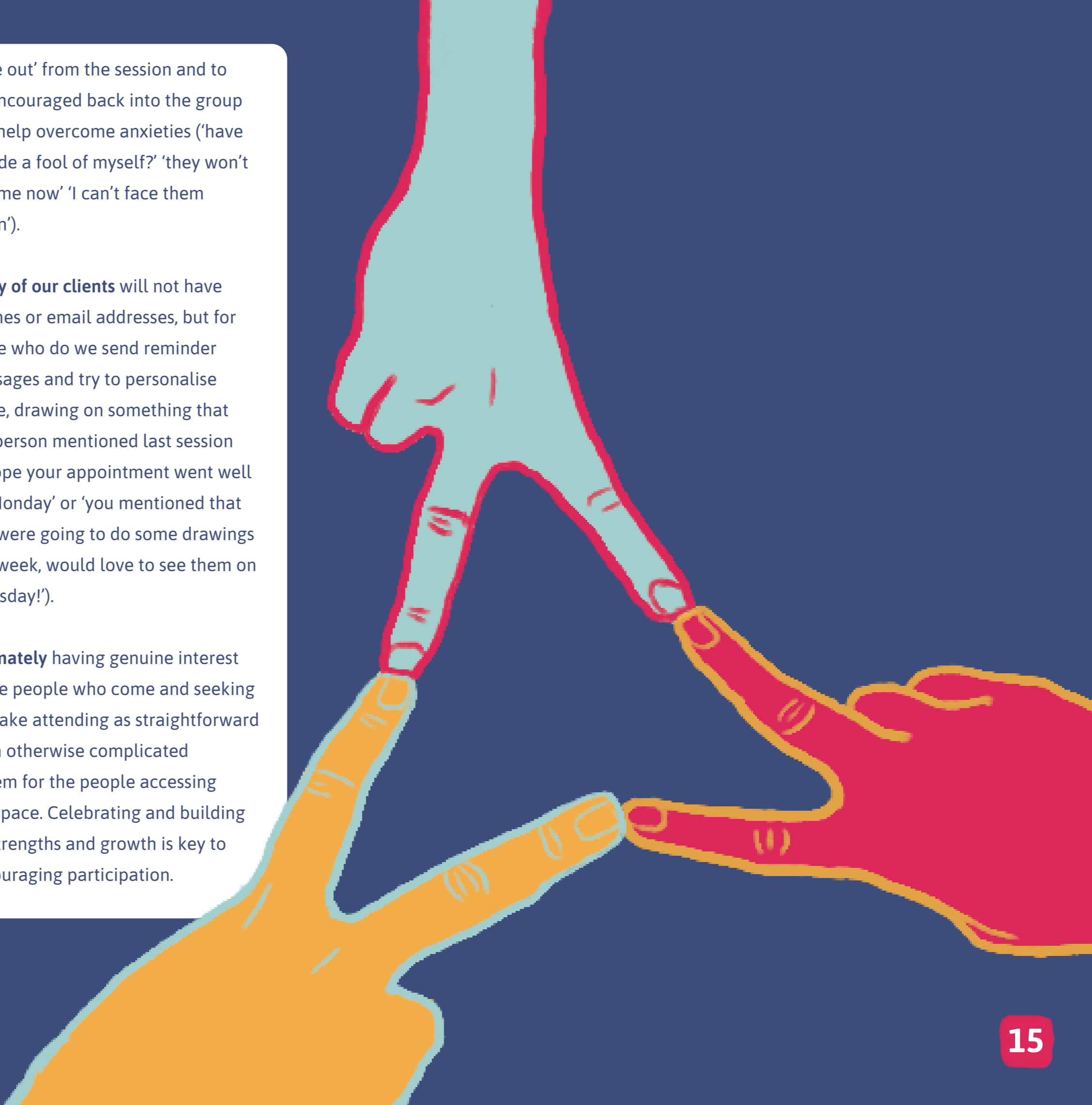
In thinking about ways to promote participation we learned a lot across the three pilot sessions that we ran. We learned that using terminology that was less intimidating was useful. We learned that, as our audience is people whose lives can involve many complexities that keeping timings simple was important. Therefore meeting weekly rather than fortnightly ('Is it this Tuesday or next Tuesday!?) was helpful. Holding sessions that do not rely on prior knowledge or attendance and ensuring that every session starts with a clear welcome and explanation of the session.

