

GROUPS

Self-Referrals to our Group Programmes must be made via our website, unless the client is currently referred to our other services.

Assessments are for clients to be introduced to the facilitators and collaboratively explore if the group is suitable for them.

To receive monthly updates of our Group Programmes, clients can be added to our Mailchimp subscription list on request.

	<i>Group</i>	<i>Schedule</i>	<i>Access Requirement</i>	<i>Description</i>
1	CORE	12 weeks Mondays 4pm-7pm or Fridays 6:30pm-9:30pm (Times may be subject to change)	Assessment needed	Group to support survivors with experiences and trauma with Sexual violence/assault/abuse **Clients cannot be engaged with 1-1 therapy to attend.**
2	Tune In Tuesday	1st Tuesday each month 6:30pm-9pm	Open to all-No assessment needed	Open group with a longer check in and small group discussions of themes raised in the check in
3	Allies	1st Saturday each month 10am-12pm	Assessment needed	For friends, family & loved ones of survivors
4	BAM	2nd & 4th Friday each month 5pm-7pm	Assessment needed	For Black, Asian & Multi-Heritage survivors
5	CORE Ongoing	2nd Saturday each month 1:30pm-4:30pm	Invite only-No assessment needed	Monthly group for those whom have completed CORE
6	Trans, Non-Binary & Gender Questioning group	2nd Saturday each month 10:30am-12:30pm	Assessment needed	For Trans, Non-Binary & Gender Questioning survivors
7	Clinic26	2nd Monday each month 30 min appointments 2pm,2:30pm,3pm,3:30pm	Appointments	A Sexual health & wellbeing clinic
8	Young People's Group	3rd Sunday each month 1:30pm-3pm	Assessment needed	For survivors aged 18-24
9	Get Together	3rd Sunday each month 3:30pm-6pm	Open to all-No assessment needed	An open, informal group with themed breakout rooms
10	Sex & Intimacy	Each run to be confirmed	Assessment needed	8 weekly session workshop For survivors who have challenges with sex & intimacy either in relationships or while single
11	Surviving Chem Sex	Each run to be confirmed	Assessment needed	4-6 weekly sessions For survivors who have had a complex relationship with Chemsex

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12	(Ongoing) Surviving Chem Sex	3rd Thursday each month 6:30pm-9pm	Invite only-No assessment needed	Monthly group for those whom have completed Surviving Chemsex
13	Creative Writing in Nature and/or Online	Each run to be confirmed- In Nature-Saturdays 11am-2pm Online-Saturdays 5pm-7pm	Assessment needed	A space for survivors to express themselves through the creative writing process.
14	Open Mic Night	Once a month-First Friday of each month 5:30pm-7:30pm	Invite only-No assessment needed	Where survivors can showcase their work from the creative writing group.
15	Wednesday Wellness	Wednesdays once a month Each run to be confirmed	Open to all-No assessment needed	Monthly online or face to face sessions covering different topics to improve wellness