

## 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](mailto:Maggie@speakupcic.co.uk) or Kay [Kay@speakupcic.co.uk](mailto:Kay@speakupcic.co.uk) / 07543 977670