If a client wants to just sit and watch this is OK. If a client feels like staying in the session that week is too much, they can leave and come back next time without judgement. Having two facilitators is beneficial for this reason as helping somebody to take

'time out' from the session and to be encouraged back into the group can help overcome anxieties ('have I made a fool of myself?' 'they won't like me now' 'I can't face them again').

Many of our clients will not have phones or email addresses, but for those who do we send reminder messages and try to personalise these, drawing on something that the person mentioned last session ('I hope your appointment went well on Monday' or 'you mentioned that you were going to do some drawings this week, would love to see them on Thursday!').

Ultimately having genuine interest in the people who come and seeking to make attending as straightforward in an otherwise complicated system for the people accessing the space. Celebrating and building on strengths and growth is key to encouraging participation.



Multi-Agency Working & Promotion

If Wellspace is being run as an open group, such as a drop-in or day-centre, promoting the sessions is important. We found that raising the profile of sessions with partner services was important (such as hostels in the area, street outreach services) and ensuring that workers were clear about what the sessions involve, so they could effectively explain to clients what they could expect. This could be done by taking time to attend team meetings and give a short sample of some activities, or via flyers or emails.

Encouraging workers or peer mentors to bring their clients and stay with them if they would prefer this at the beginning was important, as this then would lead to workers

and peers having increased awareness of what the sessions entail to communicate to other prospective participants. As we know, services have many demands on their time and team members change often, so frequent reminders about the sessions are crucial.

Considering the dynamics involved in being co-located with another service or using the building of another agency is important. This includes, ensuring that other colleagues are aware of what is taking place and that they can support this, for example by keeping the room clear, signposting people into the space, being mindful of noise or distractions, having only staff that identify as women if a women only session is running, for example.

This would also extend to ensuring that the way that the clients are greeted in the service follows the same values of the WellSpace. If the individual feels judged or finds accessing the building challenging, this could negate the work the members of the Well Space put into creating a welcoming environment.



Managing the Space/Session

We worked to explore what the physical room/building that holds the Wellspace should be in order to best support our client group and how we would hold this physical space in order to make it conducive to exploration, leaning, support and wellness.

We have held mental health groups for our clients in many different spaces including hiring a space in a youth centre, at our service's office which has a more corporate feel and as part of a day centre for people experiencing homelessness.

Each one was different and had positives and negatives.

Things to consider about the physical space are...

- Is it easy to get to for the clients?
- Do they know where it is?
- How do they feel about the space?
- If they know the space well, do they have a negative or positive relationship with the space. Why do you think this is?
- Is there anything that can be done by you to make the space more welcoming?
- If the space is within their hostel or care home would this be too "close to home"?

Sometimes people like to access a space away from the home environment in order to bring some distance between their home and the place they explore things that could be challenging. The clients might also not feel comfortable exploring wellness with people who are neighbours or peers.

Explore whether it is possible to find a suitable place within the community but away from their home or living space. Building expectations with partner agencies who "own" the space.

Feel of the Building

- If you are able to use place within the community, consider how the place feels?
- Is it welcoming?
- Is it creative?
- Is it private and confidential?
- Is it too clinical or corporate?

Consider who shares the building with your client group. We have found that not all community spaces are welcoming to people who encounter multiple disadvantages.

Some people have very little understanding towards our client group and don't understand what their needs are. This could easily be addressed with an open conversation with those that own/run the building and by sharing some resources with them, such as **"Trauma Informed, reflections on our way of working"**, created by FLIC.

"Holding" the Space

We have successfully held Wellspace over the last few years and have learned from our experiences as facilitators and from our clients. We have had fantastic moments of clients being able to share, develop and gain insight and we have also had more difficult interactions.

Facilitation

In order to ensure WellSpace continues to be a high-quality service, we would recommend that 4-5 support hours would be required a week initially. This would include 2 workers time for the actual session (90 minutes each) plus an additional 1 or 2 hours for one of these workers to plan the session, buy supplies and remind participants/partner agencies.

Over time this is likely to reduce as a selection of tools and activities will be accrued, and increased participation from peers and participants would be the ultimate aim to share ownership of the group (see, Co-Production, pg 11, for more information).



