SpeakUp CIC  Age 17+

SpeakUp offers support and social groups run by people with similar experiences to help you better manage your mental wellbeing and alleviate social isolation. Currently we can offer you:

**One to one support by telephone, messages and emails for:**
- emotional support
- practical support about what help is available
- information on activities available

**Online support groups:**
- Night Owls for those struggling at night (closed Facebook group)
- SpeakUpCIC Facebook pages
- LGBTQ+ Peer support group
- PITS photography group
- PERDI personality disorder peer support

**Daily online groups:**
- Breakfast club
- Zoom at Noon

**Weekly online groups:**
- Music quiz
- Steve’s jukebox
- Computer club
- General knowledge quiz
- LGBTQ+ group
- Fun and games
- Mindfulness
- Photography
- PERDI personality disorder peer support

**Weekend art and crafts groups (on Saturdays and Sundays):**
- learn and explore different ways to express themselves through art
- support from trained facilitators
- supported and encouraged via the closed Facebook page
- share art and crafts ideas

Please contact: Maggie Maggie@speakupcic.co.uk or Kay Kay@speakupcic.co.uk / 07543 97767