Wellspace Online

Through the Covid-19 pandemic we were required to start running the sessions online. For the group of individuals Well Space hopes to reach, this is less than ideal. Many of our service users did not have access to a device, the internet or skills to access zoom. However, with the support of their allocated workers, we were able to continue sessions online as some of our member's workers were committed to helping continue with the sessions and would visit them at the time of Well Space to help build their skills and confidence to access the space.

Key considerations for holding the space online are to ensure that any activities would only be using materials that everybody would have access to, or that materials could be sent to participants in preparation for the session. We found that when the group transitioned to online, that using more visual media such as YouTube videos or images were useful ways of starting the discussion and varying activities to maintain focus on the session.

Top Tips

Request and implement feedback.

Try and offer high-quality snacks, or even a meal. Ask members what they would like to eat next time.

Be transparent; promote an atmosphere of openness and honesty.

Have a range of activities and try and use creative resources that will keep people engaged.

Keep a log of member contact details so that a facilitator can send a reminder text or call the day before (schedule this in your diary so you don't forget!)

Keep a big Memo Board that can be bought out at every session. People can use this to stick art, quotes, work that comes out of the session etc. This builds a sense of community and continuity.

Allow people to contribute at their own pace; try not to put people on the spot.

Have fidget toys available throughout the session so that people can keep their hands busy.

Ask members where they would feel comfortable holding Wellspace.

Refer back to the co-created guidelines when you're trying to manage the space.

Language

The choice we make around language is likely to influence someone's perception of WellSpace before they have even attended.

In promotional material, or when introducing the idea of WellSpace to clients, a conscious decision was made to avoid the term 'group' as this often has negative associations for those who have been mandated to attend 'group sessions', which have felt uncomfortable and frightening. We have heard 'I don't do groups' many times, and yet it was often people who felt this way that ended up returning to WellSpace.

We chose the name WellSpace to focus on 'wellness' rather than 'mental health', 'substance misuse' or 'psychology'. We felt it increases inclusivity and feels less prescriptive. Clients were clear that labels turn them off. 'Space' was also chosen to reflect a sense of freedom, fluidity and creativity.

Here are some key terms which might be useful in communicating the concept to prospective members;

- **A weekly shared space.**
- **A space where we take time to chat, have some nice food and unwind.**
- **A safe space to come together.**
- **A space that will be co-created and shared with clients, peers and workers.**
- **A space where we can explore topics chosen by the group.**

When communicating during WellSpace, we found it was important to steer away from language that is associated with Mental Health services, Social Care or any other more formalised approach. Avoid any acronyms or professional jargon.

Clients responded best when we used informal language and spoke in a way which felt authentic. It's important not to be afraid to use language that is used by the clients/rest of the group and to refrain from censoring or managing communication styles or vocabularies as this is the client's space. We would hope that as the community forms members will hold their peers accountable for their use of language if it ever feels inappropriate.

Using the term 'we' when speaking about yourself or the group builds equality and unity. So for example, **"We can feel anxious when we speak to the whole group, but lets remember that we're here to support each other"**.

Don't be afraid to have fun! Making jokes and using humour is a valid and accessible form of connection. Of course, there may be incidences when use of language or humour is inappropriate, in which case it is important to compassionately and transparently challenge, but try to avoid micro-managing this, especially where the concern does not reflect

the mood of the group, as this could contribute to a power imbalance

Remember curiosity is the antidote to judgement! Aim to avoid judgmental or punitive language, even in response to behavior/language which feels uncomfortable. Rather than using terms such as 'wrong' or 'bad' or 'offensive', try offering an observation of your own emotional response ('that makes me feel a little uncomfortable') followed by an explorative question ('what made you choose that word?'). This can illicit some really interesting conversations that can benefit the whole group.

Offer positive acceptance ('that makes sense') and feedback ('that's a really interesting point, thanks for getting us to think') wherever possible to remind members that their contributions are heard and valuable. It can be encouraging to refer back to things that members have contributed previously, building a sense of community, such as, **"Yes, that reminds me of when Nikki talked about that feeling of loneliness last week"**. Above all, make sure that your reflections are authentic as this can be sensed.

Trauma Informed

Most of us are trying to be trauma informed in our work. But what does that look like when helping to facilitate a space?

We need to remember that participants may have complex experiences of trauma and that this may manifest in behaviour or responses which sometimes feel difficult to witness and engage with. We are not here to control people's input but we do want to support the co-creation of an environment that feels safe for all.

It is important to be clear with participants about what they can expect from the space. This is where the structure of the space will be useful, and it's helpful to run through this at the beginning of every session and have it displayed throughout. Participants should also know that they can leave the session when/if they need to. The co-created space agreement should also be introduced at the beginning of each session (and displayed throughout) to clarify shared boundaries.

We also encourage people to participate at a level that they feel comfortable with. This means not pressuring people to contribute but giving them the opportunity to. It's good to ask people whether they'd like to add anything but also be ok if someone chooses to just sit and listen. This principle is reflected in the check-in process.

There should be no expectation that participants should attend every session and no one should be made to feel uncomfortable for missing a Wellspace. Similarly, there should be no judgments made if people leave sessions or challenge other participants during the session.

To facilitate comfort and participation we also provide 'fiddle toys' to help people focus. It's worth checking in with members whether there's anything else that could help them participate as there may be specific needs within the group.



Unconditional positive regard is essential in maintaining a safe, judgement free space. This means greeting members with positive energy each and every time, even if there has been a difficult interaction previously. Just them showing up in the space should initiate a warm and enthusiastic welcome. This is part of a strengths based approach where small achievements such as showing up, listening to others, being open or taking a break when needed should be potential markers for positive feedback.

We believe that the sharing of our thoughts and personality as a facilitator of the group helps build a community of trust and equality. Whilst of course we only share information we are comfortable with, we believe that an appropriate level of self-disclosure is essential in creating an environment in which people can be vulnerable. We encourage honest disclosures that are in service to the group discussion and that show our own humanity and struggles.

For example, **“I’ve felt lonely before, I have been surrounded by people and still felt isolated”** or **“I felt really anxious about facilitating Well Space today, I thought what if I say something stupid?”**. This normalises emotional vulnerability and encourages other members to share. Ensuring that there is a small rotation of familiar facilitators also increases levels of trust and safety.

Remember to be clear about the limitations of the space too; we are facilitators not qualified therapists and cannot offer support interventions within the space. If someone has a very specific need you may signpost them after the session but be clear that your role as facilitator does not include offering direct casework. In the interest of transparency it is also worth mentioning to new members that serious safeguarding concerns will have to be appropriately shared and addressed.

When people are presenting as unwell in the space, for example becoming very fixated on a topic, it can begin to take over the session and can cause other members to become frustrated or uncomfortable. It's never an easy situation to manage, but try to acknowledge the point being made, offer to catch up with the member after the session, ask if they need a break (at which point the second facilitator can step out and check in with them) and explain compassionately, but with a level of transparency, that as a group we need to move on to give everyone space to participate.

For example; **“Thank you Sam, for making that point, and I’m really sorry if it feels like I’m interrupting, I’m just aware that we agreed together that we need to make sure there’s space in the session for everyone, so we’re going to have to move on for now.”** It would then be worth checking in with that member at the end of the session.

“I found the meetings and content inspirational as a place to meet new people and share in a non judgmental, supportive and safe environment and got so much out of these meetings that they became the highlight of my week as I looked to get my life back on track.

They have helped me reignite my zest for living and helped me to move forward with positivity in my life. I encourage people to use these wellness sessions to improve their life.”



Agenda

So that's the theory and the rationale... **but how?**

Below we set out a framework for WellSpace.

The timings are flexible and it makes sense to respond to the mood of the space to manage timings. However, it can be useful to state the allocated timeframe at the beginning of each section as it can be helpful as a tool for keeping members on track.

Item

Time

Content

Tips

Preparing the Space

15 minutes

- Make sure space is clean and tidy.
- Arrange chairs in a circle.
- Display WellSpace Memo Board and make sure Agenda and space agreement are visible.
- Get any resources and art materials ready.
- Lay out snacks, provide tea and coffee.
- Put out fidget toys.
- If you like, you could use essential oils ect to make the space smell nice.

Preparation is key, make sure you arrive at the location with good time to spare to avoid the energy becoming hectic.

Facilitators should run through the session together before the start so you know who is leading on what and brief on any issues that arose from the last WellSpace, or any issues you foresee arising in this session.

Tea and Coffee Catch Up

15 minutes

- Provide hot drinks.
- Time for people to have a cigarette, come in to the space, settle and feel comfortable.
- When people are ready they can move towards sitting in a circle.
- Have the co-created 'Space Agreement' somewhere visible so people can ask questions. Also have the Well Space Memo Board out; can be nice talking point.

Provide a warm welcome, be available for a chat.

Approach people and make them feel involved, ask them if there's any questions they may have.

Check-In

10 minutes

- Refer to co-created guidelines and ask if anyone has any questions.
- Outline rough structure of the session.
- Use check in cards to go round circle and check in.
- Check in is optional and there is a pass option.
- Ask people to say their names even if they choose not to check in.

Make sure you also check in. Be transparent and open.

Don't put pressure on anyone to check in if they don't feel up to it.

Make sure you make it clear there is an option to pass.

Item

Quick & Easy Mindfulness

Time

5 minutes

Content

- Introduce concept of mindfulness eg. *"Mindfulness is the practice of paying attention to our present moment, our body, our feelings and the world around us. We can access this at any time and it can make us feel more grounded and connected to ourselves"*
- Remind members that if they feel they can't complete the mindfulness exercise, it would be kind to remain quiet to let other people complete it.
- Facilitate a 2-5 minute mindfulness exercise.
- Ask people how they found the experience.

Tips

There are thousands of mindfulness exercises on the internet, but be considerate around choosing something that will be comfortable and relevant to members and avoid triggering material.

Try and chose new and creative exercises with different media – audio / songs / videos / food / touch / smell

Activity

15 minutes

- Introduce topic (see Resources).
- Explain Activity and give people time to complete.
- Provide extra support for those who may have difficulty completing the

Try not to be too prescriptive.

People may interpret the task differently and that's ok, as long as they feel comfortable or

Discussion

15 minutes

- Introduce the discussion topic.
- See where people go with the topic.
- Use prompts to facilitate a healthy discussion.
- Try and bring some of the feedback from the Activity into the discussion if appropriate.
- Encourage peer-to-peer support, let members hold the space where possible.
- Try and focus on some meaningful reflections that have come out of

activity.

- Encourage healthy discussion as activity is completed.
- As a facilitator, try and move round the room and check in with everyone around whether they understand the task or need any help.
- Ask members to feedback and share if they are comfortable, including yourself.

confident in what they are doing.

Remember some people may say they understand but worth checking in 1-2-1 as the activity goes on.

If people are choosing to chat together rather than focus on the task, that's ok.

People can disagree!

Try not to micromanage the discussion.

Provide affirmation and positive feedback throughout .

Make your own authentic contributions.

Item	Time	Content	Tips	Facilitator Debrief	10 minutes	<ul style="list-style-type: none"> • Debrief between facilitators to reflect on any issues that arose during the session. • What went well? • Is there anything which needs to be shared with the other facilitators prior to the next Wellspace? 	This section is really important to keep Wellspace feeling like a safe place.
		<p>the discussion to bring the discussion to an end.</p> <ul style="list-style-type: none"> • Voice how important connection is (that doesn't mean agreeing!) and thank everyone for their contributions. 					
Bring & Share / Wind Down	15 minutes	<ul style="list-style-type: none"> • A space for a member to bring something that feels significant to them, perhaps a piece of poetry or a song or a quote. • Allow a space for discussion after this and always show gratitude for the person presenting. • If no one has anything to bring and share this can be used as a wind down space, for people to grab another drink, chat and debrief informally. • As people wind down, ask any new members if they would like to leave contact details to be reminded of the next Wellspace. 	<p>This item was introduced as a result of member feedback.</p> <p>Members are more likely to bring and share as membership gets more established.</p> <p>You can also bring and share as a facilitator.</p> <p>Can you keep the item and put it on the Memo Board?</p>				

Example Topics & Ideas

We found that ensuring the names of the sessions were simple, non-threatening but also open was important. As the group developed, sessions were requested by those involved. Some examples that we have used are -

self-discipline

labels

nature

connection

pleasure

sanctuary/safety

loneliness

the mind

gratitude

reflection

Definitions

- **Co-Production** - The term Co-rodution refers to a way of working where service providers and users, work together to reach a collective outcome. The approach is value-driven and built on the principle that those who are affected by a service are best placed to help design it. (MIND)
- **Multiple Disadvantage** - Multiple Disadvantage is when a person experiences a combination of homelessness, addiction, re-offending behaviour and/or mental ill health at the same time.

**Fulfilling
Lives in
Islington &
Camden**

